



# WHY BADMINTON

## What are the benefits of playing my sport?

Badminton is a fun and dynamic sport that can be played as an individual or as part of a team. It is easy to set up with most sports halls having badminton courts. It is not weather dependent, can be easily adapted, and can be played by anyone who wants to regardless of their starting ability level.

## TOP Tip!

The Racket Pack Festival provides success for all. The festival can be easily adapted for varying numbers and different abilities. With smaller courts, nets and rackets, the Racket Pack offers the ideal environment for young players to develop their skills whilst having fun.

# BADMINTON

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Showing passion for your team and for the sport by being enthusiastic to play and support others.



Whether you win or lose, shaking your opponent's hand and saying "well done".



If a line judge doesn't see an 'out' call, being honest enough to correct them.



Even if you are losing, remembering all the training you have done and having the self belief that you can change the score of the game.



Ensuring you understand the goal your team is trying to achieve and working hard for your house team, school team or county team to help achieve that goal.



Having the determination to practise hard during every training session so you can be the best you can be.

## Priority competitions:

- **Name of the competition:** The Racket Pack Festival
- **Age group:** Age 7+ (mixed gender teams of up to 8 players)
- **Type of Competition:** Intra School Competition (Level 1) and Inter School Competition (Level 2)
- **How to enter (e.g. via SGO):** SGO, teachers, coaches - with young leader support Templates can be downloaded from [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)
- **When (e.g. preferred time of year to run):** All year round
- **Next steps after this competition:** The next step is progression to County Final – Inter School Competition (Level 3) or Racket Pack Tink Tournament

## Where do young people go next (from school to club/community)?

Badminton England has a National Junior League structure for school and club players to participate in as well as an extensive Junior competition circuit. School players can create a team from within their school or can be part of a team made up by a local club.

For further information on competition including the National Junior League please visit [www.badmintonengland.co.uk/competition](http://www.badmintonengland.co.uk/competition).

For details of local badminton clubs please visit <http://clubfinder.badmintonengland.co.uk/>

## Young Leader/Officials courses/qualifications available:

- Young Officials Award (YOA) (14-19)
- Young Leader Award (YLA) (13+)
- The Racket Pack Leader Award (9+)

## Embracing the School Games Vision

**Development Competitions** provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

## Relevant web links:

Further details about the Racket Pack programme and competitions can be found at [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)

## Signposted competitions:

- The Racket Pack Tink Tournament
- Years 3 and 4 (mixed gender teams of up to 6 players)
- Intra School Competition (Level 1)
- Inter School Competition (Level 2)
- SGO, teachers, coaches - with young leader support
- Templates can be downloaded from [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)
- All year round
- The Racket Pack Flo Tournament
- Year 5 and 6 (mixed gender teams of up to 6 players)
- Intra School Competition (Level 1)
- Inter School Competition (Level 2)
- SGO, teachers, coaches - with young leader support
- Templates can be downloaded from [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)
- All year round

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## Competition Card

### Age group:

Aged 7+

### Name of competition:

The Racket Pack Festival

### How to enter:

Via SGO. Festival templates can be downloaded from  
[www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)

### Tournament format:

One day festival format at a central venue.

### Simple rules:

- Up to 8 players per team
- Four court hall
- One and a half hours
- Festival format with each activity running for four minutes
- Rotation around 10 activities
- Templates provided
- Different points awarded for each activity

### Think inclusively!

Each activity can be simplified if necessary by using shorter rackets and fluff balls instead of shuttles.

For further information on inclusive badminton formats, please email: [development@badmintonengland.co.uk](mailto:development@badmintonengland.co.uk)

### How can regularity be achieved?

The Racket Pack Festival is the first step on the competition pathway. It is a one day event aimed at participation and having fun.

The Tink and Flo Tournaments are more formal competitions and the next logical progression.

### Relevant web links:

- [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)
- National Schools Championships - [www.badmintonengland.co.uk/nsc](http://www.badmintonengland.co.uk/nsc)
  - Young Official Award - [www.badmintonengland.co.uk/leadership](http://www.badmintonengland.co.uk/leadership)
  - Young Leader Award - [www.badmintonengland.co.uk/leadership](http://www.badmintonengland.co.uk/leadership)
  - Primary Competition - [www.badmintonengland.co.uk/racketpack](http://www.badmintonengland.co.uk/racketpack)

### Roles for young people:

There are many roles available to young people during the running of the festival - such as scoring, being a Team Manager or Festival Organiser. The Leader Award will help develop young people into lead roles, enabling them to set up the badminton activities and organize other volunteers.

### How can depth in competition through extra teams be achieved?

Up to 10 teams can be entered using a four court hall, giving the opportunity for schools to bring A and B teams. The Festival is in a team format with points scored as a team, therefore, non-sporty players can play alongside sporty players. Our templates recommend a four court badminton hall but no badminton lines are required and so a large unmarked hall would be sufficient.

### The route from here to County Final - Inter School Competition (Level 3)

The Racket Pack Festival (Inter School Competition - Level 2) could be run independently by SGOs or could progress to a County Finals – Inter School Competition (Level 3).

