



**2025**

# CLASSIFICATION



**WORLD  
PARKINSON'S  
TABLE TENNIS  
CHAMPIONSHIPS**

**XIV**

TECHNICAL DOCUMENT





## 1. INTRODUCTION

World Parkinson's Table Tennis Championships is an event for players with Parkinson's disease, where family members and the general public are proactively invited to assist. It is 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 is 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.

There were previous ITTF PWTTTC held in 2019 and 2021, in both, there were different criteria to define the classification of the participants. Nevertheless, the classes were already defined, and the players participated, with the participation in mind, we believe there should be more even matches, so the idea with the definition of these new criteria for the participants to be classified is to have the classes and the levels, based on the trust of the participants, the closest possible and to enjoy playing matches with people with similar conditions and matches that could be lost but also could be won.

For the WPTTC held in 2023 and 2024 implemented a first version of this classification. Using the remarks of participants (players, coaches, accompanying persons), we created a new classification system, supported as well by an advisory group. Every one is welcome to share ideas to improve the classification system.



## 2. ABBREVIATIONS:

<b>ITTF</b>	International Table Tennis Federation.
<b>ITTFE</b>	International Table Tennis Federation Foundation.
<b>PD</b>	Parkinson's Disease.
<b>PP</b>	Ping Pong.
<b>TT</b>	Table Tennis.
<b>WPTTC</b>	World Parkinson's Table Tennis Championships.



### 3. DATA REQUIRED TO DEFINE THE CLASSIFICATION

Since we consider both the Parkinson's Disease situation and the Table tennis level, we will need to get parameters related to both:

- a. Playing years of table tennis before the Parkinson's diagnosis
- b. Parkinson's disease stage
- c. Table tennis skills level
- d. Parkinson's medication

### 4. CRITERIA TO DEFINE THE CLASSIFICATION

- a. Playing years of table tennis before Parkinson's disease
- b. Parkinson's disease stage
- c. Table tennis skills level
- d. Advanced level of medication



## 5. PARKINSON'S DISEASE STAGE

The Parkinson's disease stage is based on the Hoehn and Yahr Scale which measures how Parkinson's symptoms progress and the level of disability. It is separated into 5 different stages.

### a. Stage I:

- Symptoms at this stage are mild and do not interfere with daily activities.
- Movement symptoms, such as tremors, rigidity, and bradykinesia (slowness of movements) affect just one side of the body (unilateral).
- Mild problems with posture and balance, slight difficulty walking and mild changes in facial expressions.

### b. Stage II:

- Movement symptoms, such as tremors, rigidity, and bradykinesia (slowness of movements) affect just one side of the body (unilateral).
- Movement symptoms, such as tremors, rigidity, and bradykinesia (slowness of movements) affect just one side of the body (unilateral).
- Difficulty walking, difficulty balancing, poor posture and reduced facial expressions.

### c. Stage III:

- Symptoms at this stage are more severe than those of stage II. Movement symptoms, such as tremors, rigidity, and bradykinesia (slowness of movements) affect just one side of the body (unilateral).
- Loss of balance, such as unsteadiness as the person turns or when he/she is pushed from standing, and bradykinesia (slowness of movements) are the hallmark symptoms of this stage. So, falls are more common. The reflexes are also decreased.
- Daily activities such as eating, bathing and dressing are significantly impaired.

### d. Stage IV:

- Independent living is almost impossible at this stage due to limitations in daily activities such as eating, bathing, dressing, sleeping and walking.
- The person may be able to stand on their own but need assistance to move around.
- A walker may help in the movement without falling.

### e. Stage V:

- Symptoms at this debilitating stage become so severe that even standing on one's own may be impossible.
- The person becomes bedridden and needs a wheelchair to be moved around.
- All daily activities are impaired, requiring an around-the-clock caregiver.
- Symptoms may include delusions (false beliefs that do not change despite conflicting evidence), hallucinations (seeing, feeling or hearing things that are not there) and loss of smell.



## 6. TABLE TENNIS SKILLS LEVEL

The table tennis skills level has been created from a table that defines the participants from beginner to Advanced<sup>+</sup> (6 categories), according to parameters defined from the serve, the forehand/backhand strokes, the footwork and the game knowledge/tactics.

The participant needs to check and see which colour below identifies more with their level.

