



# TABLE TENNIS

**TABLE TENNIS** has been a part of the Paralympic program since the inaugural Games in 1960.

## BASIC RULES

Matches consist of five sets of 11 points each and are played in a best-of-five format. Players serve two serves each, alternating. A player does not have to win specifically off their own serve in order to win a point. If a game ties at 10-10, a player must win by two points. In this situation, players serve one serve each, alternating

In competition, games are played best of five (first to win three games) or best of seven (first to win four games). Social games can also be played best of three (first to win two games).

## SERVING

An athlete must throw the ball up straight, from a flat palm, at least six inches (16cm). The toss and service contact must be behind the table surface (not over). An athlete cannot hide the ball from the ball toss to contact, with any part of your body. If the ball hits the net during service, it is a let, the point is replayed. There is no limit or point deductions for let serves.

## EQUIPMENT

Standard table tennis equipment is required, that includes a table tennis racket, ball (40mm+ plastic ball), a table (9ft long, 5ft wide and 2.5 ft tall) and a table tennis net (approved height is six inches). Sport specific equipment for athletes in the wheelchair classes would also include a competition wheelchair.

Tables shall allow access to wheelchairs without obstructing the player's legs and shall allow access to two wheelchairs for doubles.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers table tennis or getting involved with a local table tennis club. To find a list of clubs in your area, please visit <https://usatt.simplycompete.com/c/d>.

## CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek classification.

For more information on table tennis, please visit <https://www.teamusa.org/usa-table-tennis/para>.

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Intellectual Impairment
- Limb Deficiency
- Leg Length Difference
- Short Stature

## PARALYMPIC CLASSIFICATIONS

Athletes are classified into 11 classes.

- **Classes 1 to 5** are for athletes competing in wheelchairs.
- **Class 6 to 10** are for standing Para athletes.
- **Class 11** is for athletes with an intellectual disability.

## PARALYMPIC SCORING

A player may touch the table with the racket hand to restore his or her balance only after a shot has been played, and if the table does not move.

A player shall score a point if:

- The opponent touches the playing surface with their free hand
- The opponent does not maintain a minimum contact (with back of the thigh) with the cushion(s) when the ball is in play.
- The footrest or foot of the opponent touches the floor during play.