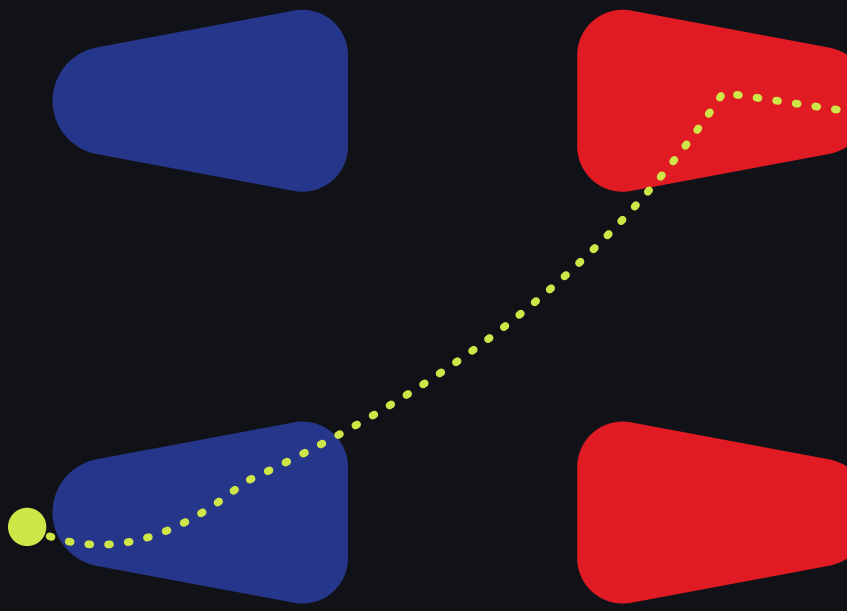
HANTIS

FREE GUIDE · HIGH SCHOOL STUDENTS

START A HANTIS CLUB AT YOUR SCHOOL

Find a sponsor, sign up players, get your club approved and run your first after-school meeting. Includes copy-ready templates.



WHY HANTIS

A CLUB YOUR SCHOOL CAN SAY YES TO

You need three things: **a teacher sponsor, a few friends who want to play and permission from your school**. Most students can go from idea to first meeting in about a month.

Hantis started at a high school. It was created in 2005 by students at Scott County High School in Georgetown, Kentucky, and spread from there through P.E. classes, camps and clubs.

ALMOST FREE

You play on four ordinary tables with a tennis ball. Your school already has both.

SMALL SPACE

A cafeteria corner, classroom or gym holds a game. A full court is about 26 × 26 ft.

ANYONE CAN PLAY

It's 2-on-2 and takes minutes to learn. You don't have to be on a sports team.

→ THE PLAN AT A GLANCE

Typical timing. Approval steps and deadlines vary by school.

GET READY · WEEKS 1-2

WEEK 1
LEARN AND RECRUIT
Teach friends at lunch. Watch the videos at hantis.net/watch.

Done: you can teach it

WEEKS 1-2
FIND A SPONSOR
Ask a P.E. teacher, coach or a teacher you get along with.

Done: sponsor says yes

WEEKS 1-2
BUILD A SIGN-UP LIST
Name, grade and school email. Include younger grades.

Done: 8 or more names

LAUNCH · WEEK 2 AND ON

WEEKS 2-4
GET SCHOOL APPROVAL
Club application, purpose and your sponsor's signature.

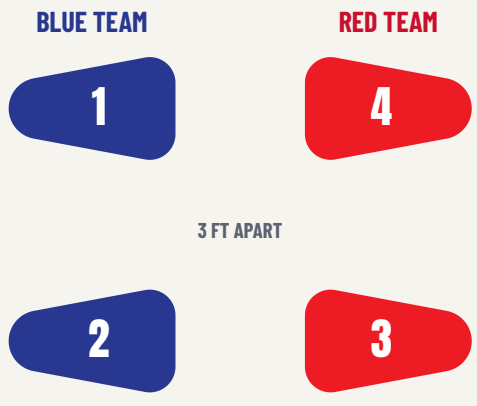
Done: club approved

WEEK 4 OR LATER
FIRST MEETING
Demo, play, clean up. Same time every week.

Done: regulars come back

REST OF THE YEAR
GROW THE CLUB
Officers, tournaments and matches with other schools.

