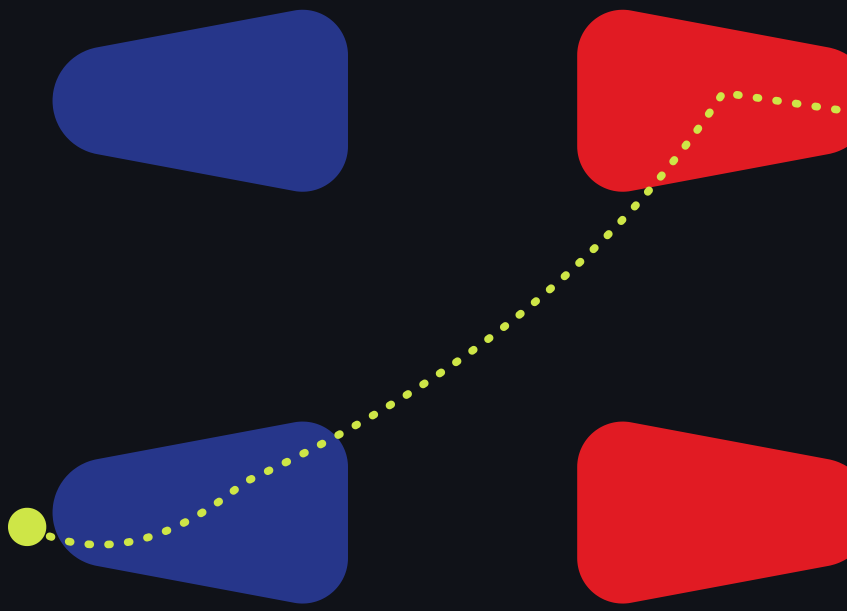
HANTIS

FREESTYLE + COMPETITIVE

DI OFFICIAL HANTIS RULEBOOK

All di rules for di two ways to play, with diagrams. Four table. One ball. Two hit.



WETIN DEY INSIDE

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Print am, keep am near di court

TWO WAYS TO PLAY, ONE SET OF RULES

Hantis get two ways to play. **Freestyle** na di rotation game for group of any size. **Competitive** na fixed teams of two wey dey play for point. Almost every rule dey work for both. Wen one rule different, dis book go tell you.

HOW WE NUMBER DI RULES

We number di rules by section, group and rule. For example, **4.0.7** na Section 4, group 0, rule 7. Use di numbers settle argument sharp-sharp.

WETIN CHANGE · OCTOBER 2026

Safety: 7.0.3 no climb table, 7.0.4 play di ball, no be di player, 7.0.5 make di place safe, 8.0.2 no Walking the Dog for school. **Decisions:** 1.1.5 outside disturbance, 1.2.0 rotation afta Double, 2.0.1 and 2.1.0 di serve, 1.1.2 and 4.0.6 boundary, 6.0.3 first serve for di sets wey follow.

Hantis start for 2005. Na students for Scott County High School for Georgetown, Kentucky, create am.

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SECTION 1

MAKE WE START

Wetin you need na one tennis ball, four tables wey get di same size, and three padi.

1.0 WETIN YOU NEED

1.0.0 DI BALL

Di ball wey pipo dey use pass for Hantis na tennis ball. If you want di best bounce, make sure say na new one wey you just comot from im sealed can. For plastic table wey no too dey bounce, you fit use oda ball, like rubber ball wey dey bounce high.

1.0.1 DI TABLES

You fit use any kain table play Hantis. To play, you go need 4 tables wey get di same size.

1.1 HOW TO ARRANGE DI PLACE

1.1.0 WHERE UNA FIT PLAY

You fit play Hantis almost anywhere: inside, outside, for beach, for park, for basketball court, or even for squash court make you get more X-Factor bounce. Na beach volleyball court we like pass, becos e dey give you play area wey get boundary already, and you fit dive for di sand.

1.1.1 HOW TO PLACE DI TABLES

Arrange di 4 tables for 2×2 pattern, as Figure 1.1 show. Di space between di tables depend on how well you sabi play.

