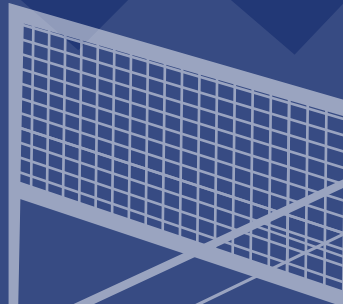




BADMINTON
SCOTLAND



OUTDOOR BADMINTON



AirBadminton
The New Outdoor Game

OUTDOOR BADMINTON



INTRO

Badminton is a popular, fun and inclusive sport with the Badminton World Federation (BWF) reporting more than 300 million active players globally, with over 4 million enjoying badminton in Great Britain alone.

There are many health and social benefits to playing the sport, in fact you can burn more than 450 calories in just one hour! Click [here](#) to see a whole host of other benefits.

Badminton has been viewed as an indoor sport for many years, however we are looking to change that and provide more opportunity for people of all ages and abilities to play badminton on hard, grass and sand surfaces outside. With the arrival of BWF's new outdoor sport AirBadminton and the revolutionary AirShuttle, specially designed for outdoor use with increased wind resistance, you can now play anywhere: in parks, on the street, on the beach and also in your own backyard!

The official AirShuttles will soon be in Scotland and are available for purchase through our website www.badmintonscotland.org.uk

GUIDELINES

Before getting your headbands on and taking your rackets and new AirShuttles outside make sure you are up to date on all the most recent guidelines and advice regarding COVID-19 on our website www.badmintonscotland.org.uk

AIRBADMINTON

HOW TO PLAY

<https://development.bwfbadminton.com/airbadminton/how-to-play>

COURT DIMENSION GUIDE

<https://development.bwfbadminton.com/airbadminton/court-dimensions>

EQUIPMENT

<https://development.bwfbadminton.com/airbadminton/how-to-play/equipment>

COURT SETUP

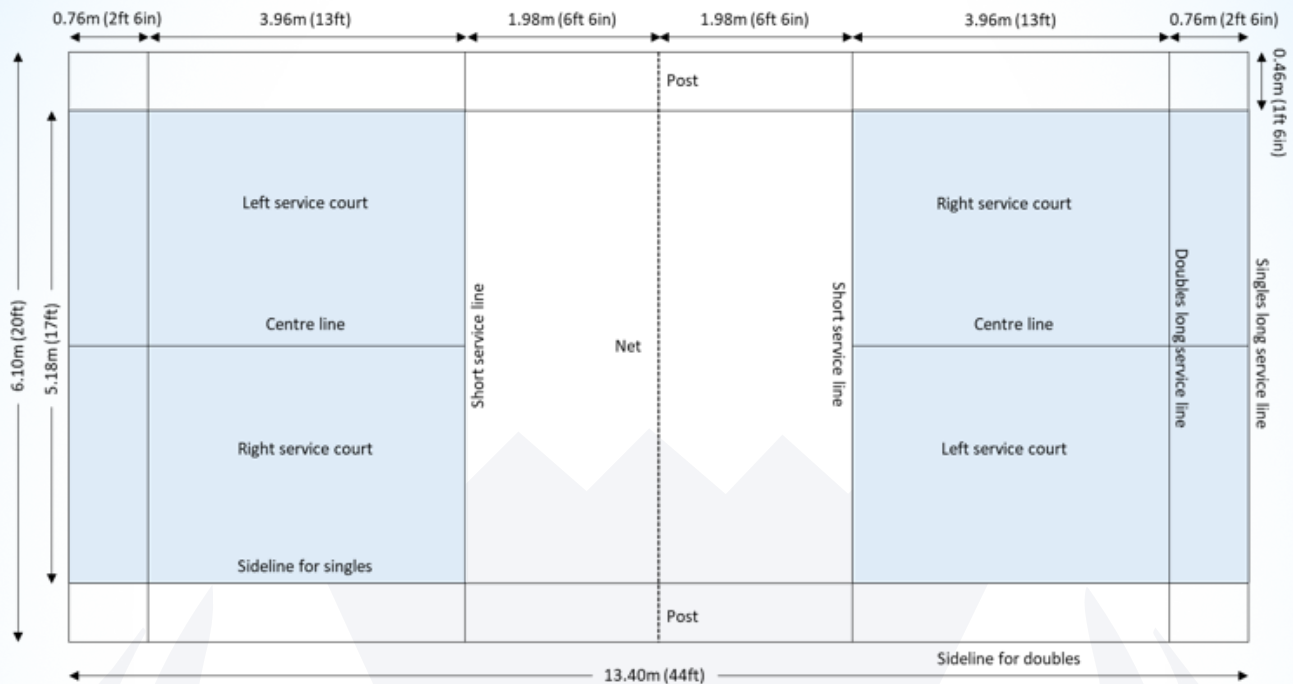
<https://development.bwfbadminton.com/airbadminton/how-to-play/court-set-up>

