

PINGPONGPARKINSON CLASSIFICATION

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 %.

PD CATEGORY

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 offs.

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 offs 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 offs gets difficult.
- 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 offs 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.

PING PONG SKILL

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.

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.

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