

# Table Tennis for Disabled People in Scotland

This fact sheet provides an overview of table tennis for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in table tennis.

## The Development of Table Tennis

Table Tennis Scotland, previously the Scottish Table Tennis Association, was established in 1935. Our mission is “to foster and promote table tennis to attract more players, achieve higher standards and improve the profile of the sport”.



Table tennis was included in the first Paralympic Games in Rome in 1960 and is now practised by athletes in more than 100 different countries.

Athletes from all physical impairment groups, aside from the visually impaired, are allowed to compete in standing or sitting classes. Intellectually impaired athletes can also compete.

Men and women can compete in individual, doubles or team events, and matches consist of five sets of 11 points each, and are played in a best-of-five format. In disabled table tennis the rules are the same as for the non-disabled game with the following exceptions:

- In doubles play wheelchair users may hit the ball consecutively;
- When serving to a player in a wheelchair the service must, if it were to continue on its path, cross the end line at the receiver's end of the table;
- A disabled player may place a hand on the surface of the table during a rally after playing a shot in order to recover their position.

Polybat is an adapted form of table tennis that was originally devised at the Nottingham Trent University with the aim of not only helping disabled people to play a form of table tennis but also to support any player with poor hand/eye/ball co-ordination. The game is played on a conventional table tennis table with side panels and no net. The players use a paddle-like bat and a plastic airflow ball (golf ball size) with the aim of hitting the past your opponent along the surface of the table with no bounce. Scoring is the same as table tennis.

Table Tennis Scotland's strategic plan 2015-2019 is fully inclusive and has a clear vision on the pathway for para table tennis. Currently we have a national squad of nine and are doing regional ID days for pathway beginners to elite players.

## The Classifications

The object of this classification system is to group together those players who have a movement potential which is approximately equal.

Each individual class consists of players who have relatively similar abilities for performing basic table tennis techniques. This means that players with different types of impairments, and in various parts of the body, may reside in a single class, if their functional potential for beginning (service) and continuing a rally is nearly comparable.

There are currently 11 classes in the Para Table Tennis Committee (PTT):

- Classes 1 to 5 for wheelchair players (sitting table tennis)
- Classes 6 to 10 for standing players (standing table tennis)
- Class 11 for players with an intellectual disability

## Coach Education

Table Tennis Specific Disability Inclusion Training: A UK Disability Inclusion Training Table Tennis workshop has been developed in partnership between Scottish Disability Sport and Table Tennis Scotland. This training has been delivered to coaches and tutors within Scotland.

Disability Awareness Training: This ETТА table tennis specific course is aimed not only at coaches but at all club members and forms an integral part of the Premier Club "Ability" programme. The 6-hour course is part practical and part workshop and is tutored by some of the British Paralympians. For more information contact the National Programme Manager Volunteering, Diversity and Child Protection at the ETТА headquarters or email [judy.rogers@etta.co.uk](mailto:judy.rogers@etta.co.uk).



It is hoped that one or two disability awareness courses for table tennis coaches will be held throughout Scotland over the next one or two years.

## Helpful Resources

For useful videos on para table tennis visit:

[www.ittdream.com/ITTF\\_Dream\\_Building/PTT\\_Medi\\_1/PTT\\_Media.html](http://www.ittdream.com/ITTF_Dream_Building/PTT_Medi_1/PTT_Media.html)

For further footage of para table tennis please contact BTTAD.

Facts & Figures

- At the London 2012 Games, 276 athletes competed in 29 medal events
- There are 2,400 active players in international tournaments (2014)
- Table tennis is governed by the International Table Tennis Foundation (ITTF) through the ITTF Para Table Tennis Committee: [www.ittf.com](http://www.ittf.com)

## Leading Performers

Martin Perry, 22, from Paisley, has played for five and a half years. Martin is a Class 6 and now represents Scotland and GB. He is a Scottish Disability Sport Academy athlete and is considered to be a Tokyo 2020 prospect.

Conor McAdam, 18, from Troon, is also a member of the pathway squad for GB and has also represented Scotland at European events. He is a Scottish Disability Sport Academy athlete and is considered to be a Tokyo 2020 prospect.

## Competitions

- Glasgow Open – held annually
- Paralympic Games – held every four years just after the Olympic Games in the same venue; the next is in 2020 in Tokyo
- World Championships – held every four years
- Regional Championships – held every second year
- Includes Asian & Oceanic Championships, European Championships, Pan American Championships and African Championships
- ITTF Para Tour – for elite players, system similar to ITTF World Tour

## Key Contacts

Table Tennis Scotland  
Caledonia House  
South Gyle  
Edinburgh EH12 9DQ  
T: 0131 317 8077  
E: [ttsadmin@btconnect.com](mailto:ttsadmin@btconnect.com)

## Key Websites

Table Tennis Scotland  
[www.tabletennisscotland.com](http://www.tabletennisscotland.com)

British Table Tennis Association for People with Disabilities (BTTAD)  
[www.bttad.org](http://www.bttad.org)

International Table Tennis Federation  
[www.ittf.com](http://www.ittf.com)

Scottish Disability Sport  
[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

Dwarf Sports Association  
[www.dsauk.org](http://www.dsauk.org)

Special Olympics  
[www.specialolympicsgb.org.uk](http://www.specialolympicsgb.org.uk)

Sports Coach UK  
[www.sportscoachuk.org](http://www.sportscoachuk.org)