CREATING A COURT GUIDE

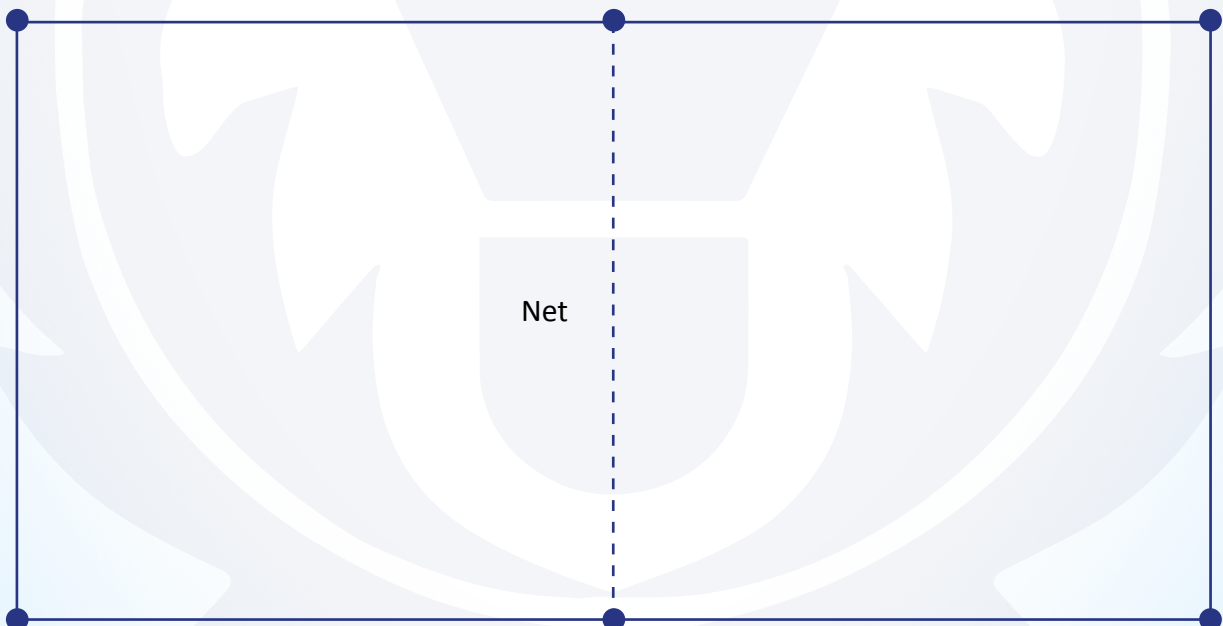
You do not need a court to enjoy badminton outside, but for those of you that do want to mark out a court here are some ideas to help you whatever space you have available.

