

**Organised by the Hong Kong Badminton Association**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Badges Award Scheme (Star Badges Award Scheme)**  
**〈 Badminton 〉**

**Purpose:** To assess badminton trainees’ skill level at the beginner’s stage through assessment tests and to encourage them to set goals for badminton training. To lay a good foundation for trainees to obtain the Bronze Badge.

**Type of Badges:** 1. Three levels of award, namely Star One, Star Two and Star Three.

2. Content of Tests

Level of Award	Assessment Items
Star One	Forehand Grip, Basic Footwork, Shuttle Control, Overhead Throwing, Forehand Serving
Star Two	Forehand and Backhand Grip, Forecourt and Backcourt Footwork, Shuttle Control, Overhead Throwing, Forehand Serving High Clear
Star Three	Forehand and Backhand Net Play, Overhand Stroke, Cross Court Footwork with Cross Steps, Forecourt and Backcourt Strike, Forehand Serving High Clear

3. Rating Standard

Trainees must pass the tests of all items in accordance with the skill requirements of the respective levels to obtain the relevant badges.

**Award/ Participation Method:** All trainees participating in badminton training courses of the Easy Sport Programme and the Outreach Coaching Programme under the School Sports Programme of the Leisure and Cultural Services Department will be assessed by registered coaches of the Hong Kong Badminton Association (HKBA) at the end of the courses based on the contents of the tests of the respective Star Badges. Trainees who meet the standards may obtain the relevant Star Badges and Certificates from the HKBA at their own cost.

**Collection of Badges and Certificates:** After completion of the assessment, schools will submit trainees’ results to the HKBA for verification. The HKBA will mail the “Application Form for Star Badge and Certificate” to the schools. Qualified trainees may obtain the relevant Star Badges and Certificates from the HKBA by completing the form.

**Fee:** A set of Star Badge and Certificate costs \$35. Please pay by a cheque payable to “Hong Kong Badminton Association Limited”.

**Enquiries (1):** The Leisure and Cultural Services Department  
**Address:** School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters,  
1-3 Pai Tau Street, Sha Tin  
**Telephone No.:** 2601 7602 **Fax:** 2684 9076  
**Website:** [www.lcsd.gov.hk](http://www.lcsd.gov.hk) **Email:** [ssp@lcsd.gov.hk](mailto:ssp@lcsd.gov.hk)

**Enquiries (2) :** Hong Kong Badminton Association  
**Address:** Room 2005, Sports House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong  
Kong  
**Telephone No.:** 2504 8318 **Fax:** 2882 8450  
**Website:** [www.hkbadmintonassn.org.hk](http://www.hkbadmintonassn.org.hk) **Email:** [hkba@hkolympic.org](mailto:hkba@hkolympic.org)

**Remarks:**

1. The Star Badges Award Scheme for Badminton is co-ordinated and developed by the HKBA.
2. Trainees must start from Star One assessment. Only qualified trainees are eligible to advance to the next level.
3. The HKBA will organise “Badges Award Assessment Day” annually for badminton trainees. Details will be provided in due course.
4. The HKBA also organises the Hong Kong Badminton (Award) Training Scheme for Bronze, Silver and Gold Awards. Please contact the HKBA or visit their website ([www.hkbadmintonassn.org.hk](http://www.hkbadmintonassn.org.hk)) for details.



# Star Badges Award Scheme for Badminton

## Star One Assessment Items

### 1.1 Forehand Grip

Assessment Content: The trainee is required to perform the forehand grip correctly.

Repetitions: 1

Estimated Duration: 30 seconds

Assessment Standard: The trainee is able to perform the forehand grip correctly.



### 1.2 Basic Footwork

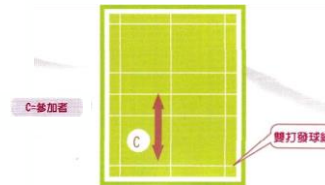
Assessment Content: The trainee is required to perform the footwork of forehand net play and go back to the long service line for doubles with the ready posture of striking a high clear within half court.

