



2025

SPECIFIC PARKINSON'S TABLE TENNIS LAWS.



**WORLD
PARKINSON'S
TABLE TENNIS
CHAMPIONSHIPS**

XII

TECHNICAL DOCUMENT





1. INTRODUCTION

Many people diagnosed with Parkinson's disease discover that table tennis helps to reduce their symptoms, so they buy a racket from their local sports shop and begin practising. They are able, and more than welcome, to participate in the World Parkinson's Table Tennis Championships; however, in most cases they know very little about table tennis, its rules and regulations, or what constitutes a legal racket.

WPTTC is an event for players with Parkinson's disease, where family members and the public in general are proactively invited to assist. It's an eagerly anticipated and historic event that raises awareness of Parkinson's disease and showcases the impact of table tennis on a social, mental and physical level thereby generating a better quality of life for them. It is considered a huge success as it demonstrates community at its best.

It's an event with more focus on the participation and involvement of all participants, relatives and accompanying persons to show others an example of what table tennis can do to improve their health.

The Parkinson's Disease participants normally need to take medications for the treatment of the symptoms. And for the purpose of being able to play the event, they need more medication than the regular ones to get through the rigors of a three or four days competition. Sometimes, this medication is in a different quantity than the one taken regularly. It can require more time to make an impact or on the contrary, takes action sooner than expected. Based on the principle of having all participants in similar conditions and to allow them to compete in their best possible conditions, we have adjusted and created some specific rules for the Parkinson's disease participants to be applied at the WPTTC.



2. ABBREVIATIONS:



ITTF	International Table Tennis Federation.
ITTF	International Table Tennis Federation Foundation.
ITTF Statutes	The latest rules & regulations of the ITTF.
PD	Parkinson's Disease.
TT	Table Tennis.
WPTTC	World Parkinson's Table Tennis Championships.



3. MEDICAL TIME-OUT

Additionally to the article 3.4.4.4 of the [ITTF Statutes](#) (The referee may allow a suspension of play, of the shortest practical duration, and in no circumstances more than 10 minutes, if a player is temporarily incapacitated by an accident, provided that in the opinion of the referee the suspension is not likely to be unduly disadvantageous to the opposing player or pair), a player or pair may claim one medical time-out of up to 30 minutes during an individual match, in case a player is incapacitated to continue playing due to the effects of Parkinson's disease (freezing, the medication wears off, inability to stand, dyskinesia, inability to play due to the onset of uncontrolled movement ...). The suspension has to be authorised by the referee, provided that it is not likely to be unduly disadvantageous to the opposing player or pair.

Such interval may only be requested when the ball is not in play and does not replace the 1 minute time-out according to ITTF rule 3.4.4.2.

In an individual event the request for a medical time-out may be made by the player or pair or by the designated adviser, in a team event it may be made by the player or pair or by the team captain.

If a player or pair and an adviser or captain disagree whether a time-out is to be taken, the final decision shall be made by the player or pair in an individual event and by the team captain in a team event.

On receiving a valid request for a medical time-out the umpire shall suspend play and shall hold up a white card with the hand on the side of the player or pair who requested it; the white card or another appropriate marker shall be placed on the court of that player or pair, on the corner closest to the umpire's table.

The white card or marker shall be removed and play resumed as soon as the player or pair making the request is ready to continue or at the end of 30 minutes, whichever is the sooner.

This medical time-out will not be allowed if one of the players or pairs has already scored 8 points in the last possible game of a match.

Play may be interrupted by the umpire to introduce the medical time-out and the umpire shall inform the referee immediately.

Participants should inform the Referee, before the start of the competition that their therapeutic windows opened by the medication are short and that they are regularly exposed to medication fluctuations.

4. FREEZING.

In accordance with article 3 of medical time-out.

5. SERVICE RELAXATION

As described in article 2.6.7 of the ITTF Statutes, exceptionally, the umpire may relax the requirements for a correct service where he or she is satisfied that compliance is prevented by physical disability.

The relaxation of rules described in 2.6.1 to 2.6.6 does not imply that the player can intentionally hide the service or impart spin on the ball during the ball tossing.



6. FREE HAND ON TABLE

In case the player is showing continuous and clear symptoms of unbalance due to the effects of Parkinson's disease, the umpire may waive the application of article 2.10.1.11.

If the opponent player or pair does not trust the bona fide of the player who claims the need of the support, he or she can challenge the umpire's decision and the referee shall decide about it.

7. DOPING CONTROL

According to article 3.2.6 and 3.2.6.1 of the [ITTF Statutes](#), all players participating in international competitions, including Junior competitions, shall be subject to in-competition testing by the ITTF, the player's National Association and any other Anti-Doping Organisation responsible for testing at a competition in which they participate.

8. CONTACT US

If you have any suggestions, recommendations or questions, don't hesitate to contact us at:

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