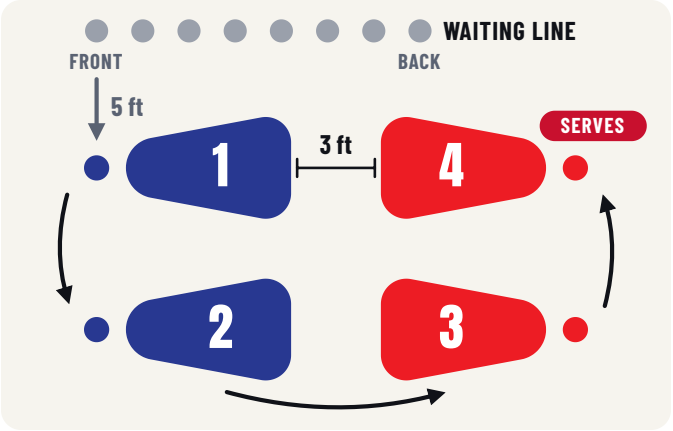
QUICK START GUIDE

HANTIS

FREESTYLE · 4 PLAYING · UP TO 8 WAITING · 1 TENNIS BALL

1 SET UP

SAME COLOR = TEAMMATES

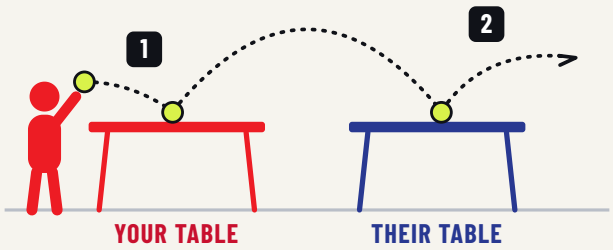


4 same-size tables, 3 ft gaps.
One per table. Waiting line: 5 ft back.

2 SERVE

TABLE 4

Table 4 serves. Stand behind it.
Toss, then hit. No throwing.



Your table first → either opponent's

MISS? 1 redo per stay at 4. 2 misses = out.

3 RALLY

Counts reset when the ball touches the other team or their table.

UP TO **2** **HITS EACH**
Any body part

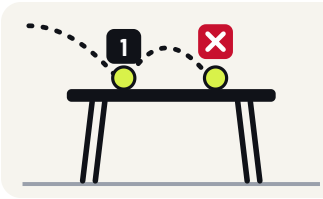
Pop up → hit back. Or pass.

UP TO **1** **BOUNCE**
on each of your team's tables

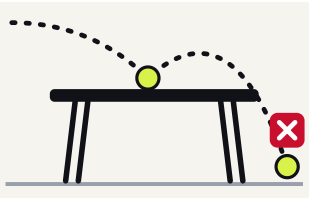
Two on the same table = out.

4 YOU'RE OUT

3RD HIT



2ND BOUNCE
on the same table



YOU OR YOUR TABLE
then ground

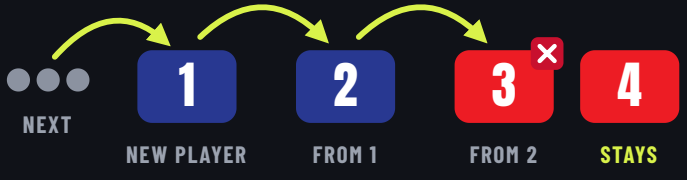
CATCH / HOLD

5 ROTATE

Out → back of the line.
Players behind the gap move up.

ENTER AT 1. WORK TOWARD 4.

EXAMPLE: TABLE 3 IS OUT



FULL RULES
hantis.net/rules

STAY OFF THE TABLES. • UNSURE OF A CALL? REPLAY.

