

How to be a PingPongParkinson umpire

Suggestion for rules and tips

Umpire training and rules for PingPong Parkinson

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Introduction

To be a recognized table tennis umpire, you have to go through “appropriate accredited courses”. This is a PPP umpire course!

For Parkinson players, any umpire is often better than no umpire. To keep track of score, who serves on top of playing can be tough.

To act as an umpire is a healthy mental exercise.
Learning by acting as an umpire is better than any course.

Rules

1. GAMES ARE PLAYED TO 11 POINTS

A Game is played to 11 points. A Game must be won by two points. A Match is best three of five Games.

2. ALTERNATE SERVES EVERY TWO POINTS

Each side of the table alternates serving two points at a time. EXCEPTION: After tied 10-10 (“deuce”), service alternates at every point.

3. TOSS THE BALL STRAIGHT UP WHEN SERVING

This rule does not apply to Parkinson players.

4. THE SERVE CAN LAND ANYWHERE IN SINGLES

There is no restriction on where the ball lands on your side or your opponent’s side of the table.

Based on <https://www.pongfit.org/official-rules-of-table-tennis> and other sources.

Rules

5. DOUBLES SERVES MUST GO RIGHT COURT TO RIGHT COURT

The serve must bounce in the server's right court, and receiver's right court. Doubles partners switch places after their team serves twice.

6. A SERVE THAT TOUCHES THE NET ON THE WAY OVER IS A "LET"

If a served ball hits the net on the way over and bounces into play, it's a "let" serve and is done over. There is no limit on how many times this can happen.

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Rules

7. ALTERNATE HITTING IN DOUBLES

Doubles partners must alternate hitting balls in a rally, no matter where the ball lands on the table.

8. VOLLEYS ARE NOT ALLOWED

Can you hit the ball before it bounces in ping pong? No.

9. IF YOUR HIT BOUNCES BACK OVER THE NET BY ITSELF IT IS YOUR POINT

10. TOUCHING THE BALL WITH YOUR PADDLE HAND IS ALLOWED

11. YOU MAY NOT TOUCH THE TABLE WITH YOUR NON-PADDLE HAND

This rule does not apply to Parkinson players. You may touch the table with any hand to keep balance!

12. AN “EDGE” BALL BOUNCING OFF
THE HORIZONTAL TABLE TOP
SURFACE IS GOOD

An otherwise legal serve or hit may contact the top edge of the horizontal table top surface and be counted as valid, even if it bounces sidewise. The vertical sides of the table are NOT part of the legal playing surface.

13. In doubles, the pair that did serve shall switch places.

14. After each game, the players switch sides of the table. In the final game (i.e. 5th game), the players switch side again after either player reaches 5 points.

Rules

15. In table tennis, each player has one timeout per match lasting up to 60 seconds. However, many players don't use their mental timeouts! During a match, a player is allowed to take a brief towel-off break every 6 points.

For Parkinson players, this timeout can be taken when needed and prolonged to any length that players and umpire agree upon. This includes toilet visits, medicine break or just a pause to catch their breath.

16. Is Doping allowed in table tennis? In table tennis, based on the official ITTF rule, doping is not allowed.

For Parkinson players, doping is not only allowed, but expected.

Tips for umpires

For any tournament there should exist a tournament director. Learn who!

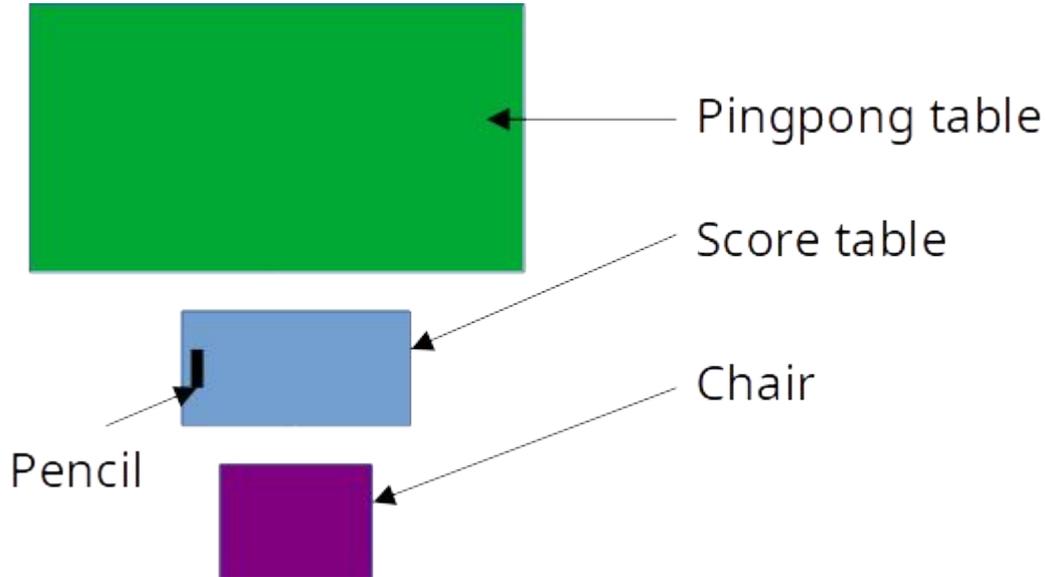
Don't hesitate to use the audience or players if uncertain.

