

What are the Benefits of Hantis?

- can get many students involved relatively quickly.
- minimal equipment and can play almost anywhere.
- does not require extreme athleticism.
- different levels of competitiveness.
- helps to improve hand-eye coordination, reaction time, spatial awareness, communication skills, and split second decision making.
- encourages teamwork with a variety of people.
- FUN!!!



Where does Hantis Fit in the PE Curriculum?

- fits best under movement GLO.
- can be played as an individual/dual sport or as a team sport.
- S.1.S1.B.1 Apply and adapt activity-specific movement skills in physical activities.
- K.1.8.B.1 Explain the cross-training effect of different games on movement skill development
- S.1.7.A.2. Perform manipulation skills applying mechanical principles for consistency.

For more information regarding Hantis,
please visit the official Hantis website:

www.Hantis.net



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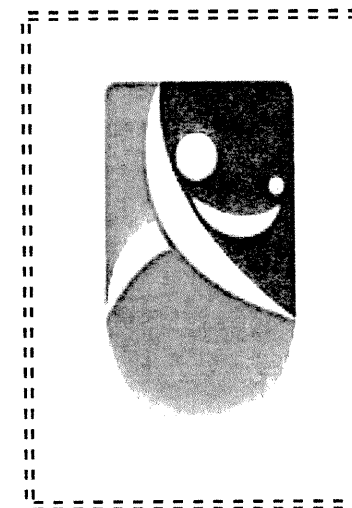
Hantis: The Next Big Thing



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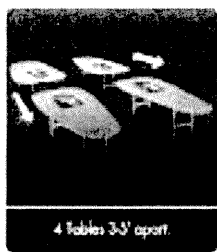
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HANTIS

What is Hantis?

Imagine a doubles game of table tennis, where instead of one table with a net the playing area is four separate tables with about 3-5 feet between each, and instead of using paddles you use your hand to hit the ball.



Where did Hantis Come From?

It was created in 2005 by students at Scott County High School in Georgetown, Kentucky.

Who Can Play?

Hantis can be a fun sport for players of all ages and fitness levels. Anyone who is tall enough to see over the table can play.

What Equipment/Facility is Required?

- 4 tables (preferably rectangular in shape)
- 1 tennis ball
- any facility can be used where a table can be set up (surrounding walls are fine)

How do you Play Hantis?

There are two official versions of the sport (competitive, and free-for-all), but both follow the same basic game play within each rally.

- each team has two players.
- one player serves the ball by hitting it with their hand, bouncing it off their own table and having it hit one of the other teams tables.
- both players on serving team must be behind the back edge of their tables until the ball is served.
- both players on receiving team must be behind the front edge of their tables until the ball is served.
- once a serve has been successfully completed the team receiving now has possession
- during each possession both players on the team are allowed 2 hits of the ball, and the ball can bounce once on each table of the team in possession before it must then hit a table of the opposing team.



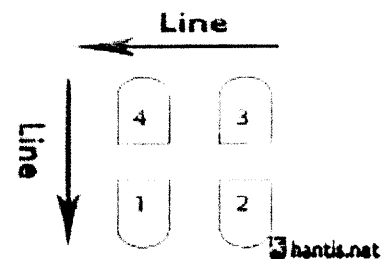
- play continues in this fashion until the rally is won.
- a rally is won when the ball hits the ground, hits a table more than once in a possession, or is hit by a player more than twice in a possession before being hit by an opponent.
- during a rally players are allowed to move anywhere in the playing area.
- players cannot "cup" or hold the ball, they must hit it!

What About Scoring?

This depends on the version of the sport being played.

Free-For-All (original version)

In this version no score is kept. It is like four-square where players rotate from a line, into the game at Table 1 and try to work their way up to Table 4 (see diagram below). Player at Table 1 serves. The player who loses the point is out and goes to the end of a waiting line and everyone else rotates accordingly. This means teams are always changing and lots of people can play.



Competitive

This version involves two teams playing against each other in a similar fashion to doubles table tennis.

- a match can be 1 game, or best of 3, 5, or 7.
- each game is played to 21 and teams must win by 2.
- each rally is worth 1 point.
- play "rock, paper, scissors" to decide first serve.
- one player from a team serves five times in a row before the other team then serves five. Each time serve changes teams must alternate who is serving.
- at "game-ball" the team that is behind in the score automatically gets to serve.
- it is a point for the other team if a player intentionally interferes with opponents or tables.