



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

PARA TABLE TENNIS

WHAT IS PARA TABLE TENNIS?

Table Tennis is an inclusive sport open to all individuals with physical and learning impairments. It was first introduced into the Paralympics in Rome in 1960 and has developed with athletes from over 100 countries now involved. It can be played standing up or sitting in a wheelchair.

WHO CAN TAKE PART?

All individuals with physical impairments and/or learning impairments can take part. As above, table tennis can be played standing or sitting in a wheelchair.



CLASSIFICATION

Within Table Tennis, there is no single set of classifications for individuals with Cerebral Palsy. However, the classification system is designed to make sure that individuals are put into classes based upon their ability to grip, control their core and other parts of their body, balance and perform different skills which are found in Table Tennis.

Table Tennis Classifications range from 1 to 10 for physical disabilities, along with individuals with learning impairments being classed as 11. Therefore, individuals with Cerebral Palsy will be put into a specific classification according to their ability to do certain Table Tennis movements / skills.

INTERNATIONAL TABLE TENNIS FEDERATION



The International Table Tennis Federation (ITTF) governs and sets the rules for the sport of Para Table Tennis through the International Para Table Tennis Committee.

Table Tennis was included in the first Paralympic Games in Rome and is now the 3rd largest Paralympic sport in terms of athlete numbers, and is practiced in more than 100 countries.



www.cpisra.org/sport/table-tennis/

<https://www.ittf.com/>