LEVEL	SPACE BETWEEN TABLES
BEGINNER	3 FT (90 CM)
MIDDLE LEVEL	4 FT (120 CM)
ADVANCED	5 FT (150 CM)

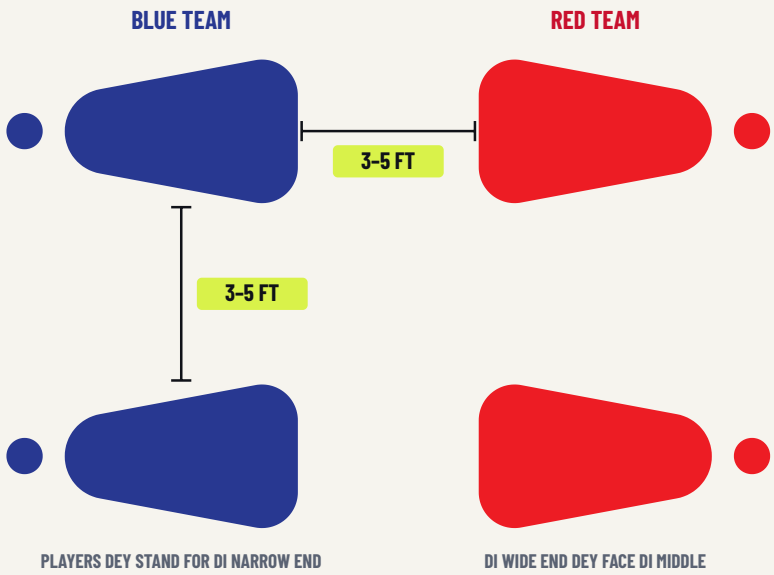


FIGURE 1.1 HOW TO PLACE DI TABLES: 2×2 SQUARE, TEAMMATES SIDE BY SIDE, OPPONENTS FACE EACH ODA ACROSS DI MIDDLE

1.1.2 BOUNDARY FOR FREESTYLE

From 8 m × 8 m reach 16 m × 8 m. Di teacher or organizer go mark am with cone or floor tape. If nobody mark am, di players go judge di calls by demself, or una play without boundary.

TIP: MAKE DI BOUNDARY SMALL SO PIPO NO GO DEY USE "DI SLAM" ANYHOW.

1.1.3 BOUNDARY FOR COMPETITIVE

BOUNDARY	METRE	FEET
OFFICIAL BOUNDARY	8 M × 8 M	26.25 FT × 26.25 FT
IF NA FULL SAND COURT	16 M × 8 M	52.5 FT × 26.25 FT
IF NA HALF SAND COURT	8 M × 8 M	26.25 FT × 26.25 FT
IF NA RACQUETBALL OR SQUASH COURT	13.7 M × 7.6 M	45 FT × 25 FT

TIP: MAKE DI PLACE NEUTRAL, MAKE NOTIN DEY FOR DI WAY (BALL, CHAIR, PIPO, CLOTH OR BAG).

1.1.4 WETIN BE X-FACTOR?

Any surface wey no be di players, di four table top or di ground, na im we dey call **X-Factor**, and e no dey take side at all. X-Factors include wall, ceiling, or anytin wey surround di place wey una dey play. Di ball fit even bounce from di table legs and e still dey for play. During di serve and for di rest of di rally, di ball fit bounce from dis surfaces and di oda team no go get any penalty. If di ball hook or e stop for X-Factor, di ball don die, and na di last person wey touch am get di fault: di player wey last hit am, or di player wey di ball last bounce for im table, don out (Freestyle) or lose di point (Competitive). Dey count how many touch and bounce you don get, becos **X-Factor no dey restart your hit count**.

1.1.5 OUTSIDE DISTURBANCE

Human being no be X-Factor. If person wey dey wait for line, person wey dey watch, or ball wey stray from anoda court enter di way of di ball or of one player, una go play di point again.

1.2 WHO GO STAND WHERE?

1.2.0 FREESTYLE HANTIS

Hantis get 2 ways to play: Freestyle and Competitive. For Freestyle Hantis, na 2 teams of 2, and each of di 4 players get im own table. Wen player don out, e go back of di line, and di oda players go rotate go di empty table wey dey dia front, towards di table wey dey serve. If you don play four square before, na di same rotation. Afta Double (4.0.7), di two players wey don out go back of di line, di oda two players go shift towards Table 4 to fill di empty tables, and di first two players for line go enter di empty tables wey get di lowest number.