LAYOUT AND DIMENSIONS

1 TRADITIONAL FULL COURT

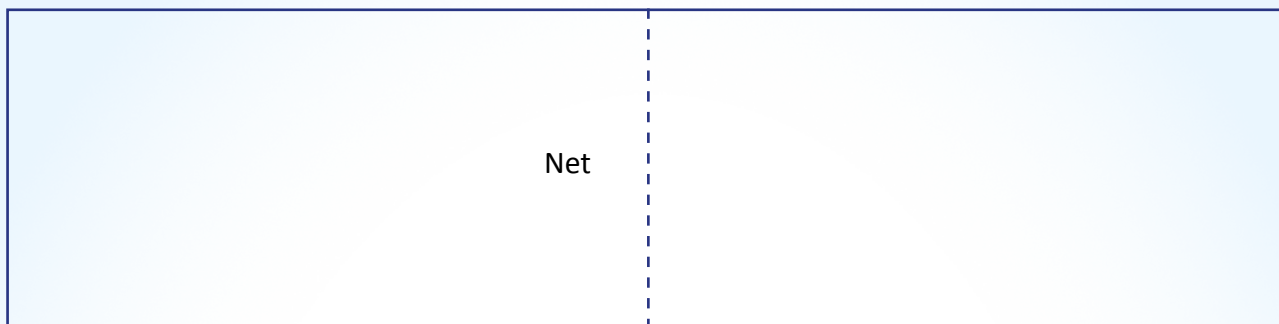


2 MINIMAL LINES – USE OUTER COURT MARKINGS ONLY (EVEN JUST CORNERS)



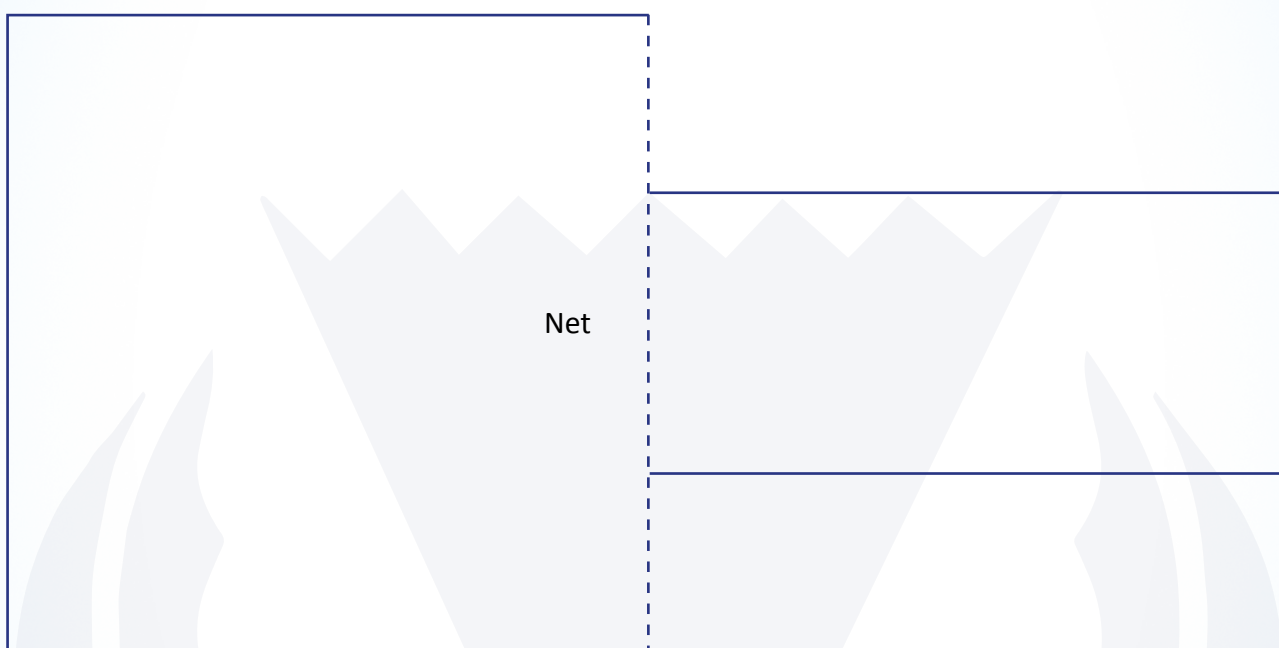
You can then start introducing other marking such as the service lines or tram lines as you progress.

