

Short Stature

Inclusive Badminton and Para Badminton Club and Coach Resource



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Acknowledgements:
Kicking up a racket Para-Badminton written by Lyndon Williams
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Short Stature Inclusive Badminton and Para Badminton

Within this resource, there are references to inclusive badminton and Para Badminton; therefore, to provide clarity on these two terms and the difference, please see below:

Inclusive Badminton – Provision for players with a disability to play badminton regardless of impairment and classification.

Para Badminton – For players with a physical impairment, there are six International Paralympic Committee (IPC) approved sport classes as governed by the Badminton World Federation (BWF), which are included in the Tokyo 2020 Paralympic Games (delayed until 2021). There are two wheelchair classes, three standing classes and one short stature class.

Explanation of Impairments

There are over 200 types of restricted growth which can be grouped together as dwarf conditions, with the most common being Achondroplasia. Players with restricted growth or dwarfism will experience a few skeletal and potential joint problems, and many people with Achondroplasia have a Kyphosis or Scoliosis of their spine (a curved spine) or spinal stenosis (a pinching of the spinal column caused by having restricted room within the vertebrae for the spinal column to pass through) and constant shock to the back can cause damage to this area.

Persons with restricted growth can have lax joints and their elbows, hips and knees can be unstable. This is usually seen in the joints being extremely flexible, many short stature players can have a bowing of the legs which may result in problems with their ankles.

Within inclusive badminton, short stature players can play within inclusive and non-disabled environments with minimal adaptations to play. Within Para Badminton, players are required to be classified to play Short Stature Para Badminton.

Classifications

To compete within Para Badminton, the **BWF classification** process allows for players to be placed in a class to compete in a competition against each other. The player will undergo player evaluation / classification by a BWF Classifier before competition, and this process involves a medical examination and some badminton activities to show the Classifier which badminton movements and shots are easy or more difficult for the player. The player is then allocated a Sports Class; within Short Stature Para Badminton, there is one Sports Class:

- Short Stature (SH6) – These are players who have a short stature due to a genetic condition often referred to as ‘dwarfism’

Court Dimensions and Rule Variations

There are no adaptations to the court boundaries or rule variations for Short Stature Para Badminton for both singles and doubles:

- Singles is played on a full court with the same court boundaries and rules as non-disabled badminton
- Doubles is played on a full court with the same court boundaries and rules as non-disabled badminton



Considerations

The game and court do not need to be modified for short stature players as the distances travelling around the court are manageable and the explosive movement suits their low centre of gravity. However, coaches may initially choose to reduce the court size for young players or beginners as it could seem a little daunting to a player that is new to the sport. Generally, the movements, routines and techniques are the same but, as a coach, you need to take in to account the following considerations when coaching short stature players:

Warm up

- It is important to develop the player's muscles and fitness so ensure an appropriate warm up is delivered ahead of the main session. This should include 10-15 minutes of light jogging, side hops right and left, squats, and an upper body warm up to include the neck muscles

Movement

- Focus on the player's mobility and balance – to prevent over stretching and excessive movements that can cause short stature players to lose balance and fall over, it is recommended that sessions are delivered on half a court initially to reduce the amount of movement needed across the court and particular attention can be given to developing footwork and strokes. To progress, sessions can be delivered on a full court and encourage players to increase the speed of their side to side and forward and backward movement but not to over stretch
- When considering movement around the court, a short stature player will have to use approximately double the number of steps to cover the same distance as a non-disabled player. This may mean compromise will need to be made with footwork as the player may have to run to intercept a returned shot
- Tactics and shapes used to move around the court can be delivered as you would for a non-disabled player, but with consideration to make movement as efficient as possible but taking into account short stature players reduced height and leg length

Technique

- Any technique which will introduce any shock to the back, knees or ankles should be considered very carefully as prolonged and sustained shocks to these areas can cause long term damage
- Many short stature players cannot fully extend their arms, so arm rotation and wrist action are very important

Session planning and delivery

- Due to increased fatigue, when planning a session for short stature players, you may need to consider the length of session and intensity of exercise and ensure appropriate rest periods are taken and frequent hydration is encouraged
- Height restrictions of the players will influence the trajectory of the shuttle. For example, smashes and clears are generally flatter and net shots will be played lower at the net. As a coach, think of the routines and exercises you would use for young non-disabled players of the same height and apply the same rules and develop accordingly whilst coaching short stature players
- When multi feeding overhead shots, as well as ensuring you are replicating a shot in a game situation, it is recommended not to hit the shuttle too high as developing players are inclined to bring their head back too far and this can cause back pain