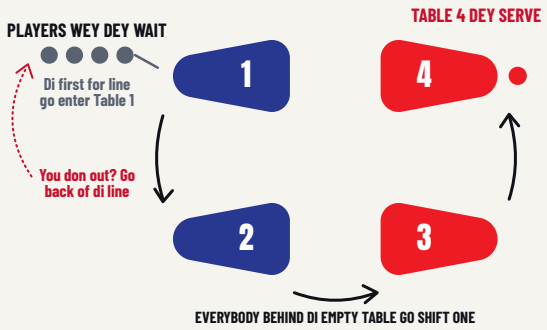


FIGURE 1.2 FREESTYLE ROTATION. TABLES 1-2 NA ONE TEAM, 3-4 NA DI ODA. IF YOU MOVE FROM TABLE 2 GO 3, YOU DON CHANGE TEAM.

1.2.1 COMPETITIVE HANTIS

For Competitive Hantis, di starting positions na di same as Freestyle, but una no dey rotate and line no dey. You go keep di same teammate from start to finish of di game, and you dey score point instead of to dey send pipo out. To know more about Competitive Hantis, check Section 6.

SECTION 2

DI SERVE

2.0 HOW TO SERVE

2.0.0 CORRECT SERVE

To serve, hold di ball for one hand, then use your oda hand hit am down make e land for your own table first, then for any of di two opponent tables. You fit also toss di ball up and serve am with dat same hand. You must dey behind di back of your table before you serve.

2.0.1 WETIN YOU NO FIT DO

You no fit throw di ball as serve. You no fit hit di ball land straight for your opponent table. You no fit serve go your teammate table. Di server and im teammate no fit touch di ball again until possession don change, wen di ball touch one opponent or one opponent table.

2.0.2 TRICK SERVE

Some kain serve, dem dey call am trick serve. E include kick serve, scissor-kick serve, elbow serve, header serve, and tweener serve (from between your legs). As long as you use any part of your body hit di ball land for your own table, then for one opponent table, na legal serve be dat.

2.1 STARTING LINE

2.1.0 WHERE TO STAND FOR SERVE

Di starting line dey show where each team fit stand just before serve. Di **team wey dey serve** fit stand anywhere behind di **back** of dia tables. Di **team wey dey receive** fit stand anywhere reach di **front** of dia tables. Once di serve touch di server table, every player fit move go anywhere. Receiver fit play di serve before e bounce for im table: dat touch don take possession, and e count as im first hit (3.0.2).

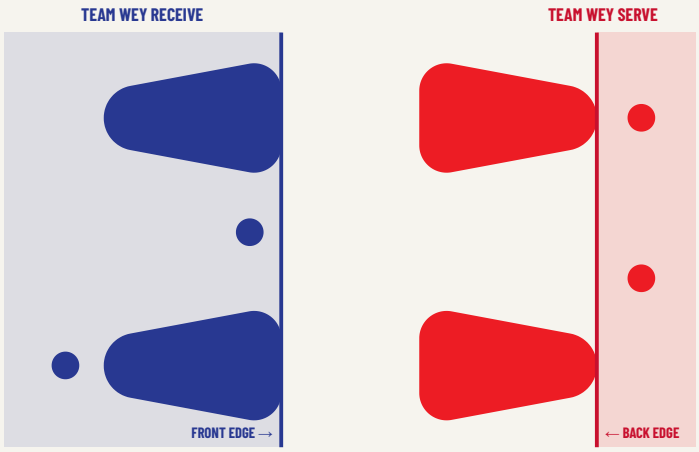


FIGURE 2.1 STAY INSIDE YOUR SHADED AREA UNTIL DEM SERVE

2.2 FAULT

2.2.0 FAULT FOR FREESTYLE FREESTYLE

Fault na wen you serve and di ball miss your opponent table. You get only 1 fault for di whole time wey you dey Table 4: if you miss one serve, you go get one more try. If you miss second serve anytime wey you still dey Table 4, you don out, even if you don serve correct for between.

2.2.1 FAULT FOR COMPETITIVE COMPETITIVE

You go get fault only wen set point or match point dey against you. Any oda serve wey you miss go give di oda team one point. Double fault go give di oda team one point, and with am di set or di match.