3 HALF COURT SINGLES



Half court singles helps improve a players basic skills and footwork, whilst increasing endurance level as the rallies are generally longer with less space to cover.

4 ASYMMETRIC COURT



Using a court area like this will provide a handicap to one player. So a stronger player has a bigger court area so more ground to cover, with a smaller area to aim at in opponents half.

5 MARKING OUT YOUR COURT

When you have decided what court layout your going to go with now its time to decide what to use to mark it out. Below are some options you could try, but think about whether you want it to be easily changeable and of you want it to last for a few hours or for a few days.

HARD SURFACES (PATIOS, DECKING, GRAVEL ETC)

Chalk
Masking tape
Water based paint
Throw down lines

SOFT SURFACES (GRASS)

Rope/string
Cones
Plant pots
Throw down lines

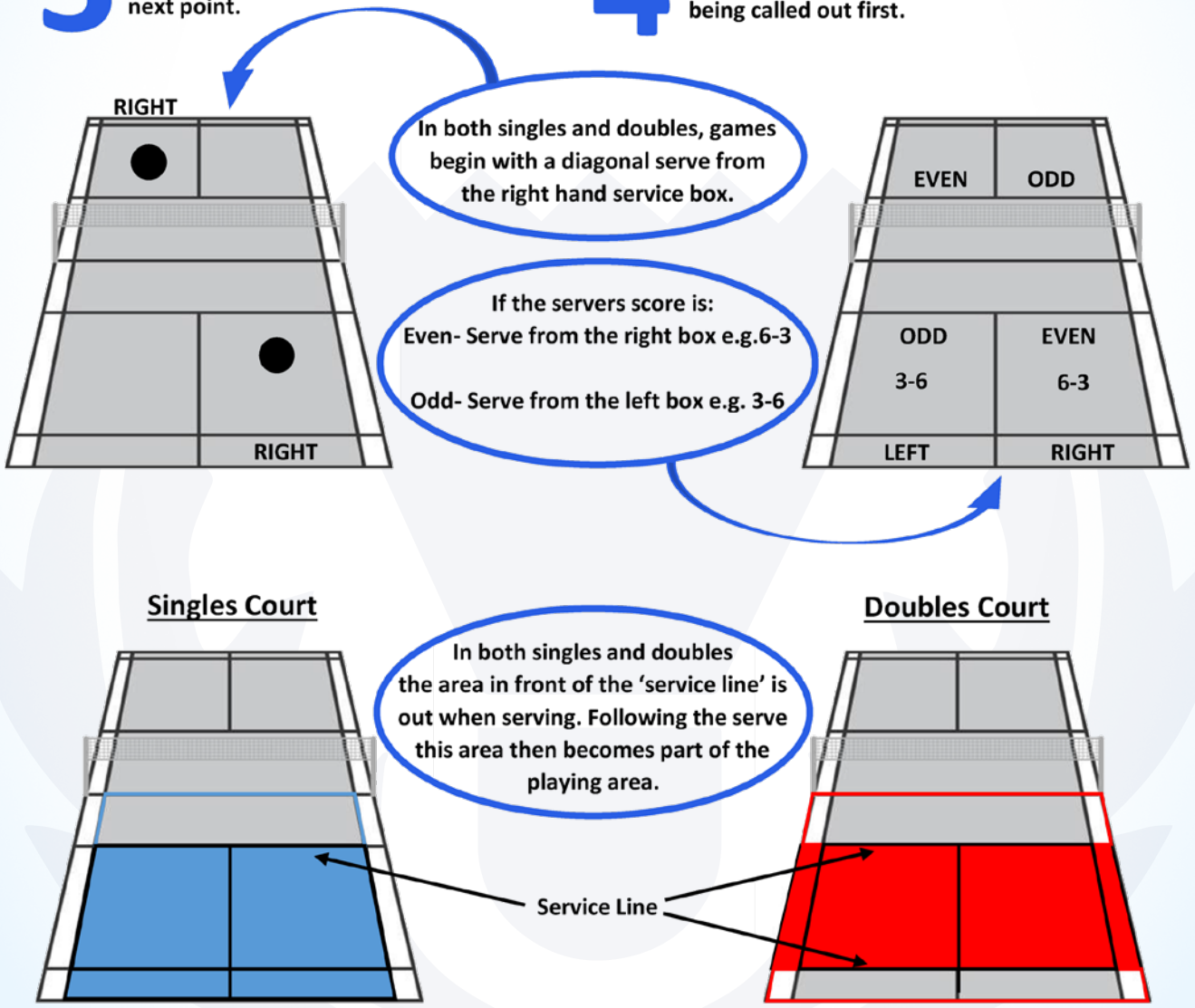
6. BASIC RULES OF THE GAME

1 All matches are the best of 3 games to 21 points. If the score reaches 20-20, play continues until 2 clear points are established e.g. 25-23. If the score reaches 29-29, the first to reach 30 points is the winner.

2 A point is awarded when the shuttlecock lands within the opposition's court or if the opposition hit the shuttle out of the court or into the net.

3 The winning player/s of the previous point will serve at the beginning of the next point.

4 The score should be called out after every point, with the serving player/s score being called out first.



7. SIMPLE COMPETITION/GAME FORMATS

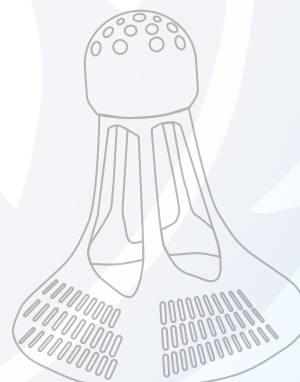
