

Para Table Tennis Information Sheet

About the sport

Para table tennis has been part of the Paralympic Games since 1960. It is played by athletes with physical or intellectual impairments in two main classes: standing and sitting (wheelchair). Events include singles, doubles, and team competitions for men and women.

Matches follow a best-of-five format, with each set played to 11 points. The winner is the player or pair who wins three sets. The sport requires accuracy and control in serving, returning, and rallying.

The International Table Tennis Federation (ITTF) governs the rules and regulations for Para table tennis, ensuring consistency with international standards.

Who can compete?

Para table tennis is open to athletes with a physical or intellectual impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Impaired Muscle Power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion	Leg: loss of strength in a hip, knee or ankle that impacts on table tennis. Playing Arm: weakness of the hand that affects table tennis, such as grip and power. Non-Playing Arm: weakness of the arm.

Eligible impairments	Description	Minimum Impairment Criteria
Impaired Passive Range of Movement	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restrictions in the shoulder, elbow, wrist, trunk, hip, knee or ankle.
Limb Loss	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	Leg: loss of at least 1/3 of a foot. Playing arm: loss of more than 1 finger. Non-Playing arm: loss of at least 2/3 forearm.
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	Leg length difference of at least 7cm.
Short Stature	Reduced standing height and limb length from conditions such as achondroplasia or other conditions that affect growth.	Males standing height 140cm or less. Female standing height 137cm or less.
Co-ordination impairments: Hypertonia, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg.
Intellectual Impairment	An IQ of 75, and impairments in adaptive behaviour (conceptual, social and practical skills) – that is observed before the athlete is aged 18.	

Para Table Tennis Sport Classes (TT=Table Tennis)

Sport Class	Description (Guide Only)
Athletes with Physical Impairment	
TT1	Players with an impairment that affects their arms, torso and legs. Players play sitting and lock their wheelchair brakes on during play and hold their wheelchair with their non-playing arm to assist with balance and movement.
TT2	Players who play sitting, with impairments in their torso and legs, with more arm movement than TT1 players. Players lock their wheelchair brakes during play and hold on to their wheelchair for balance.
TT3	Sitting players with good arm movement, and some movement in the torso. Players lock their wheelchair brakes during play. Players are able to reach some way out of their chair for extra reach on a shot.
TT4	Sitting players who have good use of their arms, and good torso balance when sitting upright to serve. Players are able to stretch their body to reach for shots but need to hold on for far reach shots. Players can move their wheelchair during play.
TT5	Sitting players with full torso and arm movement, but with insufficient leg movement to play standing. Players can move their chair and body without difficulty to play a wide range of shots.
TT6	Players who have impairments in their arms, torso and legs who can play standing. Players cannot move quickly around the table and so use a highly tactical game.
TT7	Players who have more ability to move side to side during play than TT6 but are unable to move with power and speed.
TT8	Players who can move side to side smoothly during play and play a wide range of shots. Players are challenged at high intensity due to difficulty with leg movement.

Sport Class	Description (Guide Only)
TT9	Players have a moderate impairment in one arm or leg. They can play a complete range of shots and move swiftly around the table, though balance and agility is affected when reaching for wide shots.
TT10	Players who have the most agility and speed during play. Players usually have mild movement difficulties with their non-playing arm or one ankle.
Athletes with an Intellectual Impairment	
TT11	Players with an intellectual disability. Players may have difficulty in planning shots and competition strategy.
Not Eligible	
Not Eligible (NE)	Player does not meet the minimum criteria for the Para sport classes but may still be able to compete. Contact Table Tennis Australia for more information.

Find out more

To get involved or for more information contact:

Table Tennis Australia

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Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games