



What's unique about Badminton

Badminton is more than just a school sport — it's a sport for life. Fast, competitive, inclusive, and social, badminton is one of the few sports that people can continue playing from childhood well into later life, with many Badminton England members still playing in their 80s and beyond. What makes it truly unique is its inclusivity: boys and girls compete equally, players from all backgrounds can succeed, and the sport creates opportunities for everyone to take part, including disabled athletes competing at the highest level. The National Schools Championships (NSC) gives students the opportunity to experience both singles and doubles competition, combining individual challenge with teamwork and school pride. In badminton, every player matters: it is an individual sport played as a team.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Improve health and wellbeing (i.e. 60 active minutes)



Create positive experiences

The NSC format for Secondary students encourages the development of leadership, character and life skills.

The format does not discriminate and is available to all young people. The seeding system of the format enables children to play against similar abilities. Games are self-umpired which allow the young people to develop confidence, integrity and leadership. A combination of singles and doubles are played which all expend energy and aim to increase regular participation and motivation to play.

Target group benefits



All young people

This is a for all offer.

The NSC format encourages schools to tier their events for different ability levels, so that the very best can excel, and those who are developing their skills can be inspired to play more.

Ultimately, we're encouraging competitions to be run for players to achieve their best, in their area, county, region and ultimately the country.

If you're looking for something more inclusive, skill-based or 'festival style' then look to our 'No Strings Youth' offer.

It's just not Badminton if you...

1 Don't use a shuttlecock!

2 Don't play fair, with honesty and integrity!

3 Do not enjoy playing the game!



How to run inter-competition: National Schools Championships (NSC)



How to set up

- The NSC format uses a standard badminton court per match
- Each match (between two teams) consists of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games
- Players are seeded 1 - 4 on ability based on their singles strength (regardless of age)
- The game format is as follows:
 - **1st Game:** Singles (No.1 ranked player in the team)
 - **2nd Game:** Doubles (2 players not selected for a singles game)
 - **3rd Game:** Singles (No. 2 or 3 ranked players chosen for singles)
 - **4th Game:** Doubles (first singles player + one of non-singles players)
 - **5th Game:** Doubles (second singles player + the other non-singles player)
- Depending on court time available, play matches to 11 or 15 points
- The team who wins the most games wins the match.

To support your planning, [click here](#) to help you schedule your Championships and establish courts required depending on team numbers.



Age group

KS3 (11-14 years old)
KS4 (14-16 years old)



Gender

Male and female



Participant numbers

- 4-5 players in a team, with a match consisting of 5 games taking place on one court
- If tight on time, reduce the number of points games are played to i.e. playing to 11 or 15 points.



Target audience

- For all
- Badminton England suggests tiering your events for different ability levels, so that the very best can excel, and those who are developing their skills can be inspired by others to play more.



Benefits for YP

The NSC competition gives young people the opportunity to:

- Develop friendships and meet new people
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Aspire to improve and challenge themselves.



Roles for YP

Young people can:

- Self-umpire, to develop trust and honesty with opponents
- Officiate other games
- Organise fixtures and collate results
- Manage teams and seedings
- Coach other players or teams.



Progression

Inter-school competitions can feed into National Schools county rounds, or schools can register directly with Badminton England to take part. To find out more, [click this link](#).





Additional support

Badminton is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide – Community, which can be found by [clicking here](#), and going to the “Getting Started” guide section to download it.

NGB regional contacts

- We have a regional development team that can support with any enquiries. Meet the team via [this web link](#) to find out who can help near you
- If you have a generic enquiry, please email development@badmintonengland.co.uk
- Find out more about the sport and Badminton England by visiting our website [via this link](#).

Personal development

- If you wish to hire a coach for delivery in schools, please use our coach finder to discover affiliated coach members in your area. [Click here](#) to find out more
- Badminton England offers various training opportunities for teachers to develop their coaching skills. If you wish to attend a foundation or Level 2 course, please [use this link](#).

Where to participate next?

Badminton England supports a network of clubs, offering pathways for children and young people to get involved in Badminton.

- To search for your local affiliated club, [click here](#). (NB: to access this link you will need to create a login).

Where to compete next?

We have a number of opportunities for young people to compete on our junior circuit, [click this link](#) to view the opportunities in your area.



Why Badminton for your school?

Badminton is a truly inclusive sport; it can be played by everyone. Young people typically play socially within a school environment. 'No Strings Youth' provides a selection of cards that will support and challenge young people to develop their skills, whilst being fun and inclusive.

'No Strings Youth' has been developed to extend the reach of our highly popular 'No Strings' programme, allowing people to play badminton with any ability and with no commitment. 'No Strings Schools' is playing badminton in a relaxed fun way. Games are fun yet contain an element of competition. The cards provide game-based activities that can be utilised during curriculum time. The games cards can be found by following [this link](#).

Our National Schools Championships is the traditional competitive offer of school badminton. It is for children who want to compete; and all abilities are welcome to play.

How to use activities in curriculum time

'No Strings Youth' is game-based learning through fun and engaging activities. The fundamentals of badminton can be practiced and developed through the games. The games can be used as the 'end game' activity to support the application of the skill practised in the session.

Additional support

Badminton is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value. Thrive isn't a checklist – it's a lens to help you sense-check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.



Personal development

Badminton England offers various training opportunities for teachers and young leaders. To find out more, use the following links:

- To book a coaching course, [click here](#)
- We have developed a 90-minute young leader course. The tutor notes required to deliver the training to young leaders can be [found here](#).

Where to participate next?

Badminton England supports a network of clubs, offering pathways for children and young people to get involved in Badminton.

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Where to compete next?

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How to run intra-competition: 'No Strings Youth' (Inclusive offer)



How to set up

- The number of games and choice of activities should be determined by the number of participants and their ability level, as well as the time and space available
- Each game card has clear instructions on the equipment needed and how to set up
- Divide young people into groups and have them spend a set amount of time on each activity
- Rotate groups, to ensure everyone has a go at every activity, or allow young people to choose what they'd like to play and spend more time on to encourage skill development.



Age group

KS3 (11-14 years old)
KS4 (14-16 years old)



Gender

Mixed



Participant numbers

- Dependant on court capacity and individual games selected to use.



Target audience

- For all
- Games are ranked from easy to hard and can be adapted to challenge or made simpler to ensure everyone has success.



Benefits for YP

The 'No Strings Youth' format gives young people the opportunity to:

- Develop friendships and meet new people
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.