BOX LEAGUES (ROUND ROBIN)

Below is an example of a box league.

Name	Duncan	Euan	Rita	Jane	Total
Duncan					
Euan					
Rita					
Jane					

The table has 4 players in it. Everyone will play each other in the group and their scores recorded like this.

Name	Duncan	Euan	Rita	Jane	Total
Duncan			21		
Euan					
Rita	18			21	
Jane			16		



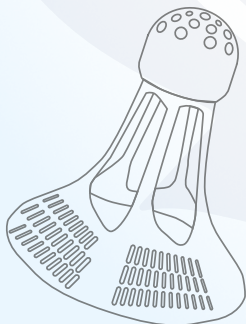
PLEASE SEE BLANK TEMPLATES BELOW

Name	1	2	3	4	5	6	7
1							
2							
3							
4							
5							
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7							

Name	1	2	3	4	5	6	7
1							
2							
3							
4							
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6							
7							

ORDER OF PLAY GUIDANCE:

Box of 4	Box of 5	Box of 6	Box of 7
3 rounds/6 matches	5 rounds/10 matches	5 rounds/15 matches	7 rounds/21 matches
1v2, 3v4	1v2, 3v4	1v2, 3v4, 5v6	1v2, 3v4, 5v6
1v3, 2v4	1v5, 2v3	1v3, 5v2, 6v4	3v1, 5v2, 7v4
1v4, 2v3	4v5, 1v3	1v5, 6v3, 4v2	5v3, 7v1, 6v2
	2v4, 5v3	1v6, 4v5, 2v3	7v5, 6v3, 4v1
	1v4, 2v5	1v4, 2v6, 3v5	6v7, 4v5, 2v3
			4v6, 2v7, 1v5
			2v4, 1v6, 3v7



AMERICAN DOUBLES

AMERICAN DOUBLES									
No.	Name	Score	Score	Score	Score	Score	Score	Total	Ranking
1									
2									
3									
4									
5									
6									

ORDER OF PLAY GUIDANCE:

	GROUPS OF 4	GROUPS OF 5	GROUPS OF 6
1	1&2 vs 3&4	1&2 vs 3&4 (5 bye)	1&3 vs 2&4 (5+6 bye)
2	1&3 vs 2&4	1&3 vs 2&5 (4 bye)	1&5 vs 2&6 (3+4 bye)
3	1&4 vs 2&3	1&5 vs 2&4 (3 bye)	4&5 vs 3&6 (1+2 bye)
4		1&4 vs 3&5 (2 bye)	1&4 vs 2&5 (3+6 bye)
5		2&3 vs 4&5 (1 bye)	2&3 vs 5&6 (1+4 bye)
6			1&6 vs 3&4 (2+5 bye)