Equipment

- Shorter junior rackets, or The Racket Pack rackets, can be used for beginners and very young players. However, in most cases, a short stature player will use a standard racket, especially as they progress their play
- Short stature players have small hands so grip size is very important – Many short stature players shave down the wood on the handle and then reapply a soft grip to reduce the size of the grip to suit – This is recommended for new players as it helps to control the racket and alleviates the risk of wrist injury
- Grip strength – The player may hold the racket too tight, which over time will impact their wrist action and they may sustain injury so, if you observe this, encourage them to loosen their grip slightly

Communication

Communication with your players and individuals' you coach is vital in understanding their impairments and how you will need to adapt your coaching. Nobody will understand their impairments more than the individuals themselves so as coaches you should not be afraid to ask. If you have a question, however stupid you feel it may be and however intimidating you feel you should be confident to ask it. Asking these questions, will allow you to effectively adapt your knowledge and skills to the player's impairment. Remember, no two impairments are the same! Ensure you build honest, open, and engaging relationships with your players and encourage them to be open with you to help you help them. This long term will help you both have confidence in the relationship and communication you have with each other.

To further support these considerations, Badminton England's [**Kicking up a Racket! Para Badminton Activity Programme**](#) includes basic warm ups, fun games, simple routines, development and advanced work, as well as tactics for short stature players.

Remember: do not assume that players with a disability will be unable to develop a good basic technique.

Inclusive Badminton Activity in England

Most players with a disability start off playing at their local [**inclusive club**](#). As an inclusive club, the main objective is providing a positive first experience for disabled players, with participation as a priority. Badminton England are committed to increasing the number of disabled people playing badminton. This requires the development of strong, sustainable environments, namely clubs, which can cater effectively for disabled players.

As a club, you don't necessarily always have to create a new session to accommodate disabled players. It may be about ensuring existing provision is inclusive for standing players. Badminton England's [**Inclusion Hub**](#) explores this in more detail and you can use this resource to support your club or session to welcome disabled players, specifically standing players.

If you are a club, either currently delivering inclusively or are interested in delivering inclusively, we recommend that one of your coaches is upskilled to deliver to disabled players. You can search for a Disability Coach via our [**Coach Finder**](#), or alternatively, if you're a coach and would like to become upskilled, you can either attend Badminton England's [**Disability CPD Workshop**](#) or visit our [**Inclusion Hub**](#) for additional impairment specific training opportunities provided by National Disability Sport Organisations.

Additionally, [**Dwarf Sport Association UK**](#) (DSAuk) offer the opportunity to learn how to play badminton and players can receive coaching within their regional group's programmes of delivery. More information about how to get involved in any of DSAuk's activities can be found by contacting DSAuk [**directly**](#).

Would your club like to deliver a festival?

To provide a fun introduction to the sport for disabled players and their family and friends, Badminton England have developed a [**festival competition format**](#) for clubs and partners to deliver. The festival includes fun inclusive activities and delivery of this festival competition format will support your club and coaches to engage with local disability groups and provide an opportunity for disabled players, particularly standing players, to play badminton. Players can then be signposted towards your local inclusive club environment or disability specific session.