Roles for YP

Young people can:

- Set up and facilitate all games
- Coach, using the progressions within the games to support and challenge their peers.



Progression

- The 'No Strings Youth' is an inclusive offer
- Many of the games include splitting into teams and therefore, an inter school event could take place in teams.



How to run intra-competition: National Schools Championships (NSC) (Competitive offer)



How to set up

- The NSC format uses a standard badminton court per match
- Each match (between two teams) consists of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games
- Players are seeded 1 - 4 on ability based on their singles strength (regardless of age)
- The game format is as follows:
 - **1st Game:** Singles (No.1 ranked player in the team)
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 - **4th Game:** Doubles (first singles player + one of non-singles players)
 - **5th Game:** Doubles (second singles player + the other non-singles player)
- Depending on court time available, play matches to 11 or 15 points
- The team who wins the most games wins the match.

To support your planning, [click here](#) to help you schedule your Championships and establish courts required depending on team numbers.



Age group

KS3 (11-14 years old)
KS4 (14-16 years old)



Gender

Male and female



Participant numbers

- 4-5 players in a team, with up to 2 teams participating on one court
- If tight on time, reduce the number of points games are played to i.e. playing to 11 or 15 points.



Target audience

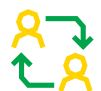
- For all
- Badminton England suggests tiering your events for different ability levels, so that the very best can excel, and those who are developing their skills can be inspired by others to play more.



Benefits for YP

The NSC competition gives young people the opportunity to:

- Develop friendships and meet new people
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
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Roles for YP

Young people can:

- Self-umpire, to develop trust and honesty with opponents
- Officiate other games
- Organise fixtures and collate results
- Manage teams and seedings
- Coach other players or teams.



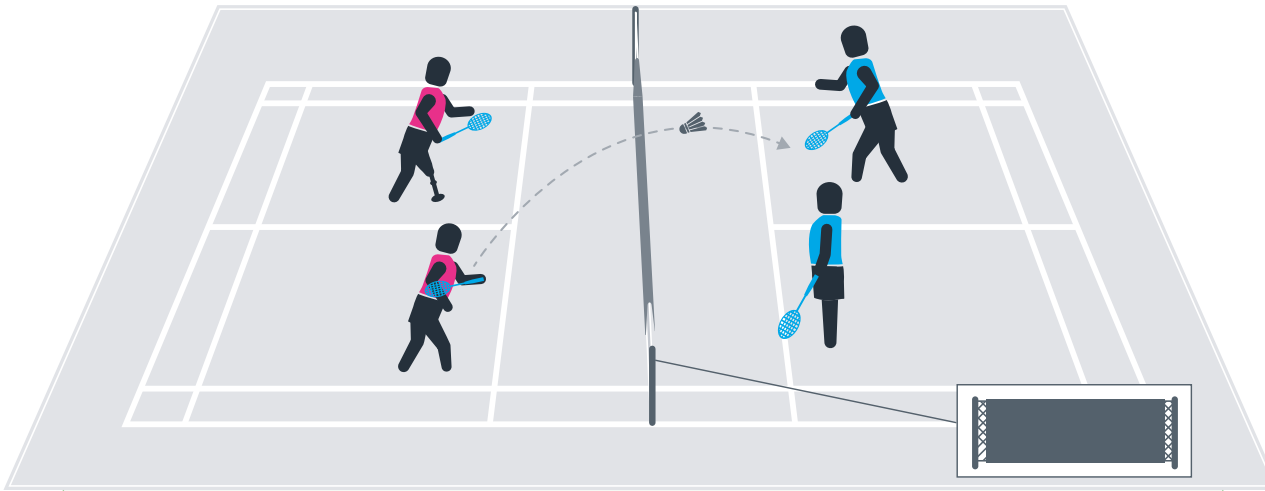
Progression

- The intra-school competition should progress into inter-school SGO-led events, and ultimately county, regional and national competitions.



1. No Strings: Blackout

SECONDARY



How to play

- Screen the net with dark items (bibs, t-shirts, dark cloth)
- Play standard singles or doubles.

Serve

- All points begin with a serve from below the waist, diagonally over the net
- No second serves. If the shuttle lands out or hits the net, the point goes to the opponent.

Play

- The playing area changes depending on whether you're playing singles or doubles
- If the shuttle lands on the line, it's in!

Play

- Games are played to 21
- A game has to be won by two clear points, therefore if the score is 21-20, play would continue to 22-20.

How to make it easier

- Use a low inflated balloon
- Seat players and increase number on each side
- Ask players to only lift the shuttle
- Only black out part of the net not full net

How to make it harder

- Play singles instead of doubles

Equipment required

- Rackets
- Net
- Items to cover the net; bibs, t-shirts, dark cloth, newspaper, possibly pegs

Space required

- One full badminton court.

Estimated set-up time

- 10 minutes.

Difficulty level



Spirit of the Games

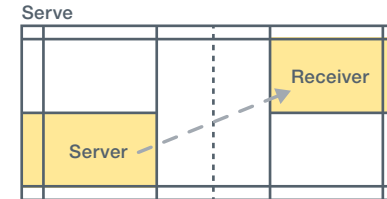


- Were you committed to challenging yourself?
- How could you have made it even harder for yourself?

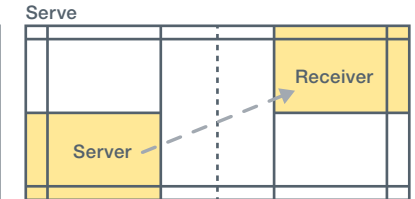


- Did the extra difficulty make it more or less fun, and why?
- If you played at home using a washing line, what items could you use to create the blocked-out net?