LADDER LEAGUE

See example below

WEEK 1	ROUND 1 (R1)	STANDINGS AFTER R1
John	Bob vs Sally (21-7)	Bob
Caroline		Sally
Bob	John vs Lorna (21-18)	Duncan
Sally		Jim
Duncan	Jim vs Duncan (14-21)	David
Jim		John
David	David vs Caroline (21-13)	Lorna
Lorna		Caroline

- Due to John beating Lorna he has taken her place and she has moved down one place.
- You can set rules to these ladders too e.g. you can only challenge someone who is 3 places above you.

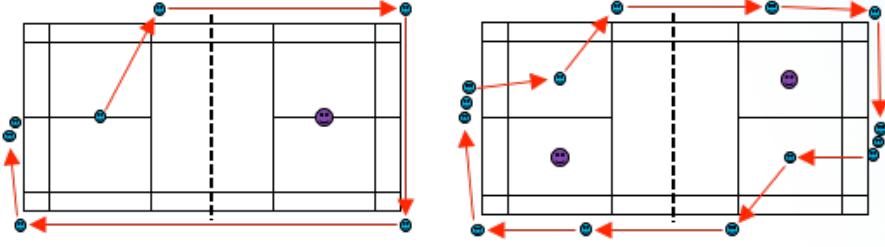
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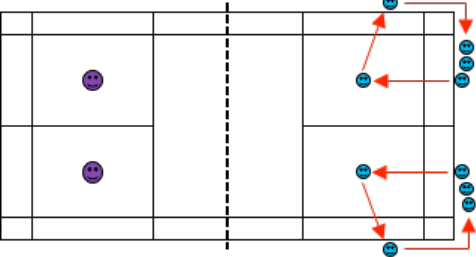
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WEEK:	ROUND:	STANDINGS AFTER:
	vs	
	Score:	
	vs	
	Score:	
	vs	
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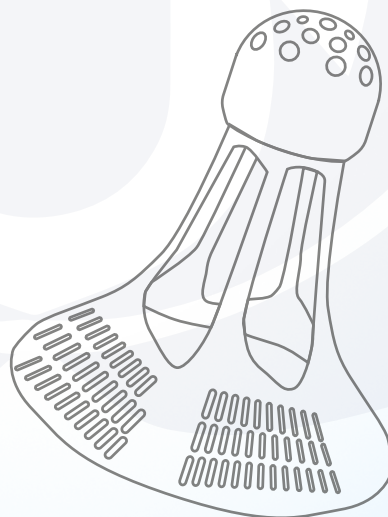
8. OUTDOOR BADMINTON GAMES

ACTIVITY 1: ROUND THE WORLD	
Equipment:	Rackets, Shuttles, Cones/Markers, Net (optional)
Aim of the Game:	Successfully hit shuttle over the net or to desired area
How to Play:	<ul style="list-style-type: none"> Depending on numbers set up either 1 or 2 lines of player on one side of the court area Coach positioned on the opposite side of the court Coach feeds a shuttle to first player in line who attempts to hit the shuttle, once they have hit the shot they run around the outside of court area and join the back of the line as illustrated below: 
Adaptations:	<ol style="list-style-type: none"> Hand feed multi shuttles (underarm/overarm) Racket feed multi shuttles Racket feed single shuttle, keeping rally going Elimination - Add lives e.g. Each player starts with 3 lives, if they make a mistake they lose a life. A loss of all 3 lives results in the player being eliminated