Skill/Level	1. Beginner	2. Beginner <sup>+</sup>	3. Intermediate	4. Intermediate <sup>+</sup>	5. Advanced	6. Advanced <sup>+</sup>
<b>How are your serves?</b>	I can do basic serve only from one side	I can do basic serve from both sides	I can do several different kinds of basic serves	I can do serves with spin or speed but cannot apply both at the same time	I can do advanced serves, combining different variations of speed and spin	I can do very advanced and strategic serves with top, back and side spins and opponents have trouble returning them
<b>Forehand/backhand</b>	I can play only from one side	I can play from both sides	I can play from both sides with different speeds	I can play from both sides with different spins	I can play both sides with different spins and speeds	I can play both sides with different spins and speeds with consistency
<b>How is your footwork?</b>	I'm able to keep one position and can only play from it	I need to move but able to stop and play a shot from it	I can move in one direction only and difficult return	I can move in both directions and move and play when needed	I can move both sides and forwards/backwards with different speeds	I can move both sides and forwards/backwards with different speeds anticipating my opponent's positions and movements
<b>Game knowledge /tactics</b>	I know that two players play and the one loosing the shot loses the point	I know basic rules	I know the rules and able to see how the opponent plays	I know the rules and I'm able to read the opponent actions and movements but not using my movements and shots against them	I can read the opponent's game and use my strokes accordingly against them or using mines to get reaction from opponent without consistency	I can read the opponent's game and use my strokes accordingly against them or using mines to get reaction from opponent with consistency

<b>1. Beginner</b>
<b>2. Beginner<sup>+</sup></b>
<b>3. Intermediate</b>
<b>4. Intermediate<sup>+</sup></b>
<b>5. Advanced</b>
<b>6. Advanced<sup>+</sup></b>



## 7. LEVELS IN THE CLASSIFICATION

- a. Class I:** the one with more options of movement and less advanced in Parkinson's Disease, plus more table tennis skills.
- b. Class II:** the one with a middle range of movements, Parkinson's Disease and table tennis skills.
- c. Class III:** the one with more limited movements and more advanced in Parkinson's Disease, with less table tennis skills.

## 8. WEIGHT OF EACH OF THE CRITERIA TO GET THE FINAL CLASSIFICATION OF THE PARTICIPANTS

### a. Playing years of table tennis before Parkinson's disease:

- |      |   |                   |
|------|---|-------------------|
| i.   | 0 < Years of TT playing before Parkinson's disease $\leq$ 4 | <b>0 point.</b>   |
| ii.  | 4 < Years of TT playing before Parkinson's disease $\leq$ 9 | <b>5 points.</b>  |
| iii. | 10 $\leq$ Years of TT playing before Parkinson's disease    | <b>10 points.</b> |

### b. Parkinson's disease stage

(please, go to paragraph 5 to know the stage):

- |      |           |                   |
|------|-----------|-------------------|
| i.   | Stage I   | <b>40 points.</b> |
| ii.  | Stage II  | <b>30 points.</b> |
| iii. | Stage III | <b>20 points.</b> |
| iv.  | Stage IV  | <b>10 points.</b> |
| v.   | Stage V   | <b>00 points.</b> |

### c. Table tennis skills level

(please, go to paragraph 6 to know the skills level):

- |      |                           |                   |
|------|---------------------------|-------------------|
| i.   | Advanced <sup>+</sup>     | <b>40 points.</b> |
| ii.  | Advanced                  | <b>32 points.</b> |
| iii. | Intermediate <sup>+</sup> | <b>24 points.</b> |
| iv.  | Intermediate              | <b>16 points.</b> |
| v.   | Beginner <sup>+</sup>     | <b>08 points.</b> |
| vi.  | Beginner                  | <b>00 points.</b> |

### d. Advanced Level of Medication.

- |      |                                    |                           |
|------|------------------------------------|---------------------------|
| i.   | Medication is delivered by a pump  | <b>Coefficient of 1,2</b> |
| ii.  | Undergone a Deep Brain Stimulation | <b>Coefficient of 1,2</b> |
| iii. | Oral medication                    | <b>Coefficient of 1</b>   |



## 9. OTHERS

The participant could be asked if they want to play in a higher category.

## 10. CONTACT US

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

[lhure@foundation.itf.com](mailto:lhure@foundation.itf.com)

(Léa HURÉ).