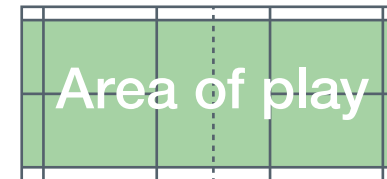
Singles



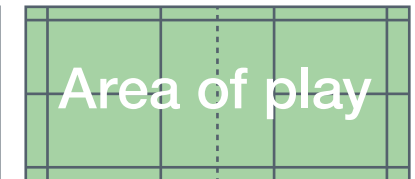
Doubles



During play



During play



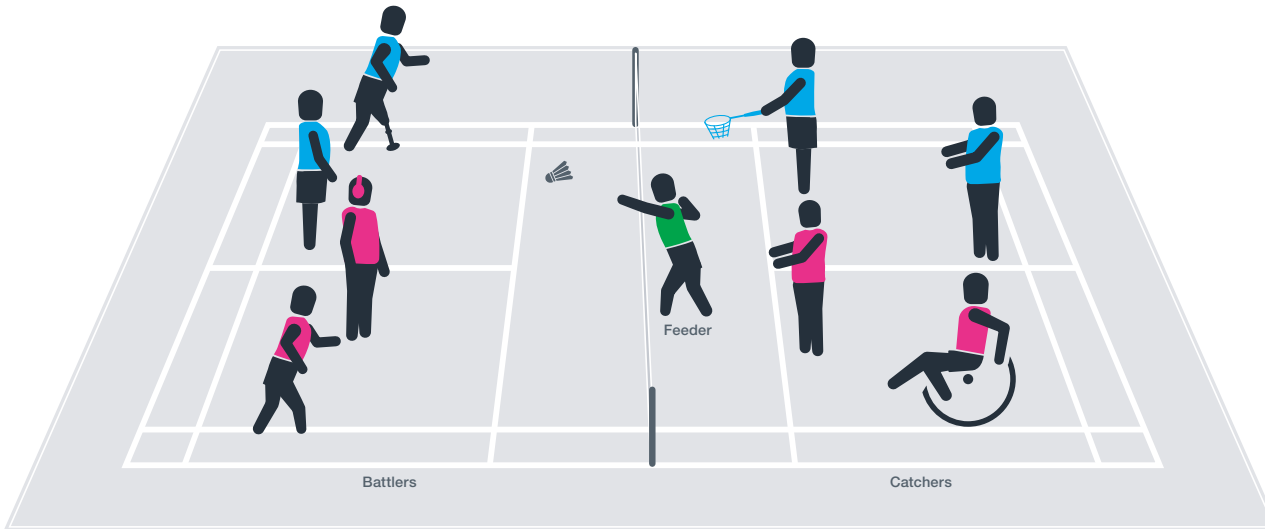
Safety

- No overhead shots allowed when close to the net.



2. No Strings: Battleground

SECONDARY



How to play

- Split the group into two equal teams (red team vs blue team)
- Activator/player hand feeds shuttles to each player in turn who aim the shuttles over the net to their team mates
- Each time the players on the Danger Zone spots catch the shuttle (using either their hands or the GetNet) a point is scored
- Catchers need to keep one part of their body on the Danger Zone spot at all times
- The team who catch the most number of shuttles within the allocated time wins the battle
- Swap roles to give all players an opportunity to hit and catch.

Safety

- Ensure catchers are suitably spaced apart so they don't bump into each other.

Equipment required

- Rackets
- Net
- Shuttles
- Cones/throwdown markers

Space required

- One full badminton court.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- 'Battlers' backhand serve it over the net, rather than hitting a feed
- Encourage the 'Catcher's to move their danger zone spots to wherever they prefer, within their side of the court
- Use soft balls, or low-inflated balloons instead of a shuttle

How to make it harder

- 'Catchers' can lean over and intercept the shuttle from the opposing team's shots
- Move 'Catcher's' danger zone spots further away
- Give each team a limited number of shuttles to use, so that the maximum points they can score is limited. Each shot then counts!

Spirit of the Games



- How could you have worked better as a team?
- Which of the roles did you feel more effective at? Catcher or battler?

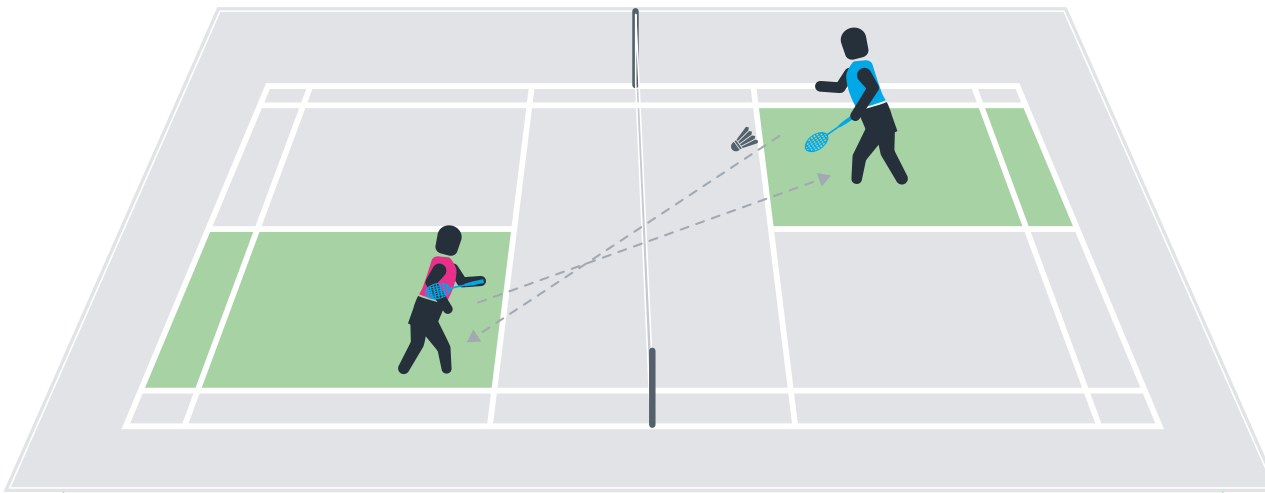


- Did you think the game was inclusive and could be played by everyone of all abilities?
- If someone found it difficult, how would you make it easier?



3. No Strings: Boombox

SECONDARY



How to make it easier

- Play half-court singles straight rather than diagonally
- Lower the net, or play across a bench
- Use a ball, or low-inflated balloon instead of a shuttle

How to make it harder

- Play 2 v 1
- Introduce a scoring zone (back corner, tramlines)
- Introduce a switch option, each player can call switch to then play on the opposite diagonal

Equipment required

- Rackets
- Net
- Shuttles

Space required

- One full badminton court.

Estimated set-up time

- 5 minutes.

Difficulty level



Spirit of the Games



- If you found it difficult, how did you cope with the frustration?
- Did the game make you play certain shots in particular and did that help you to practice that shot?



- The game is aimed to challenge you and focus on consistency; how would you describe how the game made you feel?
- What does success look like for you? Winning the game, or keeping the rally going with your partner?

How to play

- Play half-court singles to standard rules, but players can only hit across the court to their opponent.

Serve

- All points begin with a serve from below the waist, diagonally over the net
- No second serves. If the shuttle lands out or hits the net, the point goes to the opponent.