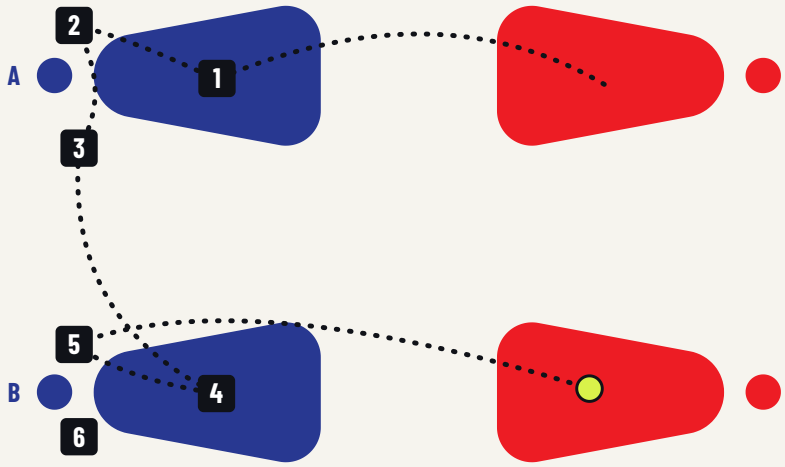
SECTION 3

POSSESSION

Possession na di heart of Hantis. Sabi whose ball e be, and how many hit and bounce remain.

3.0.0 HIT

Once serve don go, possession na for di team wey dey receive. Each of di 2 players wey get possession get **1 bounce for im table** and **2 hits** with im body. Na hand pipo dey use pass, becos e dey give di most control, but you fit use your leg, knee, head or any oda part, as long as you hit di ball only two times. If di ball hit your cloth, e count as one of your hits.



1. Serve bounce for A table
2. A tap am up (hit 1)
3. A pass am (hit 2)
4. E bounce for B table
5. B set am up (hit 1)
6. B hit am go Red team table (hit 2). Possession don change.

FIGURE 3.0 ONE FULL POSSESSION: EACH PLAYER USE 2 HITS, EACH TABLE COLLECT 1 BOUNCE

3.0.1 PASS

Di aim of Hantis na to score point or send your opponents out, depending on whether na Competitive or Freestyle una dey play. One of di best ways to do am na to use your teammate. While your teammate dey enter better position, you go use your hits pass di ball give am, and e fit score. You fit play smart, pass am plenty times to use up your hits. Wen you confuse di oda team, you don get upper hand.

3.0.2 WEN POSSESSION CHANGE

Once di ball touch di oda team table or one player for di oda team, possession don change. Now dem get dia own 2 hits and 1 bounce each, and your hit count go start again from zero.

3.0.3 DRIBBLE

Anytime wey you hit di ball land for player or table, possession don change, so you fit hit am again make e bounce comot from where your opponents fit reach. Dis one mean say you fit dribble di ball for di oda team tables without end, becos possession dey change afta every bounce and every hit. Di players wey dem dey dribble for dia table fit try block di dribble anytime.

3.0.4 SAME-TIME HIT

If you use two hands hit di ball at di same time, e count as two hits, even if na only one hand touch di ball. Same-time hit wey one single hit follow, e count as 3 hits, and you don out (Freestyle) or you lose di point (Competitive).

3.0.5 TWO OPPONENTS HIT AM SAME TIME

If two players from di two teams hit di ball at di same time, and di ball come fall comot from play without touching any of dem or any table, di referee go decide whether to give one team di point or make una play di point again. If referee no dey, settle am as 7.0.2 tok.

SECTION 4

HOW TO SCORE, HOW PERSON DEY OUT

Every rule for dis page dey work di same way for di two ways to play, except one Freestyle exception for 4.0.4. Na only di result dey change.

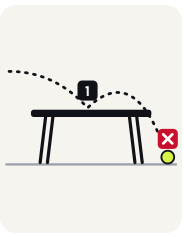
FREESTYLE	Di player don **out**, e go join back of di line.
COMPETITIVE	Di oda team go win di **point**.

4.0.0 THREE TOUCH

If you touch di ball 3 times for one possession, you don out. E include three hits one afta di oda, or third hit wen your teammate pass di ball back give you afta you don use your 2 hits finish.

4.0.1 TABLE-TABLE

If di ball hit your table two times for one possession, you don out, whether di two bounce follow each oda or some hits happen for between.



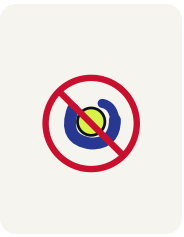
4.0.2 TABLE-GROUND

If di ball hit your table top and then ground, you don out.

E HIT DI EDGE COME GO DOWN? CHECK SECTION 5, DI EDGE RULE.