Repetitions: 1 set

Estimated Duration: 1 minute

Assessment Standard: The trainee is able to complete the whole set. Footwork for net play must be correct. Other types of footwork will not be assessed.

Remark: No strike is needed but the trainee must perform the grip correctly.



### 1.3 Shuttle Control

Assessment Content: The trainee hits the shuttlecock upward with the racket consecutively within half court.

Estimated Duration: 2 minutes

Assessment Standard: 5 consecutive hits or above within 1 minute

Remark: It is not necessary to hit high. The assessment focuses on the number of consecutive hits, which can be performed with forehand or backhand (preferably with the correct grip). In case the shuttlecock falls to the ground, the trainee can pick it up and restart the count of hits. The highest number of consecutive hits within 1 minute will be considered the final result.

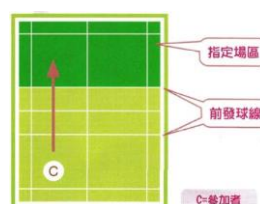
#### 1.4 Overhead Throwing

Assessment Content: The trainee stands behind the short service line and throws the shuttlecock overhead to the designated area behind the short service line of the opposite court (preferably with the correct standing posture).

Repetitions: 3 attempts x 1 set

Estimated Duration: 1 minute

Assessment Standard: At least 1 out of the 3 attempts reaches the designated area. (Refer to the illustration on the right)



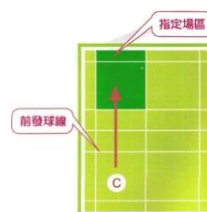
#### 1.5 Forehand Serving High Clear

Assessment Content: The trainee stands behind the short service line and serves a straight high clear to the designated area in the opposite court (preferably with the correct serving posture).

Repetitions: 5 attempts x 1 set

Estimated Duration: 2 minutes

Assessment Standard: At least 1 out of the 5 attempts reaches the designated area. (Refer to the illustration on the right)





## Star Badges Award Scheme for Badminton

### Star Two Assessment Items



#### 2.1 Forehand and Backhand Grip

Assessment Content: The trainee performs the forehand and backhand grip.

Repetitions: 1

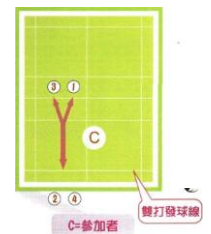
Estimated Duration: 30 seconds

Assessment Standard: The trainee is able to perform the transitional posture of the forehand and backhand grip correctly.

#### 2.2 Forecourt and Backcourt Footwork

Assessment Content: The trainee performs the footwork of forehand and backhand net play and moving backward within half court.

- ① Start from the mid-court and perform forehand net play
  - ② Move back to the long service line for doubles and swing once
  - ③ Move forward to perform backhand net play
  - ④ Move back to the long service line for doubles and swing once
- (Refer to the illustration on the right)



Repetitions: 2 sets

Estimated Duration: 1 minute

Assessment Standard: The trainee is able to finish the whole set. Footwork for net play and grip form must be correct. Sideways footwork must be adopted when moving backward. Other types of footwork will not be assessed.

Remark: After finishing the first move, no stoppage is needed for starting the second move and it is not necessary to restart from the mid-court. No strike is needed but the trainee must perform the grip correctly.

### 2.3 Shuttle Control

Assessment Content: The trainee hits the shuttlecock upward with the racket consecutively (performing with forehand and backhand alternatively) within half court.

Estimated Duration: 2 minutes

Assessment Standard: 10 consecutive hits or above within 1 minute

Remark: It is not necessary to hit high. In case the shuttlecock falls to the ground, the trainee can pick it up and restart the count of hits. The highest number of consecutive hits within 1 minute will be considered the final result. The assessment focuses on the control of the shuttlecock and the correct grip.

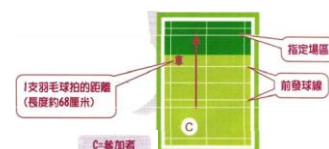
### 2.4 Overhead Throwing

Assessment Content: The trainee stands behind the short service line and throws the shuttlecock overhead to the designated area one racket's distance away from behind the short service line of the opposite court. The trainee must start with the correct sideways standing posture.

