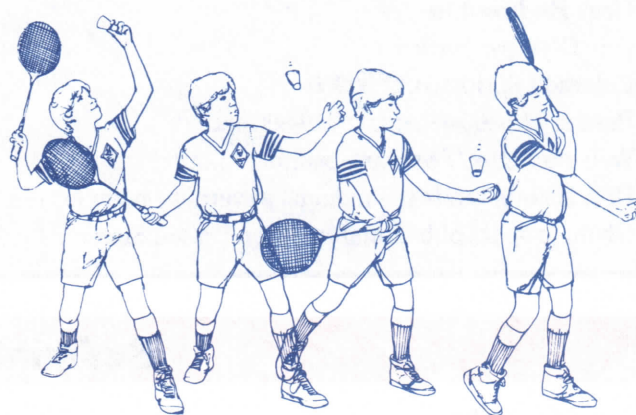


# Cub Scout Sports: Badminton



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain the rules of badminton to your leader or adult partner.
- \_\_\_\_\_ 2. Spend at least 30 minutes practicing badminton skills.
- \_\_\_\_\_ 3. Participate in a badminton game.

### Sports Pin

Earn the Badminton belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Compete in a pack or community badminton tournament.
- \_\_\_\_\_ 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- \_\_\_\_\_ 3. Demonstrate skill in the following grip techniques: forehand and backhand.
- \_\_\_\_\_ 4. Spend at least 60 minutes practicing to develop skills for shots and strokes (*clear, drive, drop, and smash*). This may be done over several different practice periods. Keep track of your time on a chart.
- \_\_\_\_\_ 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- \_\_\_\_\_ 6. Accurately lay out a badminton court, including net and lines.
- \_\_\_\_\_ 7. Play five games of badminton.
- \_\_\_\_\_ 8. Participate in a badminton skills development clinic.
- \_\_\_\_\_ 9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.



## Resources

Information on local badminton resources can often be obtained from your local parks and recreation department, community library, or university or college athletic department.

### USA Badminton

One Olympic Plaza

Colorado Springs, CO 80909

Phone: 719-866-4808; fax: 719-866-4507

Web site: <http://www.usabadminton.org>

USA Badminton is the national governing body for the Olympic sport of badminton in the United States.

Their Web site provides information about the game and tournaments, as well as links to other badminton-related sites.

### Books About Badminton

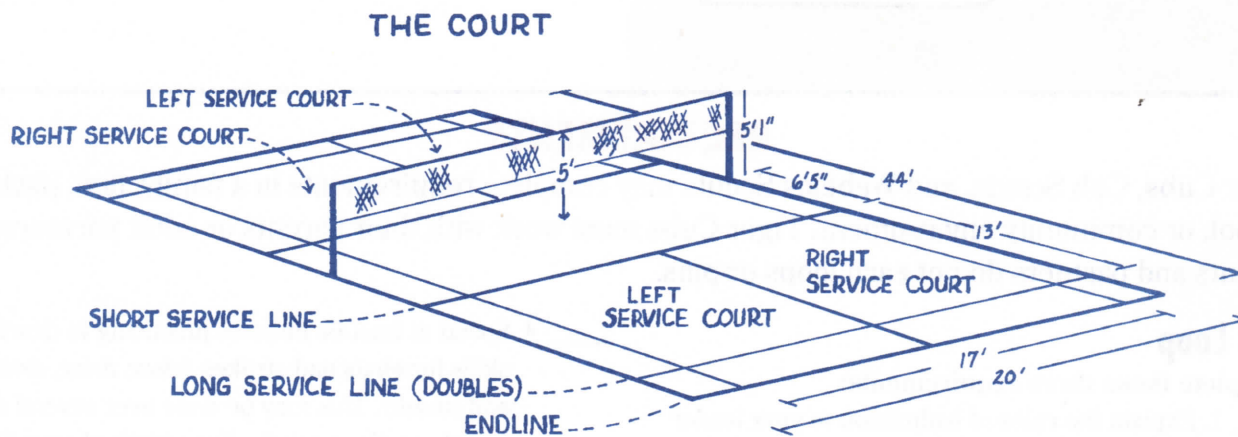
*Badminton: Steps to Success*, Tony and William A. Grice (Human Kinetics, 1996)

*Badminton*, Steve Boga (Stackpole Books, 1996)

*A Basic Guide to Badminton*, Jeff Klemsak, ed. (Official US Olympic Sports Series) (Griffin Bay Book Store, 1997)

*Badminton for Beginners*, Ballou (Morton Publishing Co., 1998)

## Badminton Rules



USA Badminton adopts the International Badminton Federation's Laws of Badminton, which you can find on the Web at <http://www.intbadfed.org/rules.html>. These simplified rules cover the toss to begin the game, the basic aim of the rally, serving, and scoring. A link is provided for a more complete listing of laws.

## Shots and Strokes

**Clear:** Hit high and deep so that the shuttle lands near the end line.

**Drive:** Hit flat and hard at about net level.

**Drop:** Hit soft and down so the shuttle lands near the net.

**Smash:** Hit hard and down to put the shuttle away.



**Traditional feather shuttle**



**Synthetic shuttle**