4.0.3 BODY-GROUND

If di ball hit your body and then ground, you don out. E dey work like dat whether na you mis-hit am wen you dey attack, or na di ball hit you wen you dey defend. If na you touch di ball last, you don out.

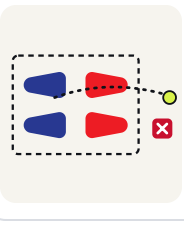


4.0.4 GRAB · CARRY · HOLD · CATCH · CUP

Every touch for di ball must be hit, strike or slap. You no fit cup am for your palm, grab am, hold am, catch am or carry am. If you do any of dis ones, you don out. **Freestyle exception:** 8.0.2.

4.0.5 TRAP

If you trap di ball make e stop between your hand (or any part of your body) and your opponent table, you don out.



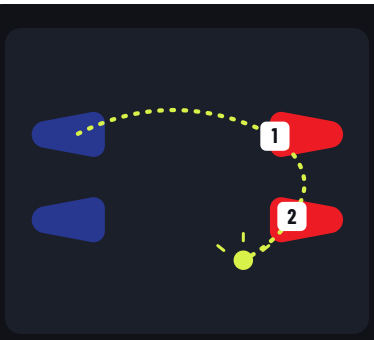
4.0.6 OUTSIDE BOUNDARY

Wen di ball first land outside di boundary, di last person wey touch am don out. If your smash hit dia table come land outside, na still you don out. No boundary, no outside (1.1.2).

No forget

WHO GET POSSESSION?

Possession dey change di moment di ball touch di oda team or dia table (3.0.2), and dat one dey restart every hit and bounce count. X-Factors (wall, ceiling, table leg) no dey take side, but dem **no** dey restart your count (1.1.4).



4.0.7 · Di move wey everybody want pass for Hantis

DOUBLE-POINT / DOUBLE-OUT

Double dey happen wen you hit di ball and e land for **both** opponent tables, notin stop am, then e hit ground. You don beat two players at once! If anybody touch di ball afta your hit, e no fit be Double, and di normal rules go apply.

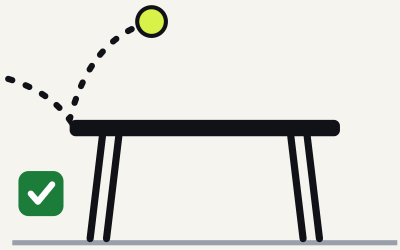
If e hit one table, scratch di edge of di oda one, come back hit di first table, sorry o, dat one no be Double. Na two bounce for di first table (4.0.1).

FREESTYLE · BOTH OPPONENTS DON OUT | COMPETITIVE · 2 POINTS

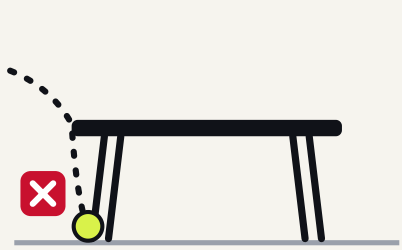
SECTION 5

DI EDGE RULE

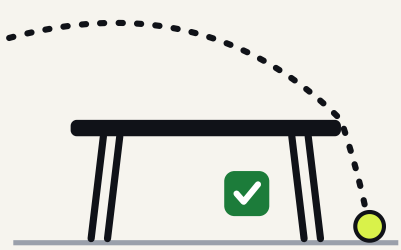
E hit di table or e no hit? E depend on which edge di ball hit, and which side e go next.



5.0.0 NEAR EDGE, E GO UP = E COUNT AS TABLE



5.0.1 NEAR EDGE, E GO DOWN = E NO COUNT



5.0.2 FAR EDGE, E GO DOWN = E COUNT AS TABLE

5.0.0 **NEAR EDGE, E GO UP**

If you hit di ball land for di near edge of one table (di edge wey near you pass) and e go up, e still dey for play. If e come touch ground, di player wey start for dat table don out.

5.0.1 **NEAR EDGE, E GO DOWN**

If you hit di ball land for di near edge of one table (di edge wey near you pass) and e go down, you don out. Di ball must touch di top of di table before e go count.

5.0.2 **FAR EDGE, E GO DOWN**

If you hit di ball pass ova one table and e hit di far edge come go down, e count, and you don win di point. Even though di ball go down from di table, e scratch di top surface of di table, no be di side like for 5.0.1.

