Do I double it? Check this chart:

The word has one syllable.	Examples: pop wed dig
The word has one vowel. (Remember y and w can be part of a vowel team, like in the words day and snow)	Pop Pop
The word has one final consonant.	bob med qið

Double the consonant to add -ed and -ing

	-ed	-ing
hop	hopped	
rub		
step		stepping
stop		
clap		