

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

Purpose: To provide testing standards and awards for trainees participating in shuttlecock, encourage them to continuously improve and upgrade their skills. To promote the development of Shuttlecock.

Type of Badges:

1. Three levels of award, namely Bronze, Silver and Gold
2. Content of Tests

Levels of Award	Assessment Items
Gold	Fully master the skill of shuttlecock control
Silver	Improve the stability of shuttlecock control, strengthen reaction and agility
Bronze	Able to handle various basic skills of shuttlecock control

3. Rating Standard

Trainees must pass the tests of all items in accordance with the skill requirements of the respective levels to obtain relevant badges. Three attempts are allowed for each assessment and the best result would be chosen.

**Award/
Participation
Method:**

1. All trainees participating in shuttlecock training courses of the Easy Sport Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded a badge and certificate by the Hong Kong Shuttlecock Association (HKSA) at their own costs.
2. In addition, the HKSA regularly holds two assessment days a year. Students who are unable to participate in the school test can participate in the assessment days organised by the HKSA. For details, please visit the HKSA's website: (<http://www.hkshuttlecock.org>)

**Collection of
Badges
and Certificates:**

1. After completion of the assessment, the coaches will submit trainees' results to the HKSA for verification of information, upon which the HKSA will inform the teachers to collect relevant badges and certificates from the association and

deliver them to all qualified trainees.

2. The assessment is arranged by the coach for the students free of charge. If the students pass the test and want to acquire the relevant badges and certificates from the coach assigned by the HKSA, it should be at their own costs. The charges are \$30 for Gold Badge, \$20 for Silver Badge and \$10 for Bronze Badge.

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 **Email:** ssp@lcsd.gov.hk

Enquiries (2) : The Hong Kong Shuttlecock Association
Address: Room 1014, Sports House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
Telephone No.: 2891 9299 **Fax:** 2891 9337
Website: www.hkshuttlecock.org **Email:** enquiry@hkshuttlecock.org

Remark: The Badges Award Scheme for Shuttlecock is co-ordinated and developed by the Hong Kong Shuttlecock Association.

School Sports Programme – Badges Award Scheme

Standards and assessment of the Shuttlecock medal

Badges Skill	Bronze	Silver	Gold
1. Inner Foot Skill (Kick with the inner side of the foot when controlling the shuttlecock)	Control the shuttlecock with the inner foot for 3 times consecutively	Control the shuttlecock with the inner foot for 10 times consecutively	Control the shuttlecock with the inner foot for 20 times consecutively
2. Knee Skill (Kick with the knee when controlling the shuttlecock)	Control the shuttlecock with the knee for 3 times consecutively	Control the shuttlecock with the knee for 10 times consecutively	Control the shuttlecock with the knee for 20 times consecutively
3. Instep Skill (Kick with the instep of the foot when controlling the shuttlecock)	Control the shuttlecock with the instep for 3 times consecutively	Control the shuttlecock with the instep for 10 times consecutively	Control the shuttlecock with the instep for 20 times consecutively
4. Lateral foot Skill (Kick with the lateral side of the foot when controlling the shuttlecock)	Control the shuttlecock with the lateral foot for 3 times consecutively	Control the shuttlecock with the lateral foot for 10 times consecutively	Control the shuttlecock with the lateral foot for 20 times consecutively
5. Free Shuttlecock Control Skill (Control shuttlecock within the designated area)	Free choice from basic four types, control shuttlecock for 10 times consecutively	Free choice from basic four types, control shuttlecock for 20 times consecutively	Free choice from basic four types, control shuttlecock for 50 times consecutively

Remarks: Three attempts are allowed for each assessment and the best result will be chosen.

Technical Points of Shuttlecock

1. The inner side of the foot

Keep your body balanced, kick the shuttlecock with the inner side of the foot, the landing point of shuttlecock should be one-and-a-half-person away, and the shuttlecock should fall from a height in a parabolic manner.

2. Knee kick

Keep your body balanced, kick the shuttlecock with the knee, the landing point of shuttlecock should be one-and-a-half-person away, and the shuttlecock should fall from a height in a parabolic manner.

3. The instep

Keep your body balanced, stretch one foot forward to kick the shuttlecock. Be careful not use too much force and pay attention to the direction of your toes. The landing point of the shuttlecock should be one-and-a-half-person away, and the shuttlecock should fall from a height in a parabolic manner.

4. The lateral side of the foot

Keep your body balanced, bend one leg aside your body, raise to the waist, kick the shuttlecock out with the lateral side of the foot. The landing point of the shuttlecock should be one-and-a-half-person away, and the shuttlecock should fall from a height in a parabolic manner.