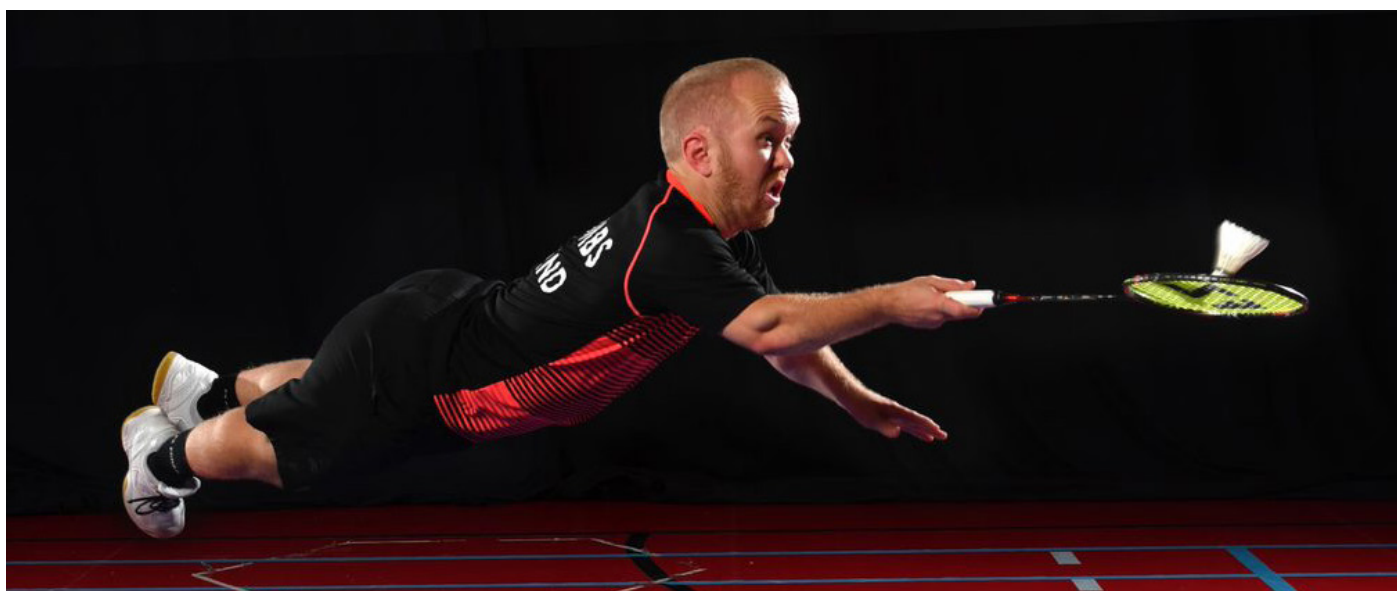
Para Badminton Activity in England

Badminton England's [Disability Action Plan 2019-25](#) is focused on further supporting the growth and opportunities for players with a disability to play and progress in the sport. For those players that wish to develop, progress, and start competing, they will need an experienced coach to develop their play. As a club, you can search for a Disability Coach via our [Coach Finder](#), or alternatively, if you're a coach, Badminton England's [Disability CPD Workshop](#) upskills Foundation Coaches, Level 2 Coaches and Level 3 Coaches to deliver badminton across the Para Badminton classifications.

National and UK Competition

Currently there are a small number of Para Badminton tournaments held both within England and across the Home Nations, with the main one being the 4 Nations. In 2019, Badminton England hosted the first UK Para Badminton Championships which included SL3, SL4 and SU5 BWF approved sport classes. As this is a Para Badminton Competition, all players who wish to compete within these Championships need to be classifiable into one of the six BWF approved sport classes to take part.

DSAuk deliver annual [National Games](#) for Badminton across both juniors and seniors and all members of DSAuk can take part in this tournament. Persons with any type of dwarfism are eligible to compete in events; height shall not exceed 5 feet 0 inches (152.4 centimetres) for persons with disproportionate dysplasia, and 4 feet 10 inches (147.3 centimetres) for a proportionate short stature due to medical reasons.



International Competition

For short stature players currently competing within national tournaments and Home Nations Events the next step would be to compete in a **BWF recognised International Tournament** and gain some international experience playing against players from different countries. Short stature players competing across international tournaments build world ranking points and players are then identified through the specific World Ranking criteria and are invited to GB Training Group Camps. These Camps are delivered by GB Para Badminton Coaches, who are keen to meet and provide players with useful advice and information to improve their game that they can utilise and implement during their own training with their coach within their club or session.

GB Para Badminton Squad

Jack Shephard (SH6) and **Krysten Coombs** (SH6) are currently part of the GB Para Badminton Squad that trains full time in Sheffield with the GB Para Badminton Team including Head Coach, Richard Morris, along with several other players. Jack and Krysten, along with the other two Para Badminton players on the GB Squad, are supported by UK Sport and EIS in their pursuit of Paralympic qualification and success.





Other support and resources



**Badminton England's
Inclusion Hub**
[Hive Learning](#)



Activity Alliance
[Resources](#)



**Dwarf Sport
Association UK**
[Learn more about
the DSAUK](#)

For further information or support, please contact development@badmintonengland.co.uk

