

# Let's Get Familiar with Paralympics & Special Olympics!




**Special Olympics**



# Special Olympics Table Tennis



Only athletes with intellectual disability are eligible to participate in Special Olympics Table Tennis which groups athletes by **gender, age, and ability**. Each division is up to 8 athletes (teams) based on pre-reported scores or preliminary results for fair and balanced matches.

Comparison Items	Paralympics	Special Olympics
Competing Athletes	Top athletes with physical, visual, or intellectual impairments	For athletes with intellectual and related developmental disabilities (e.g. autism)
Core Philosophy	<b>Elite Sports</b>	<b>Participation &amp; Inclusion</b>
Eligibility Criteria	Athletes need to undergo a classification to ensure eligibility requirements for participation	Only athletes with intellectual disability are eligible to participate
Competition Rules	<b>Similar to Olympic Games</b> Strict international rules are followed in the pursuit of athletic performance	<b>"Unified Rules"</b> All participants are allowed to finish and be rewarded
Reward System	Only gold, silver and bronze 	<b>"Everyone is a winner"</b> All completers receive medals or ribbons (first, second, and third places are all awarded)
Event Scale & Frequency	Held every four years, same year and host city as Olympic Games	Year-round events globally, culminating in world-level competitions
Age Limit	No age restrictions; but participants must meet the competitive standard	Ages 8 and above (except for children's programmes)



Events include **Singles, Doubles, Unified Mixed Doubles (1 male + 1 female, consisting of 1 athlete and 1 unified partner), and Individual Skills Competition.**

Games Rules, equipments and table are generally identical to those of able-bodied table tennis

Matches consist of an odd no. of games. The first to 11 points wins a game. A 2-point lead is required at 10-10.

## Individual Skills Competition - Open to athletes of all ability levels

### Events

Final scores: Cumulative results from all five events

- 1. Hand Toss:**  
Bounce the ball with hand(s) for 30 seconds
- 2. Racket Bounce:**  
Bounce the ball with the racket for 30 seconds
- 3. Forehand Volley:** 5 attempts to return the ball using forehand
- 4. Backhand Volley:** 5 attempts to return the ball using backhand
- 5. Serve:** 20 serves into target areas

