



## RULES – OPEN de France PINGPONGPARKINSON® 2025

The 1st Open Pingpongparkinson® France will take place on September 13-14, 2025, in Le Mans.

PPP France is pleased to organize this inaugural tournament.

An international tournament exclusively for people with Parkinson's disease.

### ORGANIZER :

Pingpongparkinson France

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France

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### REGISTRATION :

The registration period will run from April 24, 2025, to June 15, 2025.

The registration link will be available online on April 23, 2025.

The number of participants is limited to 80 players.

Each player must provide proof of their Parkinson's diagnosis and a medical certificate confirming no contraindication for playing table tennis or a copy of their competition license.

### CATEGORIES :

The tournament will be divided into three skill levels : Expert, Intermediate, and Beginner.

- **Singles :**
  - Women : 3 classes
  - Men : 3 classes
- **Doubles :**
  - Women : 3 classes
  - Men : 3 classes
  - Mixed

The categories will be determined according to the classification table below or based on your ranking.

## CLASSIFICATION

### 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. Year of birth.
- b. Year of Parkinson's disease onset.
- c. Parkinson's disease stage.
- d. Table tennis skills level.

### CRITERIA TO DEFINE THE CLASSIFICATION

- a. Age of the participant.
- b. Number of years with Parkinson's disease.
- c. Parkinson's disease stage.
- d. Table tennis skills level.

### 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) 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 :**

- Symptoms at this stage become worse, making daily activities more difficult. The person is, however, able to look after themselves.
- Movement symptoms (such as tremors, rigidity, and bradykinesia) affect both sides of the body (bilateral).
- 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. However, the person is still independent.
- Loss of balance and bradykinesia (slowness of movements) are the hallmark symptoms of this stage.
- 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.

## TABLE TENNIS SKILLS LEVEL

The table tennis skills level has been created from a table that defines the participants from beginner to Advanced+ (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.

1. Beginner
2. Beginner
3. Intermediate
4. Intermediate
5. Advance
6. Advance Skill/Level

<b>Skill / Level</b>	<b>1. Beginner</b>	<b>2. Beginner</b>	<b>3. Intermediate</b>	<b>4. Intermediate</b>	<b>5. Advanced</b>	<b>6. Advanced+</b>
<b>How are your serves?</b>	I can do a basic serve only from one side	I can do a basic serve from both sides	I can do several types of basic serves	I can do serves with spin or speed, but not 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 topspin, backspin, sidespin, and opponents have trouble returning them
<b>Forehand / Backhand</b>	I play only from one side	I play from both sides	I play from both sides with different speeds	I play from both sides with different spins	I play from both sides with different spins and speeds with consistency	I play from both sides with varied spins and speeds, consistently and accurately
<b>How is your footwork?</b>	I stay in one position	I need to move but I can stop	I can move in one direction	I can move in both directions	I can move to both sides and	I can move in all directions while

Skill / Level	1. Beginner	2. Beginner	3. Intermediate	4. Intermediate	5. Advanced	6. Advanced+
	and can only play from there	and play a shot	only, returning is difficult	and hit the ball when needed	forward/backward at different speeds	anticipating my opponent's movements and positions
<b>Game knowledge / Tactics</b>	I know that two players play and the one who misses loses the point	I know the basic rules	I know the rules and can observe how my opponent plays	I can read my opponent's actions and movements but don't yet use my shots against them	I can read my opponent's game and use my strokes to provoke reactions (not consistently)	I can read my opponent's game and use my strokes consistently to provoke reactions or counter effectively

The participant is invited to self-assess in each category to identify the overall level that best corresponds to their abilities.

## LEVELS IN THE CLASSIFICATION

### a. Class I:

the one with more options of movement and less advance 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 advance in Parkinson's Disease, with less table tennis skills.

Each participant is classified based on a weighted evaluation of the following criteria:

- Age
- Number of years with Parkinson's disease
- Stage of Parkinson's disease (Hoehn and Yahr scale)
- Table tennis skill level

These combined criteria make it possible to assign each player to a class that best reflects their physical condition and playing level, ensuring more balanced and inclusive matches.