ACTIVITY 2: BASEBALL	
Equipment:	Rackets, Shuttles, Cones/Markers, Net (optional)
Aim of the Game:	Successfully hit shuttle over the net or to desired area
How to Play:	<ul style="list-style-type: none"> Much like round the world the feeder is on one side of the court, with the players in a line on the other Players start with 3 lives, if the player makes a mistake they get a 'strike' and lose a life Players hit the shuttle alternatively and if they get 3 strikes they put their racket down and join the feeders side of the court Those on the feeders side are then tasked to try and catch the shuttle If they catch a shuttle they swap places with the player who hit the shuttle, going back into the game with only 1 life The game is played until there is only 1 player on the players side, they get 2 chances to hit the shuttle without any one catching
Adaptations:	<ol style="list-style-type: none"> Hand feed multi shuttles (underarm/overarm) Racket feed multi shuttles Racket feed single shuttle, keeping rally going Change catcher difficulty e.g. Catch with 1 hand/weaker hand

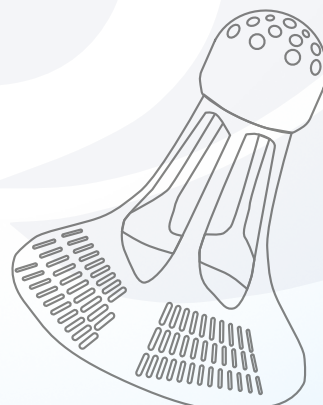
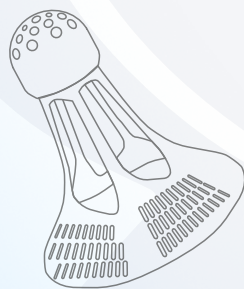
ACTIVITY 3: CRICKET	
Equipment:	Rackets, Shuttles, Cones/Markers, Net (optional)
Aim of the Game:	Successfully hit shuttle over the net or to desired area to beat opposing team
How to Play:	<ul style="list-style-type: none"> Set up with 2 feeders and 2 lines of players on opposite sides of the court Players hit alternate shots and move off the court and re-join the back of the line. In teams the aim is to get to 21 successful shots first. The team that reaches 21 first win that round, for the next round that team need to reach 23 points whilst the other team is still aiming for 21. This can be played up to as many shots as you want. 
Adaptations:	<ol style="list-style-type: none"> Hand feed shuttles Racket feed shuttles If a mistake is made points continue from where you left off If a mistake is made, points reset to 0 (difficult)