TURN OVER TO LEVEL UP →

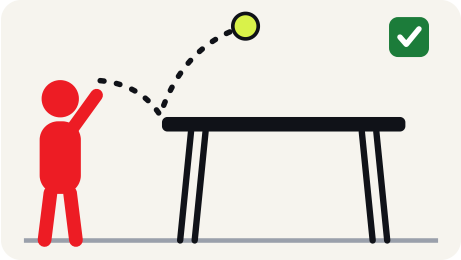
LEVEL UP

6 EDGE RULE · 7 DRIBBLING · 8 X-FACTORS · 9 THE DOUBLE · 10 COMPETITIVE

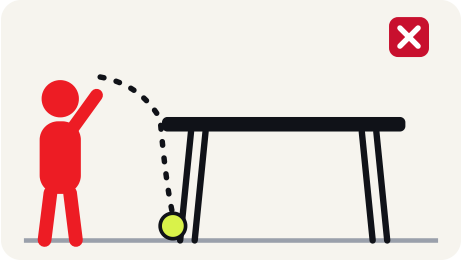
HANTIS

6 THE EDGE RULE

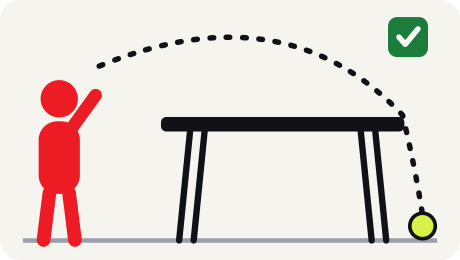
QUICK TEST Over the top first? Table hit. Edge first? Only if it bounces up.



NEAR EDGE, GOES UP
Table hit

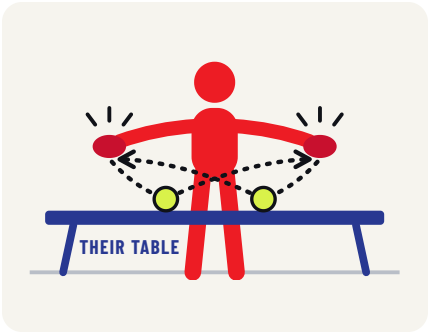


NEAR EDGE, DROPS DOWN
No table hit: you're out



FAR EDGE, DROPS DOWN
Table hit

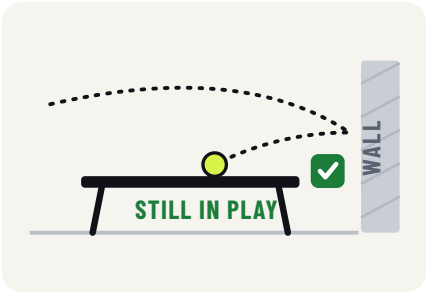
7 DRIBBLING



Hand to hand, onto their table.
Every bounce on their table resets your count, so keep it going.

DEFENSE Intercept it any time.

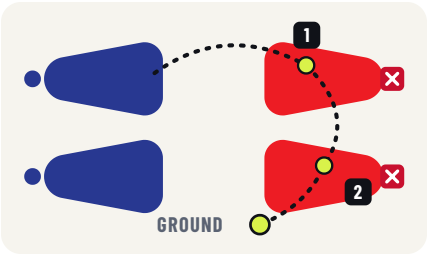
8 X-FACTORS



Walls, ceilings, table legs: in play.
Neutral, but they don't reset your count.

STUCK? Last to touch it is out.

9 THE DOUBLE



One shot hits both of their tables, then the ground.
If anyone touches it in between, it's not a Double.

FREESTYLE Both opponents out
COMPETITIVE 2 points

10 COMPETITIVE

FIXED TEAMS OF 2 · NO LINE · SCORE POINTS INSTEAD OF OUTS

21
WIN BY 2
Best of 1, 3, 5 or 7 sets. Short on time? Play to 15 or 11.

5
SERVES EACH
Then the serve moves on, through all 4 players:
A — C — B — D

10
SWITCH ENDS
Every 10 points: at 10, 20, 30...

2
FOR A DOUBLE
2 points, but it uses only 1 serve.

- **Every out is a point for the other team.**
- **Missed serve = their point.** 1 redo only when facing set or match point.
- **At set point, the team behind serves until it's tied.**
- **First serve: rock, paper, scissors.** Later sets alternate.

TOUCHED IT? OWN UP. • DISPUTE? REPLAY THE POINT.

FULL RULES: HANTIS.NET/RULES