



surname:

name:

PINGPONGPARKINSON CLASSIFICATION

Please fill in the fields with the applicable information.

Part 1: Evaluation

Question 1: age

Age of player:

Date of Birth:

Question 2: years with morbus Parkinson

Years with morbus Parkinson:

Date of Diagnosis:

Question 3: morbus Parkinson symptoms

Each player carries out a self-assessment. He chooses the one of the five categories that best fits his morbus Parkinson symptoms, even if not all criteria apply 100 %. Please mark (✓) the appropriate property and make the assessment at the end of this question.

Category A

- No tremor in rest at hitting hand.
- Freezing absent. No rigidity. Normal gait.
- Posture stability normal.
- Can stand up from a chair with arms folded across chest without problems.
- No medication off.

Category B

- Tremor in rest at hitting hand with small amplitude < 1 cm.
- Freezing occasionally present. Mild rigidity.
- Gait with mild slowing and/or reduction of step height or length.
- Stability of posture slightly limited.
- Can stand up from a chair with arms folded across chest without problems slowly but without using arms to stand up.
- Medication off can be planned in accordance to schedule.

Category C

- Tremor in rest at hitting hand with small amplitude between 1 and 3 cm.
- Freezing temporarily present. Mild rigidity.
- Gait with moderate slowing and/or reduction of step height or length.
- Stability of posture moderate limited.
- Getting up from a chair with arms folded across chest is increasingly difficult.
- Planning of Medication off gets difficult.



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Category D

- Tremor in rest at hitting hand with moderate amplitude between 3 and 5 cm.
- Freezing frequently present, even when walking.
- Moderate rigidity.
- Gait severe slowing, or shuffles or has festination.
- Stability of posture moderately limited.
- Needs arms to stand up from a chair, but stands up without help.
- Medication effects cannot be planned.

Category E

- Tremor in rest at hitting hand with large amplitude > 5 cm.
- Severe freezing when walking.
- Severe rigidity.
- Unable to stand up from a chair without help.
- Nearly unable to walk.
- Stability of posture severely restricted
- Medication, mostly off.

Pd-category:

Question 4: table tennis skills

Each player carries out a self-assessment. He chooses the one of the six categories that best fits his table tennis skills, even if not all criteria apply 100 %. Please mark (✓) the appropriate property and make the assessment at the end of this question.

Category A

- Players with at least 20 years of current continuous active competitive experience at intermediate or higher level.
- Currently or formerly an advanced regional or national level table tennis player (not: in Parkinson's table tennis)
- Has received performance-oriented training at times during his/her career
- In Germany: current playing class at district level or higher, current TTR value of 1400 and higher.

Category B

- Players with at least 10 years of current continuous active competitive experience at low or intermediate level.
- Has never or never been a regional top level table tennis player (not: in Parkinson's table tennis)
- Has been playing in a team in a club for a long time and occasionally in tournaments
- Participants in a Parkinson World Championships or PPP-German Open belong to this category if they have achieved success in higher competitions in singles.
- In Germany: current playing class at district level, current TTR value below 1400.



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Category C

- Player with no more than 10 years of current continuous active competitive experience at a low level.
- Has never currently or previously been a top level regional table tennis player (not: in Parkinson's table tennis).
- Advanced player at a low club level. Is able to keep the ball safely in play and actively score points.
- Has definitely acquired technical skills (attacking or defensive play clearly visible).
- Has played table tennis in a club or hobby for a maximum of 15 years in his life.
- Does not currently play table tennis competitively in a club, or at most at the lowest level.
- Has received guided table tennis training for a maximum of five years.
- Plays table tennis mainly as a hobby, possibly also in a group or a club (e.g. in a PPP base).
- Participants in a Parkinson World Championships or PPP-German Open belong to this category if they have achieved success in singles in lower competitions.
- in Germany: current playing class at the lowest district level, current TTR value below 1200.

Category D

- Players with at least a ten-year break after any previous competitive participation in organised TT sport.
- Is no longer a beginner.
- Is able to keep the ball safely in play and also to form offensive or defensive moves (attacking or defensive play is present in the basics).
- Has played table tennis in a club or as a hobby for a maximum of ten years in his/her life.
- Does not currently play competitive table tennis in a club.
- Has received guided table tennis training for a maximum of three years.
- Plays table tennis as a hobby, possibly also in a group (e.g. in a PPP base).
- Participants in a Parkinson World Championships or PPP-German Open only belong to this category if they have not acquired any major individual successes there (e.g. victory in their competition).

Category E

- Advanced beginner without any competitive experience in organised TT sport/TT club.
- Player with a maximum of five years playing experience.
- Is able to keep the ball in play reasonably safely, but is not yet able to create structured moves.
- Has never played in a table tennis club.
- Has received guided table tennis training for a maximum of one year (e.g. in a PPP group).
- Plays table tennis as a hobby, possibly also in a group (e.g. in a PPP base).
- Participants in a Parkinson World Championships or PPP-German Open only belong to this class if they have participated there in the lowest classes in the singles very unsuccessfully.



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Category F

- Beginners without any competitive experience in organised TT sport/TT club.
- Player with very little table tennis playing experience.
- Has difficulty keeping the ball in play. Has never played in a table tennis club.
- Has never received instructed table tennis training.
- Has only been playing table tennis as a hobby for a maximum of one year, but only at home/ in the park/ garage or similar. Does not play table tennis in a group.
- Participants in a Parkinson World Championships or PPP-German
- Open (even without any success) do not belong in this category

tt-category:

Part 2: Self-evaluation

With the help of your information in part 1, we will calculate which of the three tournament classes (1-proficient, 2-intermediate, 3-beginner) you belong to.

Independently of this, we ask you here for your self-assessment as to which of the three tournament classes you belong. Perhaps you have already played in other table tennis tournaments and can judge for yourself.

If you agree to be classified exclusively according to the results of part 1, simply leave this field and that of part 3 blank.

Explanatory note:

class:

Part 3: Preference

Regardless of which of the three tournament classes you belong to mathematically (part 1) or according to your self-assessment (part 2), it is possible that you would prefer to play in a certain tournament class at our tournament. Please name this tournament class (1-proficient, 2-intermediate, 3-beginner).

Explanatory note:

class:

Date

signature