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

Participants are classified into three categories (Class I, II, III) based on a point system that evaluates four criteria: age, duration of Parkinson's disease, disease stage, and table tennis skill level. The points are distributed as follows:

**a. Participant Age:**

Participant Age	Points Awarded
< 50 years	10 points
≥ 50 and < 55 years	8 points
55 and < 60 years	6 points
≥ 60 and < 65 years	4 points
≥ 65 years	2 points

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**b. Number of Years with Parkinson's Disease:**

Duration of Disease	Points Awarded
< 4 years	10 points
≥ 4 and < 8 years	8 points
≥ 8 and < 12 years	6 points
≥ 12 and < 16 years	4 points
≥ 17 years	2 points

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**c. Stage of Parkinson's Disease (see : [LEVELS IN THE CLASSIFICATION](#)):**

Stage	Points Awarded
Stage I	40 points
Stage II	30 points
Stage III	20 points
Stage IV	10 points
Stage V	0 points

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**d. Table Tennis Skill Level (see : [WEIGHT OF EACH OF THE CRITERIA TO GET THE FINAL CLASSIFICATION OF THE PARTICIPANTS](#)):**

Level	Points Awarded
Advanced+	40 points
Advanced	32 points
Intermediate+	24 points
Intermediate	16 points
Beginner+	8 points
Beginner	0 points

**Final Classification Based on Total Score:**

- **Class I:** High mobility, early stage of Parkinson's, strong table tennis skills.

- **Class II:** Moderate mobility, intermediate stage of the disease, average table tennis skills.
- **Class III:** Limited mobility, advanced stage of Parkinson's, low table tennis skill level.

This system ensures that players are grouped in categories that best reflect their physical condition and playing ability, promoting fair and enjoyable matches for all.

## OTHERS

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

## CONTACT US

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

[france@pingpongparkinson.org](mailto:france@pingpongparkinson.org)

## TOURNAMENT FORMAT :

The preliminary rounds will be played in groups of three players, with the top two qualifying for the next stage, while the third player will enter the consolation bracket.

All matches will be played as best of five sets.

- Consolation matches will be played in a single-elimination format.
- Doubles matches will be played in groups of four pairs. The top two pairs will advance to the next round, while the other two pairs will enter the consolation bracket.
- Consolation matches follow a single-elimination format.
- Players will be responsible for officiating their own matches.
- Breaks may be granted to players who need them.
- Assistance will be provided upon request.
- The tournament follows standard table tennis regulations, with the following adaptations for wheelchair players :
  - Backspin serves that cause the ball to return toward the net are prohibited.
  - Serves must not land on the small side sections of the table.
  - In doubles, as in tennis, wheelchair players are not required to alternate hitting the ball.

## SCHEDULE :

### Friday, September 12:

- 4:00 PM – 8:00 PM: Accreditation & practice

### Saturday, September 13:

- 8.00 AM – 9.00 AM : Accreditation
- 9.30 AM : Opening ceremony
- 10.00 AM : Preliminary rounds
- 12.30 PM – 1.30 PM : Lunch break
- 5.00 PM : End of Day 1
- 7.00 PM : Player party

## Sunday, September 14:

- 10.00 AM : Doubles & semifinals
- 12.30 PM – 1:30 PM : Lunch break
- 1.30 PM – 4:00 PM : Finals
- 4.00 PM : Awards ceremony & closing ceremony

A prize will be awarded to the top 3 in each category.  
Classifications will be determined based on performance tables.

## PARTICIPATION FEES :

- Entry fee : €35
- Player party : €35

## PAYMENT :

Payment is required only after receiving confirmation of registration and must be completed by June 30, 2025.

## ACCOMMODATION :

A list of partner hotels will be provided after registration.

## TRANSPORTATION :

Shuttle services will be available between the hotels and the competition venue.  
The SNCF train station is close to the hotels and 3 km from the competition venue.

All registered participants will be informed by email of their tournament acceptance by June 15, 2025.

## DISCLAIMER :

Participation in the tournament implies full acceptance of these regulations.

PPP France declines all responsibility for theft, loss, or accidents that may occur during the event.