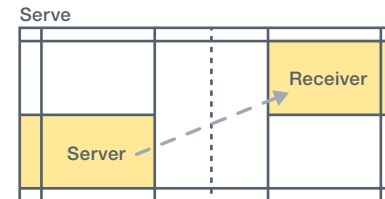
Play

- The playing area changes depending on whether you're playing singles or doubles
- If the shuttle lands on the line, it's in!

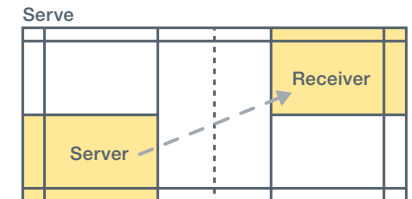
Play

- Games are played to 21
- A game has to be won by two clear points, therefore if the score is 21-20, play would continue to 22-20.

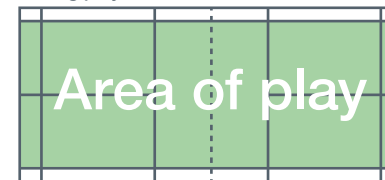
Singles



Doubles



During play



During play



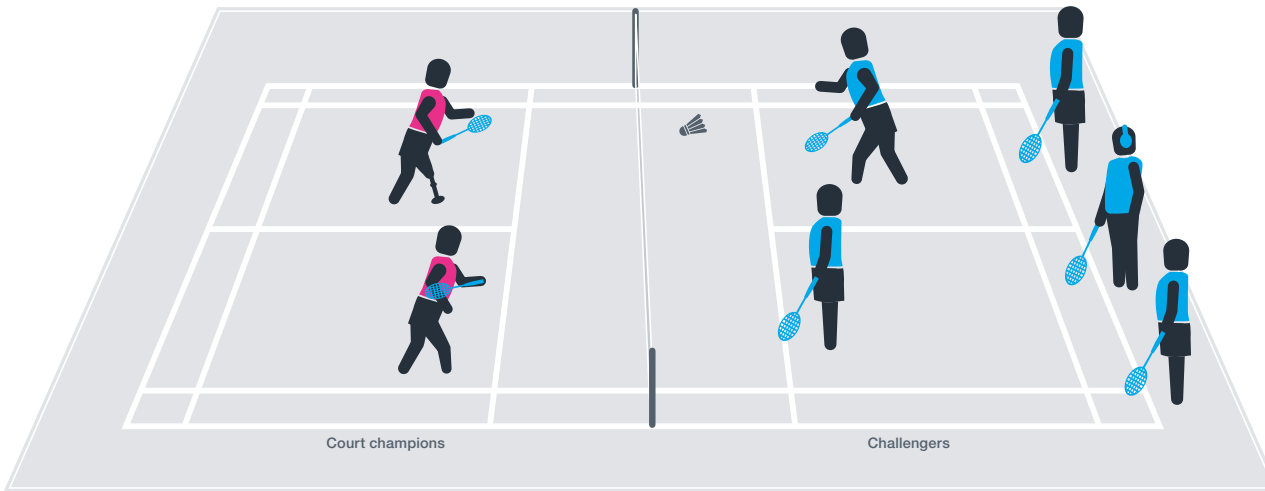
Safety

- If two sets of pairs are playing at the same time, ensure, players do not retrieve shuttles from other half of court until play has stopped.



4. No Strings: Boss the court

SECONDARY



How to play

- Identify two players to pair up and become 'Court Champions'
- Pair up the rest of the group to become 'Challengers'
- Playing normal doubles rules, challengers take turns on playing a point against the court champions, with the winner's staying on
- So, if the challengers win the point, they become court champions, swapping sides to allow the next pair of challengers to take the court.

Safety

- Make it clear what direction the defeated players must rejoin the line
- Introduce a clockwise/anticlockwise direction of moving from one side of the court to the other.

Equipment required

- Rackets
- Net
- Shuttles

Space required

- One full badminton court.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- 'Challengers' can 'tag in' a player so it becomes a 3 v 2
- Play with a soft ball, or low-inflated balloon

How to make it harder

- Court champions must hit certain parts of the court to win (tramlines, short net shots)
- Challengers can hit into any area of the doubles court, but court champions are restricted to only playing within the singles court

Spirit of the Games



- Did you consider the losers feelings when you won?
- When playing against an opponent what behaviours did you find most frustrating, do you think you may have done similar things?

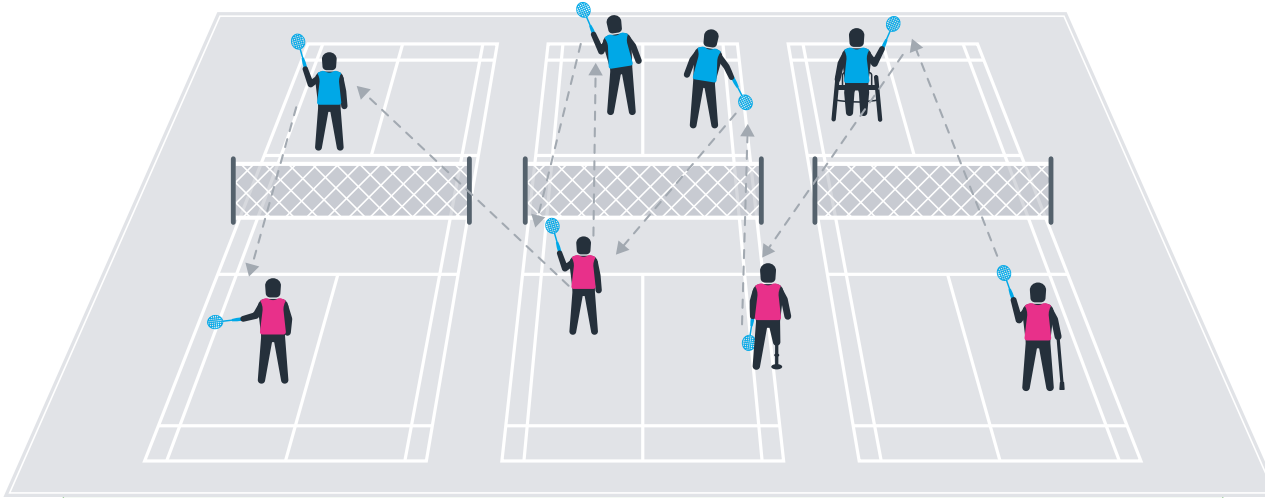


- Could you have been more successful if you had played court positions differently? (Front/back, or side by side)
- Working as a pair, what did you have to do to work well as a team?