Next year's leaders picked



ONE COURT FOUR SAME-SIZE TABLES · ONE TENNIS BALL · TWO TEAMS OF TWO

WHAT'S IN THIS GUIDE

Learn the game 02
Sponsor, sign-ups and approval 03
Equipment and running meetings 04
Grow the club 05
Templates 05
Checklist and resources 06

KNOW IT BEFORE YOU TEACH IT

LEARN THE GAME

Know the basics well enough to teach a friend in two minutes. **The Official Hantis Rulebook** and the Quick Start Guide are free at **hantis.net/rules**.

SET UP A COURT

- 4 same-size tables in a 2×2 square, **3 ft (90 cm) apart**
- Narrow ends toward the players, wide ends facing the middle
- 2 teams of 2, one player at each table, teammates side by side
- More than 4 players? Everyone else lines up by Table 1, at least 5 ft from the tables

THE BASICS

- **Serve:** hold the ball and strike it down onto your own table, then onto either opponent's table. No throwing.
- **2 hits each** with any body part: hands, feet, head
- **1 bounce on each** of your team's tables
- When the ball touches the other team or their table, it's their turn and every count resets
- Walls, ceilings and table legs are neutral X-Factors

YOU'RE OUT IF...

Triple touch	You touch the ball a 3rd time
Table-table	It bounces twice on your table
Table-ground	It hits your table, then the ground
Body-ground	It hits you, then the ground
Grab or carry	You catch or hold it. Hit, strike or slap only.
The Double	One shot bounces on both of your tables, then the ground: both out

FREESTYLE: PERFECT FOR CLUB MEETINGS
Get out and you go to the back of the line. Everyone moves up one table, toward Table 4, and the next player enters at Table 1. About 6 players per court keeps everyone playing.

WHAT YOU NEED

ITEM	WHERE TO GET IT
4 tables	Cafeteria, library or classroom tables of the same size, with permission. Desks work too.
Tennis balls	One per court plus a spare. New ones from a pressurized can bounce best. Ask the tennis team or P.E. department.
Masking tape	Mark where the tables go so setup takes a minute
Printables	Free posters, a sign-up sheet and brackets in the Organizer Kit: hantis.net/organizers

SAFETY FIRST
No sitting, standing or climbing on the tables. Check tables are steady, and carry them, never drag. Leave walking room between tables and walls. Hantis is non-contact: a small bump is OK, blocking isn't.

STEP 2

FIND A TEACHER SPONSOR

Almost every high school needs **an adult sponsor** before a club can meet, so find yours first. The sponsor supervises meetings, signs forms and speaks up for the club.

WHO TO ASK

- A P.E. teacher or coach. Hantis spread through P.E. classes, so some already know it.
- A teacher whose room has tables and who stays after school anyway
- A teacher you get along with who likes games

HOW TO ASK

1. Ask in person, before or after class
2. Show a short video from hantis.net/watch
3. Say when, where and how long you'd meet
4. Offer to handle setup, cleanup, sign-ins and announcements

If a teacher says no, ask who they'd suggest. Your activities director may also know who sponsors clubs.

STEP 3

SHOW THERE'S INTEREST

A list of names is your strongest argument. Aim for **at least 8 students**, enough for two full games, or your school's minimum if it has one.

- **Start with your friends.** Teach them at lunch or free time, if your school allows it.
- **Use a sign-up sheet:** name, grade and school email. The Organizer Kit has one ready to print.
- **Ask other grades.** Freshmen and sophomores keep the club going after you graduate.
- **Invite people who skip sports.** Hantis is low-pressure and fun for everyone.

STEP 4

GET SCHOOL APPROVAL

Ask the front office or activities director: **"How do I start a new club?"** Every school is different, but it usually goes like this:

1. **Get the club application.** It often asks for a name, purpose, sponsor, meeting time and place, and members.
2. **Write a one-sentence purpose**, like the one in the proposal template on page 5.
3. **Get your sponsor's signature.**
4. **Meet the principal or activities director** if asked. Bring the sign-up list and answer three questions before they ask: where you'll meet, who supervises and what it costs.
5. **Book your room** through your sponsor or the office.
6. **Handle the forms.** Your school may need permission slips or a waiver for active clubs. Ask your sponsor which apply.

Approval can take a few days or a few weeks. If your school only approves clubs at certain times, keep playing at lunch until the next window.

STEP 5

EQUIPMENT AND MONEY

You can run a Hantis club for a whole year **without a budget**. Borrow before you buy.