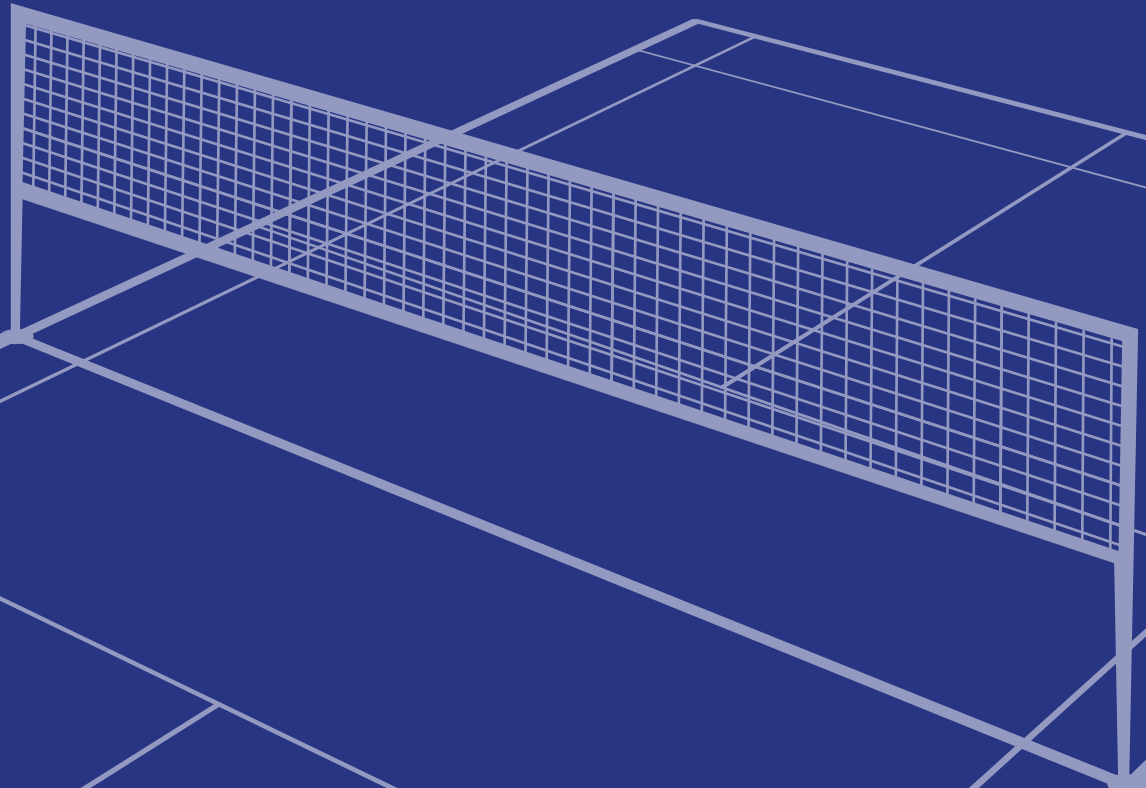
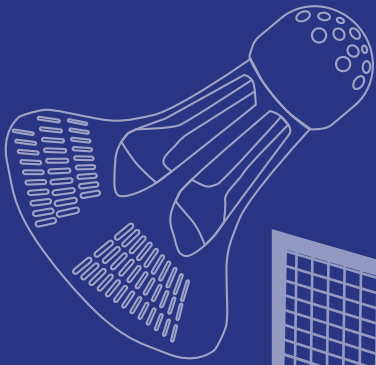
ACTIVITY 4: VOLLEYBALL	
Equipment:	Rackets, Shuttles, Net (optional)
Aim of the Game:	Work cooperatively with team mates to win the rally
How to Play:	<ul style="list-style-type: none"> Split into 2 teams of between 3-5 on each side of the court Game starts when the shuttle is served over the net The shuttle must then be struck 3 times by 3 different players on the same team before it is hit back over the net A point is scored if the opposition cannot return the shuttle or if they do not make 3 hits by 3 different team members
Adaptations:	<ol style="list-style-type: none"> Underarm shots only Add in overhead shots, from rear court only



ACTIVITY 5: KEEP THE KETTLE BOILING	
Equipment:	Rackets, Shuttles, Net (optional)
Aim of the Game:	Successfully hit shuttle over the net or to desired area
How to Play:	<ul style="list-style-type: none"> • Set up the same as round the world, however players are split into 2 teams with 1 of the teams replacing the coach • The 2 teams try to keep the rally going, after the player hits their shot they run off the court and re-join the back of the line • After serving, the shuttle must be hit alternately between team members until the kettle is boiled (target number of shots is reached e.g. serve and 3 shots) • Coach shouts 'kettle is boiled' letting the players know they can play the point out competitively
Adaptations:	<ol style="list-style-type: none"> 1. Cooperative rally 2. Team who loses rally loses a racket 3. Same as previous but if rally is won you regain a lost racket 4. Coach can shout 'kettle is boiled' at any time 5. Team singles, 1 player from each team plays a full rally with the winner getting a point for their team. Winner would stay on to play the next opponent, maximum of 3 times

ACTIVITY 6: WIPEOUT	
Equipment:	Rackets, Shuttles, Net (optional)
Aim of the Game:	Work in teams to win rallies to eliminate opposing players
How to Play:	<ul style="list-style-type: none"> • Up to 6 players per team • 6 players on 1 side of the court 6 on the other • A rally is played out between the 12 players • The person that makes an error, or misses the shuttle then comes off the court making it 6v5 • If the opposing team then loses the rally the player that lost the rally steps off and the 1st player off from the opposing team re-joins their team, now making it 5v6 • This continues until everyone from one team is out
Adaptations:	<ol style="list-style-type: none"> 1. Instead of players being eliminated they lose a life and can be made to do any of the following – e.g. hand behind their back, hop on one leg, kneeling down, have to play sitting down or anything else you can think of 2. Players to rotate positions after so they have the chance to play all areas e.g. After each rally or just winning team from rally





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