5. No Strings: Crossfire

SECONDARY






How to play

- Divide players equally across the courts available
- The shuttle must travel over the net, but can cross on to any court
- Starting from court one, players can attempt to hit the shuttle across the net to court two or court three
- Players must remain on their designated court initially, and work as a team to maintain the rally across all courts
- Challenge – can you work as a team to have the shuttle cover all three courts and be played on all sides of the net in the most efficient way. What is the lowest number of shots you can play to achieve this challenge?

Safety

- With multiple players on the court (can be increased to 3 per side per court) players need to be reminded of their spatial awareness.

Equipment required

-  Rackets
-  Net
-  Shuttles

Space required

- Minimum of 2 courts, 3 courts is ideal.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Reduce the size of the courts
- Players start closer to the net
- Add more players into the game, spread out evenly on both sides of the net and across all courts
- Use a soft ball or low-inflated balloon

How to make it harder

- Introduce multiple shuttles
- Have fewer players across each side of the net and across the courts, i.e. one per court, per side
- Once players have hit a shot, they must run around the court before they can play another

Spirit of the Games



- This game is cooperative initially, what ways do you believe you displayed cooperation to other players?
- How would you help a teammate who was struggling to be successful at this game?

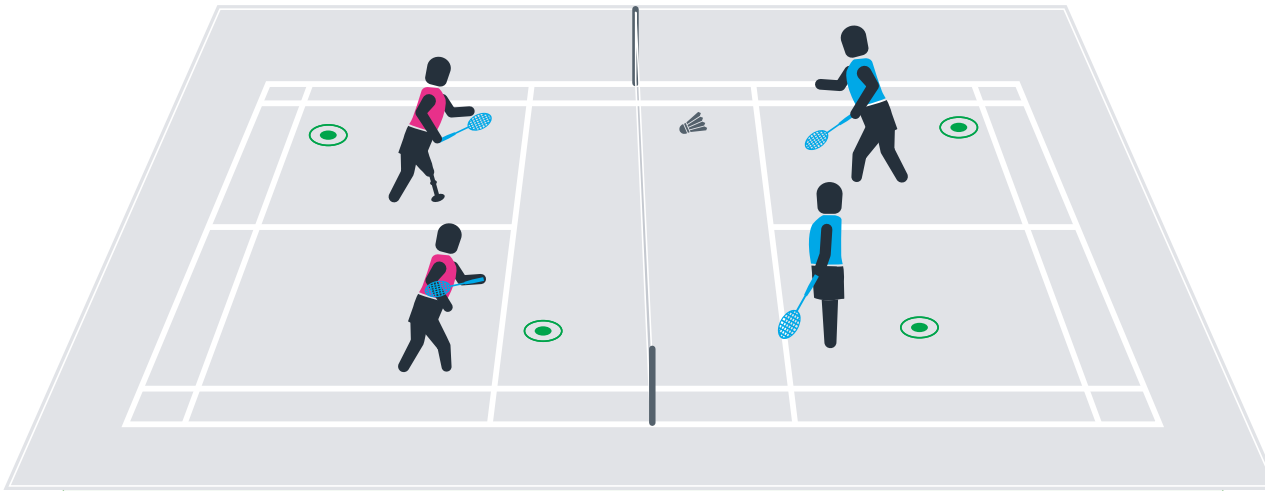


- Where a game like this is so busy, which parts of the game do you find most challenging?
- Did you find the game fun, and if not why? What could you do to improve it?



6. No Strings: Danger Zone

SECONDARY







How to play

- Set up to play standard doubles
- Before you start, place danger zone targets around the court
- Play doubles, aiming to hit the danger zones to win bonus points
- Score 5 points if the shuttle lands in a danger zone.

Safety

- Ensure floor markers are non-slip (do not use anything that can trip players, no hoops).

Equipment required

-  Rackets
-  Net
-  Shuttles
-  Floor markers

Space required

- One full badminton court.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Make targets bigger (combine them)
- Have more targets
- Have more players on court each side

How to make it harder

- Always place one player in the danger zone
- Move the danger zones to different parts of the court
- Add more danger zones if a team is winning by 5 points

Spirit of the Games



- Were you able to umpire yourselves fairly with the increased scoring system?
- Would you rather play an opponent who challenges you or would you rather win easily and why?

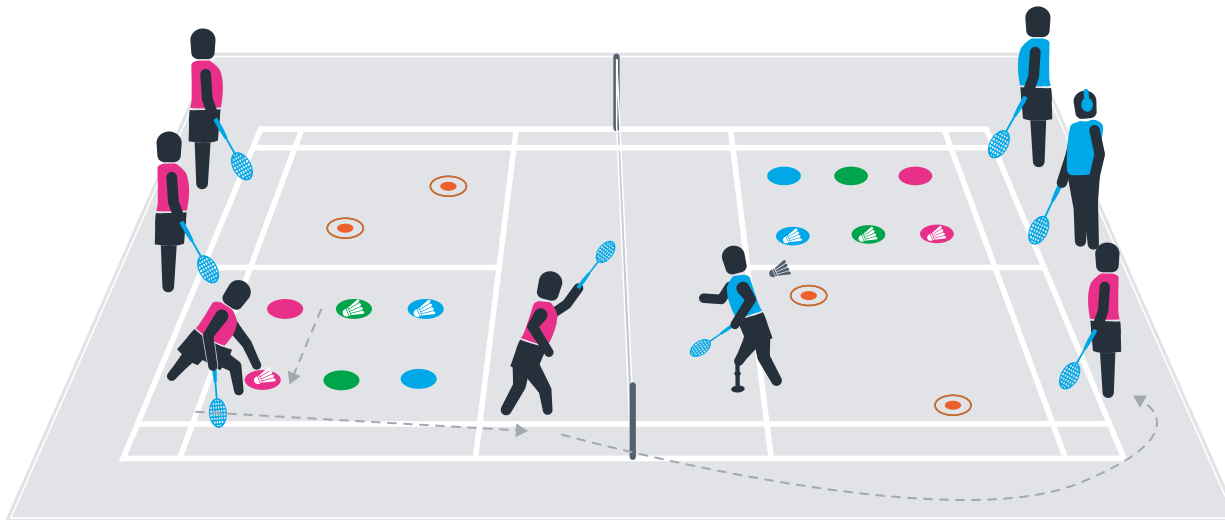


- Did the extra challenge inspire you try harder to improve your skills?
- What changes would you make to the game to challenge you more?