NEED	FREE WAY	IF YOU HAVE MONEY
4 tables	Cafeteria, library or classroom tables, with permission	Ask your school or PTA for folding tables the club can keep, or build them: hantis.net/build-tables
Tennis balls	Spares from the tennis team or P.E. department	A can or two from a sporting goods store
Storage	A corner of your sponsor's room	A plastic bin with the club name on it
Prizes and shirts	Bragging rights and a winners' photo	Small dues, a bake sale or a charity tournament

Raising money? Schools have rules about collecting money, so always go through your sponsor. Common options: a small tournament entry fee, a bake sale, or a small grant from student council or the PTA.

STEP 6

RUN YOUR MEETINGS

Keep it simple: **set up, play, clean up**. Meet the same day, time and place every week so it becomes a habit.

TIME	SAMPLE FIRST MEETING · 60 MINUTES
0:00–0:10	Set up tables, sign in, name tags
0:10–0:20	Show a short video, then demo the rules with 4 players
0:20–0:50	Play Freestyle. Out? Back of the line, so everyone gets a turn.
0:50–0:55	Announce next week. Collect ideas for a club name or shirts.
0:55–1:00	Clean up and put the tables back where you found them

A TYPICAL WEEK AFTER THAT

Quick warm-up rallies, then Freestyle games. About 6 players per court; 12 at most. Got 4 more same-size tables? Add a court. Once a month, run a mini tournament.

STAY WELCOME

Follow your sponsor's rules and never use the room without them. Leave it exactly how you found it, and nobody will mind you coming back next week.

STEP 7

GROW THE CLUB

- **Pick officers:** a president, someone for setup and equipment, and someone for announcements. Include underclassmen.
- **Run a school tournament** at lunch, during spirit week or after school. Brackets are in the Organizer Kit.
- **Play the teachers.** A students-versus-teachers match draws a crowd.
- **Show up at events:** club fairs, open houses and freshman orientation.
- **Challenge another school.** Ask your sponsor to contact a sponsor at a nearby school.
- **Plan for next year.** Before summer, choose next year's officers and confirm your sponsor.

COPY AND FILL IN

TEMPLATES

ASKING A TEACHER TO SPONSOR

Hi [Teacher's name],

I'd like to start a Hantis club, and I was hoping you'd be our sponsor. Hantis is a 2-on-2 game played with a tennis ball on four tables. It's easy to learn and doesn't cost anything.

We'd like to meet [day] after school from [time] to [time] in [room]. I'll handle setup, cleanup, sign-ins and announcements. [#] students have already signed up. Here's a short video of the game: hantis.net/watch

Would you be willing to sponsor us?
Thank you, [Your name], Grade [#]

CLUB PROPOSAL FOR THE PRINCIPAL OR ACTIVITIES DIRECTOR

Club name: Hantis Club · **Sponsor:** [Teacher's name]

Purpose: To give students a free, inclusive way to stay active after school by learning and competing in Hantis, a 2-on-2 table sport.

Meetings: [Day], [time] to [time], [room]

Members so far: [#] students in grades [list] (sign-up list attached)

Equipment: Four of the school's existing tables and tennis balls. No cost to the school.

Supervision: [Sponsor's name] attends every meeting. · **Rules:** Official Hantis Rulebook, hantis.net/rules

Student contact: [Your name], [school email]

MORNING ANNOUNCEMENT OR FLYER

Four tables. One ball. Two hits. Come try Hantis, a fast 2-on-2 game. No experience needed! Hantis Club meets [day] after school in [room]. Bring a friend or find a partner there. Questions? See [Sponsor's name] in room [#].

TICK IT OFF

CHECKLIST

GET READY

- [ ] I can teach the rules in two minutes
- [ ] A teacher agreed to sponsor the club
- [ ] At least 8 students on the sign-up sheet
- [ ] Club application picked up from the office
- [ ] Purpose sentence written
- [ ] Sponsor signed the application
- [ ] Met the principal or activities director, if needed
- [ ] Meeting room and day approved

LAUNCH AND GROW

- [ ] Permission slips or waivers handled, if needed
- [ ] Tables and tennis balls lined up
- [ ] Announcement and flyers posted
- [ ] First meeting held
- [ ] Officers chosen, including an underclassman
- [ ] First tournament on the calendar
- [ ] Next year's officers and sponsor confirmed

FREE HANTIS RESOURCES

SCAN: RULES

RULES	Official Rulebook and Quick Start Guide: **hantis.net/rules**
WATCH	How-to videos and rule clips, which work where YouTube is blocked: **hantis.net/watch**
ORGANIZE	Organizer Kit with posters, a sign-up sheet and brackets: **hantis.net/organizers**
BUILD	Table build plans: **hantis.net/build-tables**

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