

## Revised Guidance for Coaching Breaks in Scotland

**June 2025**

### **Introduction:**

The current guidance was set some time ago and as a country we have reviewed this guidance with a view to ensuring we provide appropriate opportunities for performance athletes to be provided with the appropriate exposure for their age and stage.

Our Performance Pathway goals are to achieve a minimum of a quarter-final placement at European Junior Championships and indicators of achieving these markers align to winning at U15 Quadrangular level and achieving medals at lower age group European events.

As part of this we believe providing athletes with coaching within Scottish events, will help them overcome some of the new challenges of competing out with Scotland where coaching is allowed.

Secondly, this will also allow coaches to develop their skillset of coaching within competition environments, so they have some level of experience with this prior to being sent out with Scotland.

We of course want athletes to be able to think for themselves and be decisive when it comes to making decisions in a match therefore, we must help coaches develop their ability to provide the correct input in different situations. Coaches should constantly use their professional judgement to determine the most appropriate behaviours within these settings, with the main aim to help the athlete learn within the situation. This may require the use of questioning or at times developing a problem-solving conversation with the athlete as opposed to merely telling the athlete what to do. As athletes achieve higher levels within the sport, there may be times when they are provided with direct instruction. However, the athlete should have developed to a point where they can use direct instruction as guidance but also be aware enough to make naturalistic decisions as and when appropriate.

Our reason for not recommending coaching breaks at Silver, Bronze and Copper tournaments is to give players the opportunity to develop their own analytical processes rather than relying on a coach, prior to being involved in performance badminton which is in line Gold, National and International events. It should be noted that coaching between matches at these events is still permitted and indeed encouraged.

### **Summary of regulations**

Coaching breaks are permitted	Coaching breaks are not permitted
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	Senior	U19	U17	U15	U13
<b>Nationals</b>					
<b>Gold</b>					
<b>Silver</b>					
<b>Bronze</b>					
<b>Copper</b>					

### **U15 / U17 / U19 National Championships and Senior Tournaments**

Coaching breaks to be allowed throughout the duration of Gold and National tournaments.

Coaching breaks are not allowed throughout the duration Silver, Bronze and Copper tournaments.

Maximum 2 coaches per athlete/pair at events where coaching breaks are allowed.

### **Notes regarding Coaches**

- Coaches must be dressed appropriately
- Minimum age for coaches is 16.
- If a young coach is competing in a junior event (U19 tournaments and younger), they are not permitted to coach any other players during that event. For example, if a player is competing in U19 boys' singles, but not competing in U19 boys' or mixed doubles, that player CANNOT coach any other players in singles, but CAN coach players in the boys' or mixed doubles.
- At National Championships (both junior and senior) coaches sitting court side on the coaching chair can speak to players between rallies and during breaks, but play must be continuous. At all other events coaching between rallies is prohibited.

If you would like to discuss the new regulations, please contact: [Peter@badmintonscotland.org.uk](mailto:Peter@badmintonscotland.org.uk)

August 2025

## **GUIDANCE ON COACHING BREAKS FOR NATIONAL PATHWAY COACHES AND RPP COACHES**

The following principles were discussed regarding coaching breaks at Gold (formerly A Grade) and National events:

To encourage coaching to take place nationally to ensure our most experienced coaches continue to gain experience in delivering breaks. In turn this will also help athletes learn to take on coaching feedback more effectively, particularly as this will be an expectation when competing at events such as European Junior Championships and into senior internationals.

During National events, we understand there is a conflict here when National coaches are able to do this due to their position in the system however, we would like all athletes to understand that we are amending the guidance to promote the growth and knowledge within the system.

We have therefore amended the guidance for all coaches in the following during Scottish National and Gold (formerly A grade) events.

- All National coaches will be enabled to coach for their respective RPP club (We would

encourage NPP athletes to ask for feedback after the match if an NPP coach was coaching in the match).

- If 1 athlete does not have a coach on the court, any RPP or NPP coach will not step on the court.
- If a match starts with no coaches, then this stays the case until the end of the match.
- It is the responsibility of the club to ensure coaches are at events and understand the guidance above.

23 July 2025