> **HOW TO JUDGE EDGE BALL**
> We dey judge di ball from where e last bounce or where person last hit am. Ask: di ball pass ova di table top before e hit di edge? If yes, e count as table. If e hit di edge straight without passing ova di top, e go count as table only if e bounce go up.

SECTION 6

RULES FOR COMPETITIVE

Teams of two wey no dey change, wey dey play for point. Dis rules na for Competitive Hantis only.

6.0.0 HOW E DEY START

E no be like Freestyle Hantis: for Competitive Hantis, you dey score point instead of to dey send pipo out. You no dey rotate round di tables too. You go keep di same teammate for every match and for di whole tournament.

6.0.1 POINT, SET, MATCH

Competitive Hantis match na best of **1, 3, 5 or 7 sets** of "first to reach 21, win by 2." Na di tournament organizer go choose how long di match go be.

6.0.2 IF TIME NO REACH

If time no go reach to play all di games, una fit reduce di winning score, for example first to 15 or first to 11. But you must always win by 2 points.

6.0.3 ROCK, PAPER, SCISSORS

Before Competitive match start, use rock, paper, scissors take decide who go serve first. For every set wey follow, di team wey receive first for di set before go serve first.

6.0.4 SERVE ROTATION

Di team wey dey serve first go choose which of dia players go serve. Dat player go serve 5 times. Afta dat, di serve go dey move through all di 4 players for di rest of di match: each person go serve 5 times, then pass di serve give di oda team. Count serve, no be point: Double na 2 points, but e use only 1 out of di server 5 serves.

SERVE	WHO DEY SERVE	SERVE	WHO DEY SERVE
1–5	Team 1, player A	21–25	Team 1, player A
6–10	Team 2, player C	26–30	Team 2, player C
11–15	Team 1, player B	31–35	Team 1, player B
16–20	Team 2, player D	36–40	Team 2, player D

Change side afta every 10 points: for 10, 20, 30 and so on (6.0.6).

For set or match point, di **team wey dey behind** go serve until di score level (6.0.7).

Una go count di serves one by one through di set. Double na 2 points, but na only 1 serve.

6.0.5 WHICH TABLE TO SERVE FROM

Each player fit choose di table wey e go serve from, but e must do all 5 serves from dat table. E no fit change until im next turn to serve. Right-hand pipo dey like pick di right table, and left-hand pipo di left, becos each one dey open both opponent tables for di server strong hand.

6.0.6 CHANGE SIDE

Afta every 10 points, di teams must exchange side. Dis one dey balance outside tins like sun and breeze.

6.0.7 SET POINT AND MATCH POINT

Wen Hantis match reach set point or match point, di team wey dey lose go serve until di score level. Once di score level, di team wey first reach dat score go serve. Team wey get set point or match point no suppose serve. Di team wey dey serve fit choose which of dia players go serve.

SECTION 7

ODA RULES

7.0.0 BODY CONTACT

Hantis no be contact sport, but small body contact go happen by mistake. Di official ruling na say e dey work like basketball: you fit touch body small as una dey struggle for di ball, but you no fit block anoda player road. For Competitive, na di referee go decide blocking calls: e fit give di point to di team wey dem foul, or make una play di point again. If referee no dey, settle di palava as 7.0.2 tok.

7.0.1 TABLE WEY SHIFT

If table move or shake by mistake during play, una carry go, unless na dat shift directly cause point wey no fair; if so, una play di point again. If player move table on purpose to take advantage, e lose dat point. **Freestyle exception:** 8.0.2.

7.0.2 PALAVA OVA POINT

Hantis na game of honesty and fair play. If you know say you touch di ball, tok true. If palava burst ova carry, block or touch, settle am with cool head. Use any of dis ways:

- una gree to play di point again;
- play rock, paper, scissors for di point; or
- watch di rally again for video, if e possible.

7.0.3 NO CLIMB TABLE

Nobody fit sit, stand, kneel, climb or put im weight ontop table, whether na during play or between points. Dem no build table to carry human being. If you do am, you don out. To touch table as you dey stretch hand dey okay; to lean your weight on am no dey okay.

7.0.4 PLAY DI BALL, NO BE DI PLAYER

Make you no ever aim di ball for anybody head, and make your kick no go near anoda player head. If you hit person for head on purpose, you don out. **For youth and school games:** if di ball hit player above di shoulder, una go play di point again, nobody go out.