Repetitions: 3 attempts x 1 set

Estimated Duration: 1 minute

Assessment Standard: At least 1 out of the 3 attempts reaches the designated area. (Refer to the illustration on the right)



### 2.5 Forehand High Clear Serving

Assessment Content: The trainee stands behind the short service line and serves a straight high clear to the designated area two rackets' distance away from behind the short service line of the opposite court. The trainee must start with the correct sideways standing posture.

Repetitions: 5 attempts x 1 set

Estimated Duration: 2 minutes

Assessment Standard: At least 1 out of the 5 attempts reaches the designed area. (Refer to the illustration on the right)





## Star Badges Award Scheme for Badminton

### Star Three Assessment Items

#### 3.1 Forehand and Backhand Net Play

Assessment Content: The trainee performs forehand and backhand net play within half court. (Refer to the illustration on the right)

- ① Start from the mid-court and perform forehand net play
- ② Move back to the mid-court
- ③ Perform backhand net play

Repetitions: 5 sets (a total of 10 shots, alternate strikes from left and right)

Estimated Duration: 1 minute

Assessment Standard: The trainee is able to finish the whole set. Footwork for net play and grip form must be correct. At least 4 out of the 10 attempts must cross the net. The shuttlecock must drop within the designated area for doubles of the opposite court. Co-ordination of movements is required.

Remark: There is no limitation on the striking form. The shuttlecock must be dropped within the designated area for doubles of the opposite court.



#### 3.2 Overhand Strike

Assessment Content: The trainee stands one racket's distance away from the long service line for doubles. The coach serves and the trainee strikes with overhand. (Refer to the illustration on the right)

Repetitions: 10 attempts

Estimated Duration: 3 minutes

Assessment Standard: The trainee is able to strike. At least 4 out of the 10 attempts must cross the net. The shuttlecock may drop outside the court boundary. The assessment focuses on movement co-ordination and the correct grip form.



### 3.3 Cross Court Footwork with Cross Steps

Assessment Content: The trainee is required to perform the forehand and backhand net play and move backward with cross steps within half court. (Refer to the illustration on the right)

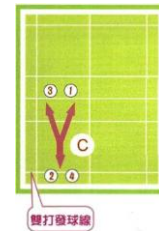
- ① Start from the mid-court and perform forehand net play.
- ② Move back to the long service line for doubles.
- ③ Perform cross steps and swing once. Move forward to perform backhand net play.
- ④ Move back to the long service line for doubles. Perform cross steps and swing once.

Repetitions: 2 sets

Estimated Duration: 1 minute

Assessment Standard: The trainee is able to finish the whole set. Footwork for net play must be correct. Sideways footwork and cross steps must be adopted when moving backward.

Remark: After finishing the first move, no stoppage is needed for starting the second move and it is not necessary to restart from the mid-court. No strike is needed but the trainee must perform the grip correctly.



### 3.4 Forecourt and Backcourt Strike

Assessment Content: The trainee stands within the striking area and performs alternate front and back strikes to the designated area of the opposite court. (Refer to the illustration on the right)

Repetitions: 10 attempts x 1 set (alternate front and back strikes)

Estimated Duration: 3 minutes

Assessment Standard: The trainee is able to strike. At least 4 out of the 10 attempts must cross the net. Movement co-ordination and the correct grip form are required for a pass.



Remark: The trainee stands within the striking area and strikes to the designated area. The coach will serve alternate front and back strikes in a regular rhythm. (The shuttlecock may drop outside the court boundary given that it crosses the net.)

### 3.5 Forehand Serving High Clear

Assessment Content: The trainee stands behind the short service line and serves a straight high clear to the designated area behind the long service line for doubles in the opposite court.

Repetitions: 5 attempts x 1 set

Estimated Duration: 2 minutes

Assessment Standard: At least 1 out of the 5 attempts reaches the designated area. The correct grip form and movement co-ordination are required for a pass. (Refer to the illustration on the right) (The shuttlecock may drop outside the court boundary given that it is beyond the long service line for doubles.)