If players don't agree with the umpire, always try to be calm. It is just a game!

If you act as umpire often, you gain confidence.

Encourage Parkinson players after match to take photos!

Tips for keeping track of who is to serve



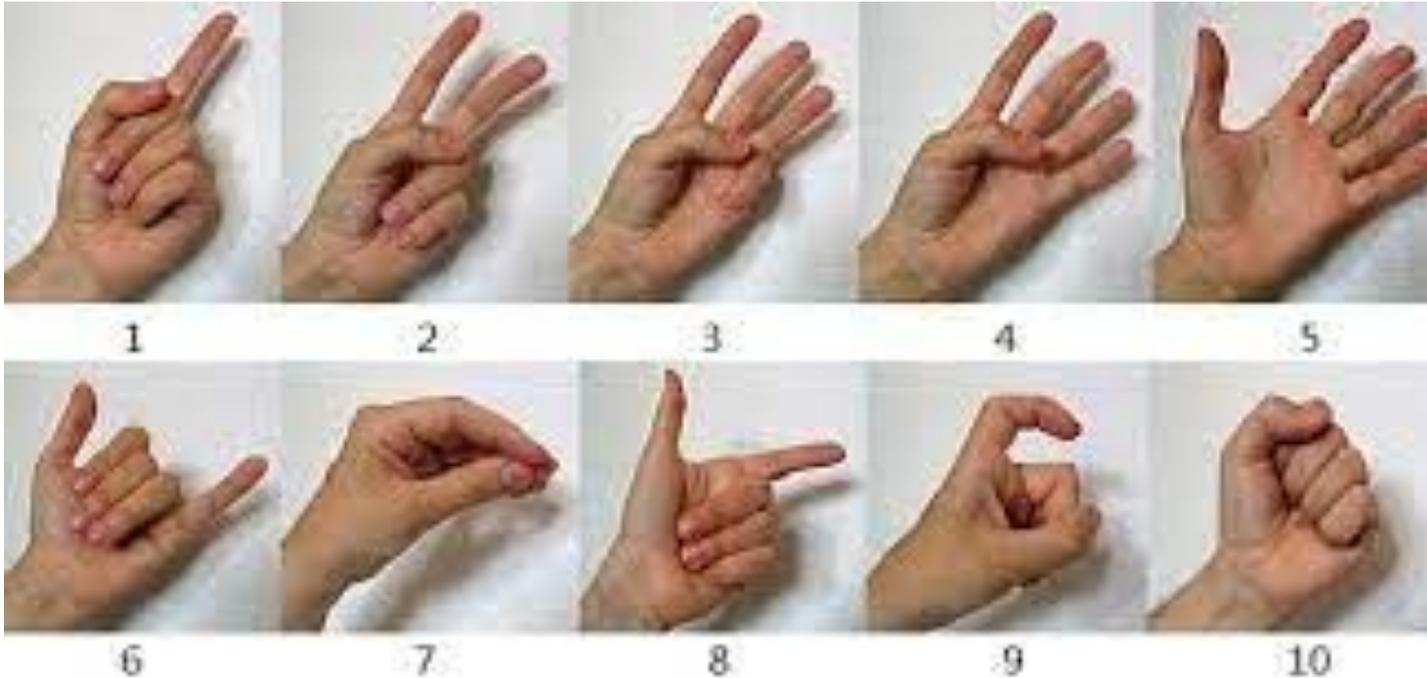
A big problem is to remember who is serving.

To keep track, move a pen after each serve change and you won't have to remember between each point!

(Players can even learn to see who is serving by looking at where the pen is!)

Tips - learn chinese counting!

if no scoreboard, you can keep score with just 2 hands



Conclusion

PingPongParkinson rules for the game are under development.

The main rule is Parkinson players should become happier by playing.

Through the game they are supposed to learn to know each other.

Anyone can change this presentation! (I got backups..)

Written just for fun - with a smile

Peter Freund (husband of Lin)