7.0.5 MAKE DI PLACE SAFE

Before una play, clear bag, chair and loose ball comot from di court, and leave space between di tables and di wall wey person fit waka pass. Dive only for sand or soft ground. Beginners and small pikin fit use soft foam ball, or ball wey no get too much pressure.

SECTION 8

TRICKS

8.0.0 HOW TO BECOME OGA FOR HANTIS

Once you don sabi di smash wey dem no fit return and di small tap wey dem no fit reach, start to check wetin else di game get. Hantis na all about creativity: use your 2 hits do trick shot with your head or leg, shot from between your legs, and set play with your teammate. Notin dey make crowd shout like long rally wey end with one mad trick or Double.

8.0.1 DRIBBLE + TRICK COMBO

One of di best ways to prepare yourself for trick shot na to dribble di ball for your opponent table. Every bounce dey restart your hit count, so you go get more time to prepare, and you dey right near dia tables for maximum effect.

8.0.2 TRICKS FOR FREESTYLE ONLY

Freestyle dey more relax pass Competitive for two tins. For Hand1 and Reverse Hand1, di ball dey waka round your body inside your shirt, wey normally go count as carry (4.0.4). For Walking the Dog, one player go drag opponent table comot while im teammate dey dribble ontop am, wey normally go make dem lose di point (7.0.1). Dem allow both only for Freestyle. Make una no ever play Walking the Dog for school or P.E., or across gym floor.

PRINT DIS PAGE

ALL DI RULES FOR ONE PAGE

HANTIS

1 ARRANGE AM

- 4 tables wey get di same size, for 2×2 square (1.1.1)
- 3 ft for beginner · 4 ft for middle level · 5 ft for advanced
- 1 tennis ball, new one from im sealed can (1.0.0)
- Wall, ceiling and table leg na X-Factors wey no dey take side (1.1.4)

2 SERVE

- Hit di ball land for your own table, then any opponent table (2.0.0)
- No throw am, no serve go your teammate (2.0.1)
- Server stand behind di back of dia tables; receiver fit reach di front of dia own (2.1.0)
- Di team wey serve no fit touch am again until possession change (2.0.1)

3 POSSESSION

- 2 hits for each player, any part of body (3.0.0)
- 1 bounce for each of your team tables
- Touch di oda team or dia table, possession don change; di count start again (3.0.2)
- You fit dribble for dia tables (3.0.3)

4 YOU DON OUT (OR YOU LOSE DI POINT) IF...

- You touch am 3 times (4.0.0)
- E bounce two times for your table (4.0.1)
- E go table → ground, or you → ground (4.0.2, 4.0.3)
- You grab am, carry am or trap am (4.0.4, 4.0.5)
- You hit am comot di boundary (4.0.6)

★ DI DOUBLE (4.0.7)

One shot bounce for both opponent tables, then ground. Both opponents don out, or you win 2 points.

5 EDGE RULE (SECTION 5)

- Near edge, e go up = e count as table
- Near edge, e go down = e no count
- E pass ova di table, far edge, e go down = e count as table

FREESTYLE

- You don out? Go back of di line (1.2.0)
- New players dey enter for Table 1
- Everybody dey shift towards Table 4, di table wey dey serve
- 1 fault (one more try) for di whole time wey you dey Table 4; 2 faults = out (2.2.0)
- Double dey send 2 out: both go back, 2 new players enter (1.2.0)

COMPETITIVE

- First to reach 21, win by 2; best of 1, 3, 5 or 7 sets (6.0.1)
- Rock, paper, scissors for first serve; di sets wey follow, una take turn (6.0.3)
- Each player dey serve 5 times, one afta di oda; Double na 2 points but 1 serve (6.0.4)
- Change side every 10 points (6.0.6)
- Di team wey dey behind go serve for set or match point (6.0.7)

PLAY FAIR, DEY SAFE

If you know say you touch am, tok true. Settle palava: play di point again, play rock, paper, scissors, or check di video (7.0.2). No climb table (7.0.3), no ever aim for anybody head (7.0.4), and clear di court before una play (7.0.5). Person wey dey line or wey dey watch block di play? Play di point again (1.1.5).

FOUR TABLE.
ONE BALL.
TWO HIT.

Watch di game and collect di free Sharp-Sharp Guide, plus how to build di tables and di P.E. Lesson Plans, for **hantis.net**

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