7. No Strings: Mix

SECONDARY







How to play

- Divide group into 2 teams and ask them to line up at opposite ends of the court
- First player picks up the shuttle from the red spot and sidesteps to the adjacent red spot and places the shuttle on it
- They then do the same with the shuttles on the green and blue spots (scoring 2 points for each shuttle moved)
- The player then moves forward and stops just before the net (with their racket high) to receive a shuttle from the Activator/player
- They aim to hit this shuttle onto one of the Danger Zone spots to score 10 points
- The player runs around the court to join the queue at the other end and repeats the exercise on that side.

Safety

- Ensure young people all run around the court in the same direction.

Equipment required

-  Rackets
-  Net
-  Shuttles
-  Floor markers

Space required

- One full badminton court.

Estimated set-up time

- 10 minutes.

Difficulty level



How to make it easier

- Give players lives rather than asking them to play on one leg or seated
- When players are seated, swap the shuttle for a low-inflated balloon, with unlimited hits on either side before it must go over the net

How to make it harder

- Reverse the game so players start by lying flat out on the floor and must work their way back to their feet. i.e. with every successful shot, they get to take one move in reverse, floor, to seated, to kneeling, to balancing on one leg, to standing
- Reduce the number of players on either side of the net
- If one team is winning, reduce the number of players in their team to make it harder

Spirit of the Games



- How did you feel when you achieved success?
- What did you do to encourage yourself and your teammates succeed?

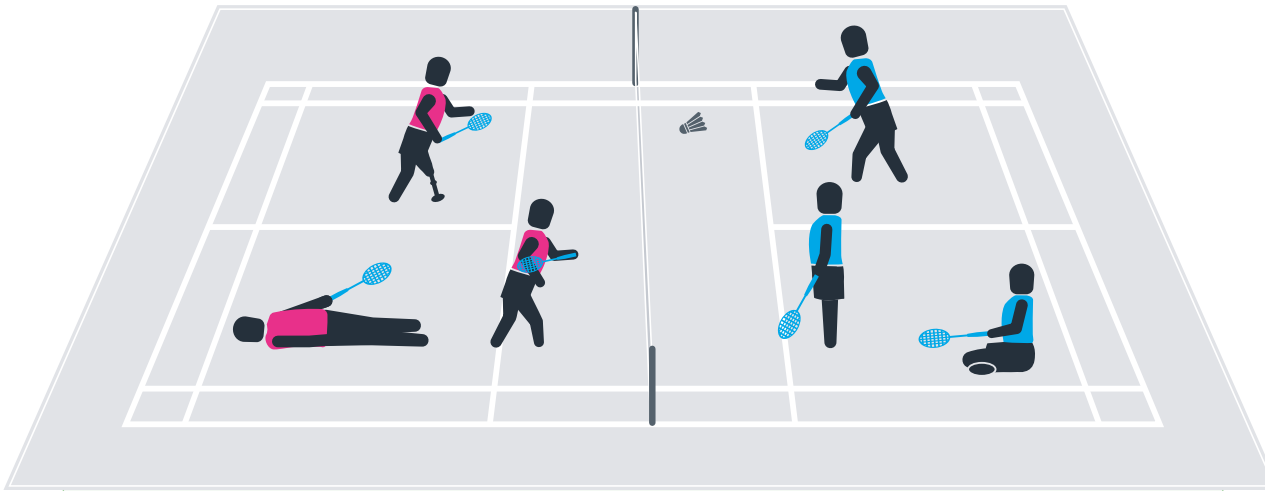


- If you found it difficult, what did you try and tell yourself to improve your ability to succeed?
- How did you keep going if you made a mistake?



8. No Strings: Free Fall

SECONDARY






How to play

- Using 1 shuttle, players compete as a team against the team facing them on the other side of the net
- The first time a team player misses a shuttle, hits it out or into the net, that player has to stand on 1 leg
- Hitting out, into the net or missing a shuttle for a second time, sees that same player play on their knees, then sit down, then lie down (etc.)
- When all team members are lying with their back on the court floor the opposing team wins.

Safety

- Test players balance prior to playing
- Players need to be two racket lengths apart.

Equipment required

-  Rackets
-  Net
-  Shuttles

Space required

- One full badminton court.

Estimated set-up time

- 1 minute.

Difficulty level



How to make it easier

- Give players lives rather than asking them to play on one leg or seated
- When players are seated, swap the shuttle for a low-inflated balloon, with unlimited hits on either side before it must go over the net

How to make it harder

- Reverse the game so players start by lying flat out on the floor and must work their way back to their feet. i.e. with every successful shot, they get to take one move in reverse, floor, to seated, to kneeling, to balancing on one leg, to standing
- Reduce the number of players on either side of the net
- If one team is winning, reduce the number of players in their team to make it harder

Spirit of the Games



- Did it feel rewarding to be able to play while balancing?
- Did you always select the same leg to stand on for balance, do you think it would have been more difficult had you picked the other?

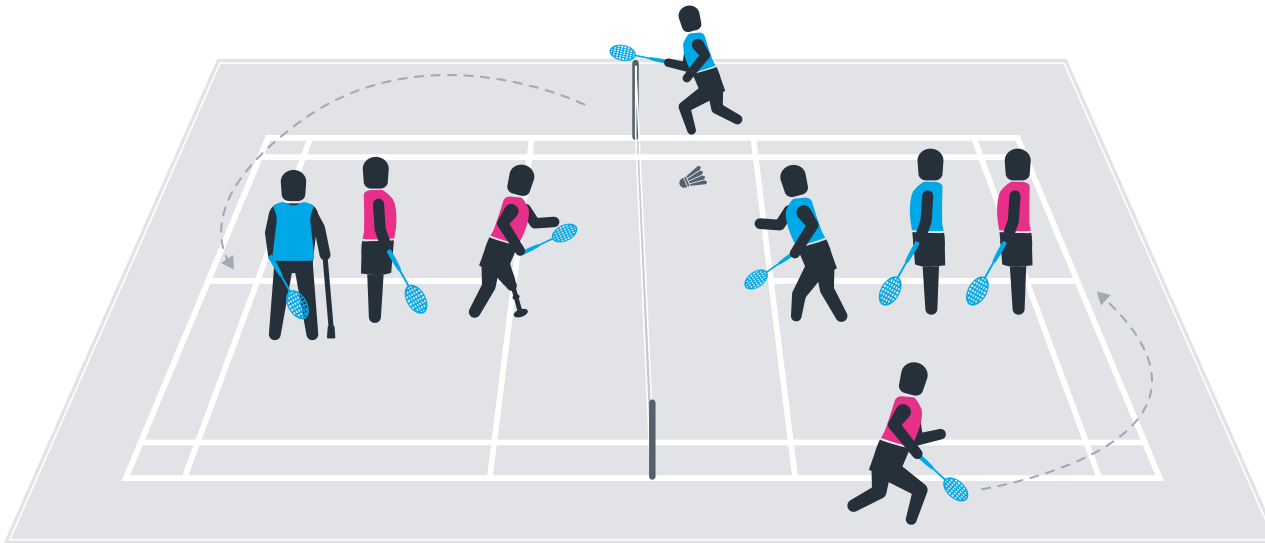


- How could you have been a better teammate during the game?
- What did you do well as a team?



