

INCLUSION SECONDARY INTRA-CARDS

INCLUSIVE MIXED DOUBLES BADMINTON

QUICK INTRODUCTION

Inclusive Mixed Doubles enables SEN/disabled (SEND) and non-SEND players to play competitive badminton together.

GETTING STARTED

Who the competition is aimed at

- Pairs are made up of either one SEND player and one non-SEND player or two SEND players.
- For the purposes of Inclusive Mixed Doubles, SEND players are defined as those SEND pupils who cannot easily access the traditional badminton format.
- Pairs can be single sex or mixed and should be of similar badminton ability.

Setting up the competition

- The game is played on a standard badminton court.
- Players decide which side they will start on for the duration of each game.
- Players return to their starting side at the end of each point.
- Serving:
 - Players decide which pair will serve first.
 - The player on the right-hand side of the court serves first.
 - Each player serves one point and service then rotates in a clockwise direction.

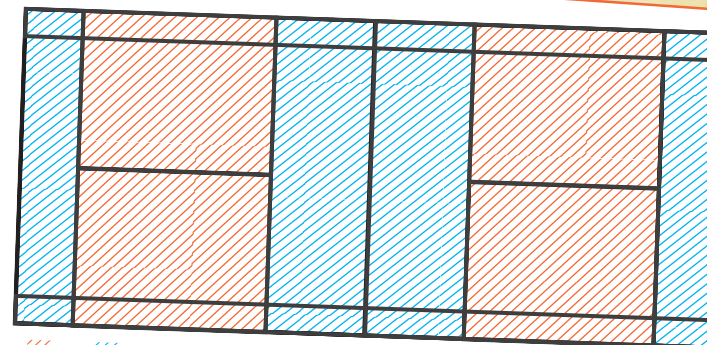
Rules of the competition

- Players can serve twice if the first serve hits the net or is out.
- The area behind the long service line and between the net and the service line is 'out' when serving and during play.
- Pairs can move anywhere on the court.
- A point is scored at the end of every rally. Points are scored by landing the shuttle in the playing area and if the shuttle lands on the line, it is in.
- A match is best of three games of 11 points, and a game must be won with two clear points.

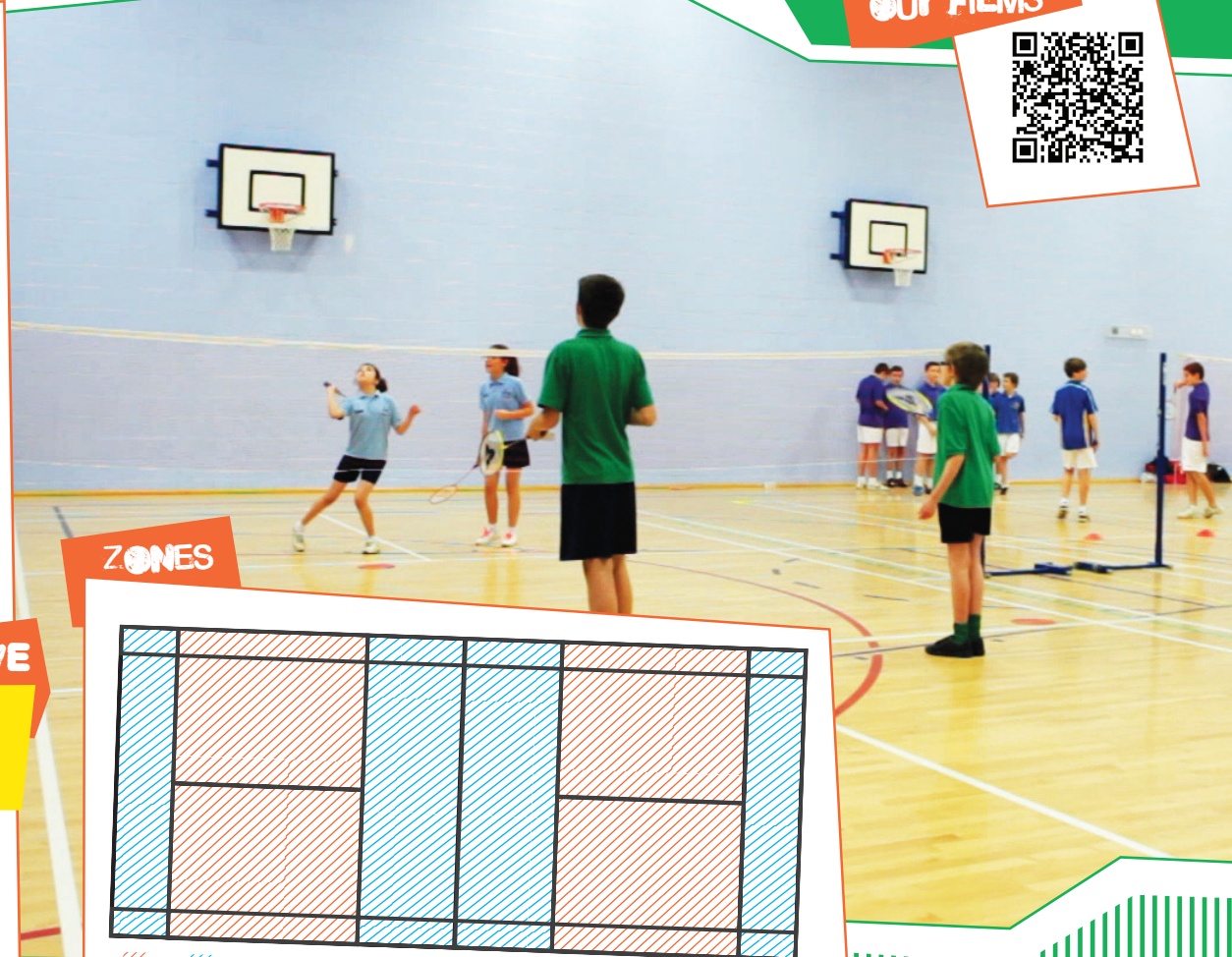
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ZONES



In Out



SPIRIT OF THE GAMES STATEMENT

Work together to set your partner up to play the winning shot.



ORGANISING THE COMPETITION

- Players can use either a Bisi Mini, Junior or standard 25" racket.
- Use Bisi synthetic medium speed shuttles or equivalent.
- Scoring: if pairs are playing in a team event then the pair scores are added to a team total.
- Refer to Badminton England's Kicking Up A Racket Para-Badminton coaching resource for exercises to help skill acquisition. (<http://tinyurl.com/parabadcoaching>)

OFFICIATING

- Young Leaders and Young Officials can assist with the organising and scheduling of the matches, scoring and keeping results.
- Make sure that Young Leaders and Young Officials know the court area being used.
- Set up a results table at the side of the hall for the Young Officials or Young Leaders to organise the league or competition.

THINK TACTICS

- Where on the court can your partner cover and where can you cover? Work as a pair!

SAFETY

(IF APPROPRIATE/NECESSARY)

- Manual wheelchair users should use wheelchairs with anti-tip wheels at the back.
- Make sure that the area around the court is clear.

THINK INCLUSIVELY

Space

- Make the court narrow or shorter using high visibility tape or colour contrasting throw-down lines.

Task

- Play three games of nine points allowing a rest period in between each game, or play a timed match, e.g. 10 minutes long.
- Play Throwminton as an alternative to badminton. (<http://tinyurl.com/throwminton>)

Equipment

- Increase the height of the net to slow the game down.
- Allow players to use a grip glove or strapping to assist with holding the racket.

People

- Allow a SEND player to substitute for another SEND player if they cannot play the full game.
- Allow three players on court.

