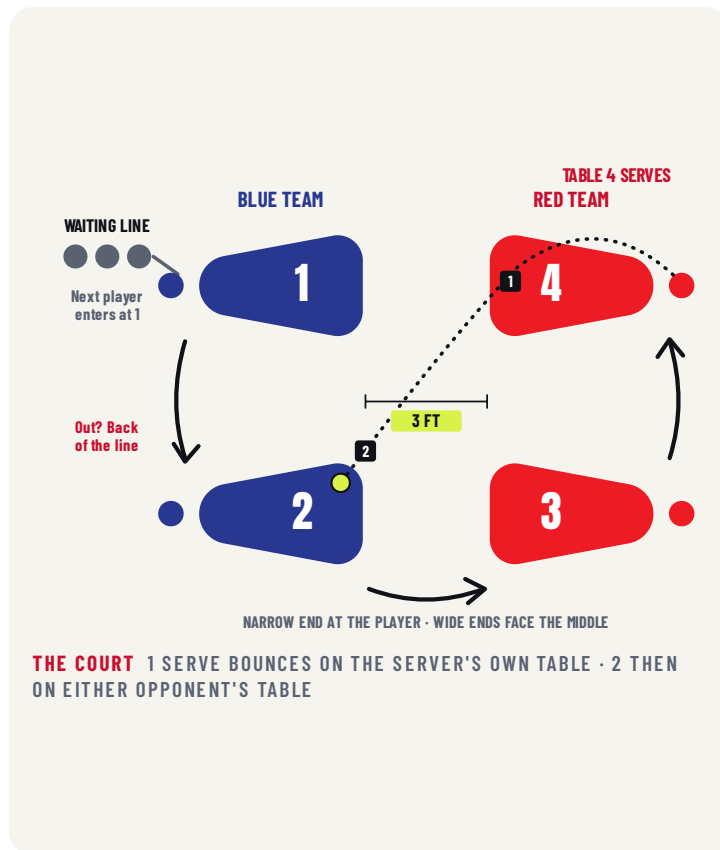


QUICK START · FREESTYLE

YOUR FIRST GAME IN 5 MINUTES

**1 SET UP**

- Any 4 tables the same size in a 2x2 square, **3 ft (90 cm)** apart for beginners 1.1.1
- Narrow ends toward the players, wide ends facing the middle
- 1 tennis ball; a new one from a pressurized can bounces best 1.0.0

2 PICK TEAMS & POSITIONS

- 2 teams of 2, one player at each table, teammates side by side 1.2.0
- Blue team on Tables 1 and 2, Red team on Tables 3 and 4
- More than 4? Everyone else lines up next to Table 1

3 SERVE

- Table 4 serves. Hold the ball and strike it down onto **your own table**, then onto **either opponent's table** 2.0.0
- No throwing, no serving straight onto their table, no serving to your teammate 2.0.1
- Servers stand behind the back of their tables; receivers up to the front of theirs 2.1.0
- 1 fault (missed serve) allowed; 2 faults and you're out 2.2.0

4 RALLY

- 2 hits each** with any body part: hands, feet, head 3.0.0
- 1 bounce** on each of your team's tables. Pass to your teammate or go for their tables.
- The moment the ball touches the other team or their table, possession flips and every count resets 3.0.2
- Walls, ceilings and table legs are neutral X-Factors 1.1.4

5 ROTATE

- Out? Go to the back of the line 1.2.0
- Everyone behind the empty table moves up one, toward Table 4, the serving table
- The first player in line enters at Table 1
- Moving from Table 2 to Table 3 means you switch teams

YOU'RE OUT IF...

FREESTYLE · YOU'RE OUT

COMPETITIVE · THEY SCORE

4.0.0 TRIPLE TOUCH
You touch the ball a 3rd time in one possession.

4.0.1 TABLE-TABLE
It bounces twice on your table in one possession.

4.0.2 TABLE-GROUND
It hits your table, then the ground.

4.0.3 BODY-GROUND
It hits you, then the ground. Last to touch it is out.

4.0.4 GRAB OR CARRY
Hit, strike or slap only. No catching, holding or cupping.

4.0.7 · The Double BOTH TABLES
One shot bounces on both opponents' tables, then the ground. Both out, or 2 points.

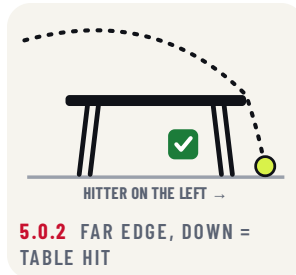
Also out: trapping the ball against an opponent's table (4.0.5) and hitting it out of bounds when you play with a boundary (4.0.6).

PLAYED A FEW GAMES?

LEVEL UP

THE EDGE RULE

Section 5 · Which edge, and which way did it go?



How to judge an edge ball: did the ball pass over the tabletop before it hit the edge? If yes, it's a table hit. If it hit the edge directly, it only counts if it bounces up. Judge from where the ball was last bounced or struck.

COMPETITIVE IN 60 SECONDS

Fixed teams of two. No line, no rotation: you score points instead of getting people out (6.0.0).

RULE	HOW IT WORKS
Scoring	First to 21, win by 2. Every rally ends with a point for one team. A Double is worth 2 (4.0.7).
Match	Best of 1, 3, 5 or 7 sets; the organizer decides (6.0.1). Short on time? Play to 15 or 11, still win by 2 (6.0.2).
First serve	Paper, scissors, rock (6.0.3).
Serve rotation	5 serves each, rotating through all 4 players, all from one table. A Double is 2 points, 1 serve (6.0.4–6.0.5).
Missed serve	A point to the other team. Faults only apply when you're set or match point down (2.2.1).
Change ends	Every 10 points: at 10, 20, 30... (6.0.6).
Set point	The trailing team serves until the score is level, so no team ever serves for the set or match (6.0.7).

X-FACTORS

Walls, ceilings, table legs: anything that isn't a player, a tabletop or the ground is an X-Factor and completely neutral. The ball can bounce off one and stay in play, but **X-Factors don't reset your hit count**. Stuck or stopped? It's dead; last to touch it is at fault (1.1.4).

PLAY FAIR

Hantis is a game of honesty. If you know you touched it, own up. Settle any dispute by replaying the point, playing paper, scissors, rock for it, or watching the video back (7.0.2). Contact works like basketball: slight contact is fine, blocking isn't; the referee calls it (7.0.0). Table knocked by accident? Play on, unless it caused an unfair point; then replay it (7.0.1).

3 TIPS FOR BEGINNERS

1 POP IT UP FIRST

Use hit 1 to pop the ball up to yourself. Then pass, or take the shot with hit 2.

2 STARE AT THE BALL

Eyes on the ball until it touches you. Hands up, palms open, like a soccer goalie.

3 LOB TO NEW PLAYERS

Pass new players a slow, underhand lob that bounces off their table. It gives them time.

NEXT STEPS

WATCH youtube.com/@HantisCraters

READ The Official Hantis Rulebook, free at hantis.net. Table build plans are there too.

TEACHERS P.E. Lesson Plans at hantis.net/teachers



Scan: full rules

Published by Hantis USA, LLC. © 2026. Free to print and share for non-commercial use. HANTIS® and the Hantis logo are trademarks or registered trademarks of Hantis USA, LLC.