9. No Strings: Globetrotters

SECONDARY






How to play

- Players hit the shuttle once before running around the outside edge of the court to the other side of the net, ready to play again.
- Each player has 3 lives and loses a life each time they miss the shot, hit the shuttle out, or into the net
- Once all 3 lives are lost, players drop out and the game picks up pace!

Safety

- Ensure all players run around the court in the same direction.

Equipment required

-  Rackets
-  Net
-  Shuttles

Space required

- One full badminton court.

Estimated set-up time

- 1 minute.

Difficulty level



How to make it easier

- Play with a balloon
- Players play two shots each per rally to reduce the amount of running
- Players run to the back of their own court rather than to the other side of the court

How to make it harder

- Stipulate players must play with a certain grip
- Remove the three lives

Spirit of the Games



- Did adding in the running aspect to the game affect how difficult the shots were to play?
- If you won the game on the first round, how would you feel about starting with less lives on the next game?



- Did adding lives and elimination make you feel more or less pressure?
- What changes to the game could be made for everyone to try harder?



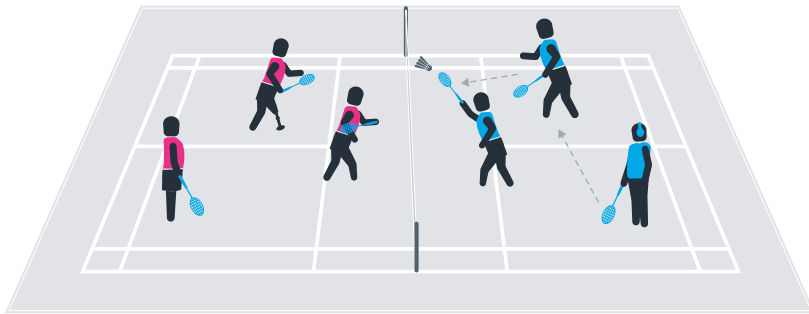
Inter school No Strings Youth/ festival event competition

SECONDARY

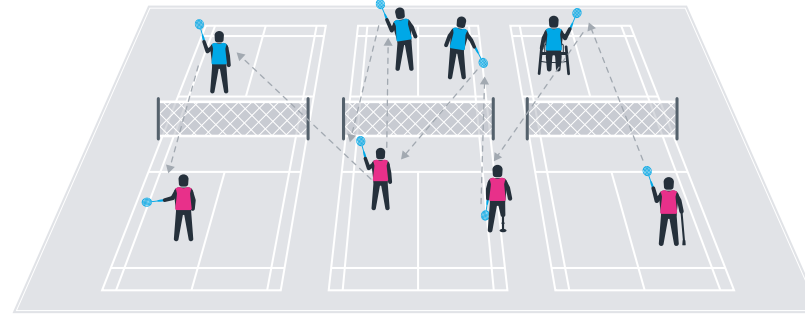
There are over 20 'No Strings Youth' cards which can all be found by [clicking here](#).

For inter-school events, we'd recommend using the following games, which can be adjusted depending on time and courts available. All games would be ideal for teams of 4 or 5 young people.

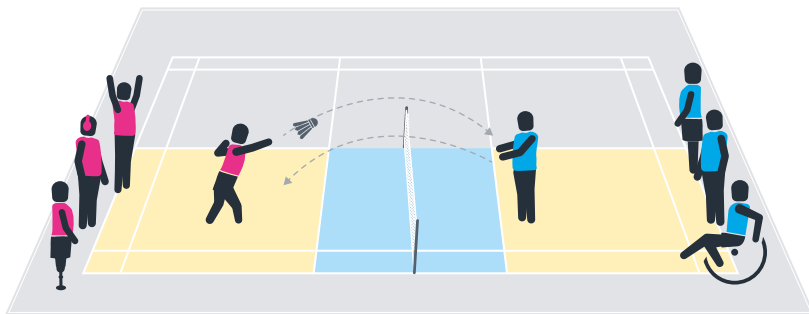
Pinball Wizard



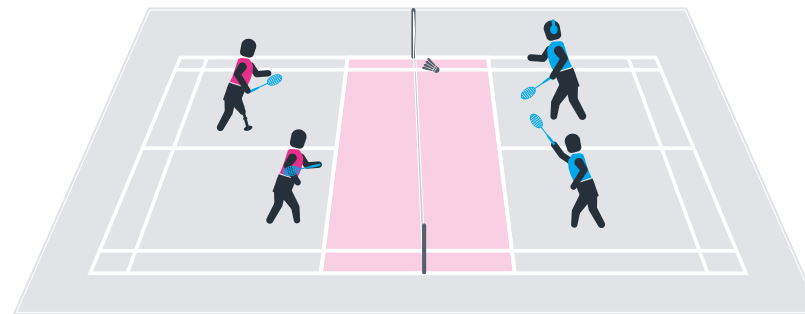
Crossfire



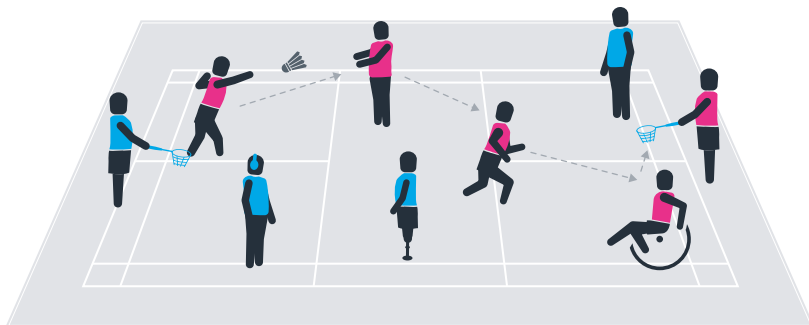
Throwminton



Racket Tag



End Zone



Power Play





National Schools Championships (competitive offer)

SECONDARY




How to play

- The NSC format uses a standard badminton court per match
- Each match (between two teams) consists of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games
- Teams are seeded 1 – 4 on ability based on their singles strength (regardless of age)
- The game format is as follows:
 - 1st Game: Singles (No.1 ranked player in the team)
 - 2nd Game: Doubles (2 players not selected for a singles game)
 - 3rd Game: Singles (No. 2 or 3 ranked players chosen for singles)
 - 4th Game: Doubles (first singles player + one of non-singles players)
 - 5th Game: Doubles (second singles player + the other non-singles player)
- Depending on court time available, play matches to 11 or 15 points
- The team who wins the most games wins the match
- To support your planning, click here to help you schedule your NSC and establish courts required depending on team numbers.

Safety

- Remind all players to not retrieve shuttlecocks from other courts unless the point has stopped
- Ensure when walking around the courts, non-players remain 1m from the edge of the active courts.

Equipment required

-  Rackets
-  Net
-  Shuttles

Space required

- One full badminton court.

Estimated set-up time

- 1 minute.

Difficulty level



How to make it easier

- Play matches to 11 or 15 points
- Allow second serves

How to make it harder

- Play all matches to 21 points

Spirit of the Games



- How does representing your school make you feel?
- What do you think is an acceptable amount of celebrating when you've successfully won a game of badminton?



- Umpiring yourself can be very challenging, did you struggle with the challenge and if so, how did you overcome it?
- If you are playing doubles and your partner calls a shuttle out, and you think it was in what would you do?

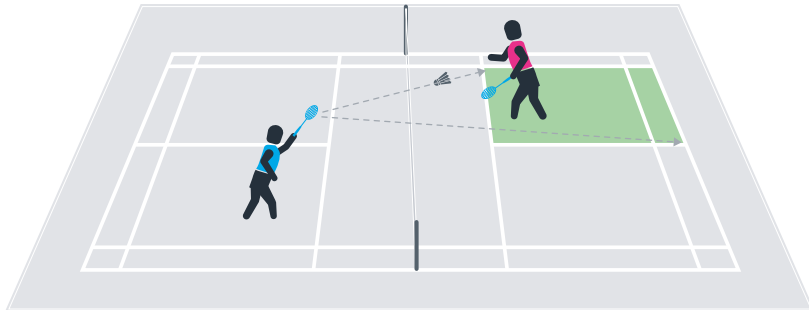


National Schools Championships (competitive offer)

SECONDARY

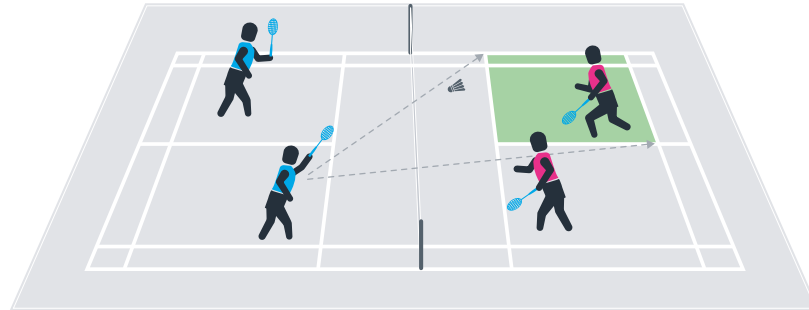
Singles Serve

(Server's score is even)



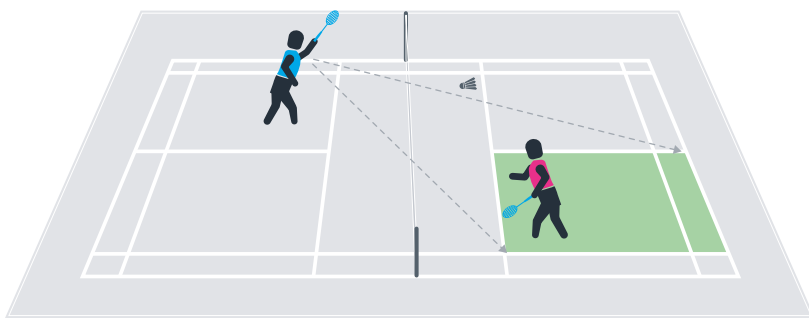
Doubles Serve

(Server's score is even)



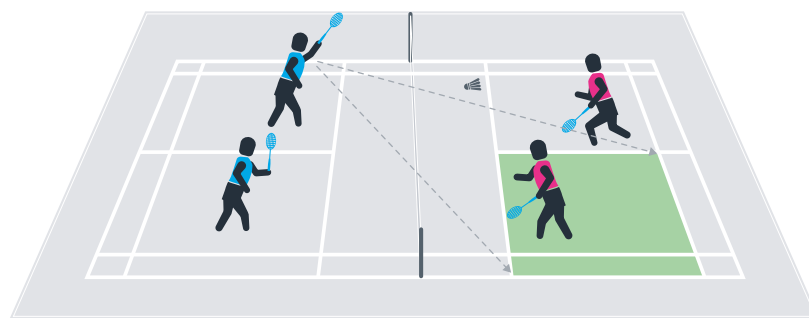
Singles Serve

(Server's score is odd)



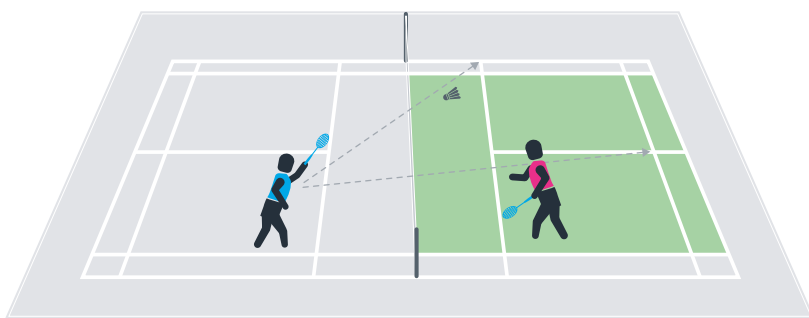
Doubles Serve

(Server's score is odd)



Singles Normal Play

(after a serve)



Doubles Normal Play

(after a serve)

