



2027 Canada Winter Games Badminton Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2027 Canada Winter Games Badminton Technical Package

1. SPORT: BADMINTON

2. PARTICIPANTS

2.1. Athletes

A maximum of 5 men and 5 women total for each Province/Territory. This includes both the Team and Individual events.

All registered athletes must intend to compete in at least one event.

2.2. Staff

1 Head Coach and 1 Assistant Coach

OR

1 Coach and 1 Manager;

If a team sends athletes who are women, one staff member must be a woman. If a team sends athletes who are men, one staff member must be a man.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.
 - All Apprentice Coaches must be licensed with a “National Coach” license as issued by Badminton Canada.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder’s venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

Any additional team staff with FOP access must be licenced with a "National Coach" license as issued by Badminton Canada

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Breastfeeding/Chestfeeding Parents Policy](#)
- [Participant Assistant Policy](#)

3. **CLASSIFICATION**

Athletes must be under the age of 23 (U23) as of December 31, 2026.
Year of birth: 2004 or later.

4. **ELIGIBILITY**

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Athlete Eligibility Policy](#).

All registered athletes must be licensed with a "National" level athlete license as issued by Badminton Canada.

Excluded from the Canada Games are:

- Senior National Team members - defined as: Athletes who have held an SR, SR1, or SR2 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at any of the following events:
 - Olympic Games
 - Pan American Games

- Commonwealth Games
- BWF World Championships

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time, or competes in an excluded event after November 29, 2026, they will still be considered eligible to compete at the 2027 Canada Games).

Athletes who are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Additionally, while C1 cards have been discontinued, athletes who have previously held a C1 card and who meet all other eligibility restrictions may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

4.2. Coaches and Managers

All Coaches and Managers must be licensed with a “National Coach” license as issued by Badminton Canada.

Head Coaches registered in the Canada Games electronic registration system must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Badminton.

Assistant Coaches named on the official registration form must be trained under the NCCP Competition Stream, Development Context (trained status) in Badminton.

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team’s coaches must be Competition Development Badminton certified, while the other must be at least Competition Development Badminton trained.

Managers will not be granted access to the field of play during competition. If the assistant coach does not meet the coach certification requirements outlined above they will be registered as a manager and will not be granted access to the field of play during competition.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 29, 2026).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2027 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway for Badminton, please see Appendix 1.

All Team Staff are encouraged to complete the *Canada Games Coaching* eLearning module available in [The Locker](#) (under *Multi-sport*).

5. COMPETITION

The International Laws of Badminton as adopted by Badminton Canada in effect in 2027 shall be applied.

5.1. Seeding Individual and Team Events

5.1.1. Individual Event

Seeding of the individual events for the Canada Winter Games will be determined using the Badminton Canada Senior Seeding policy, and Badminton Canada Ranking and will be conducted by the Badminton Canada Senior Seeding Committee.

5.1.2. Team Event

The seeding of the Canada Winter Games team event will be based on the results of the previous Canada Winter Games badminton team results. If two or more P/Ts did not compete at the previous Games, the team seeding for these P/Ts will be determined by a coin flip.

5.2. Match Format

5.2.1. For both the team and individual competitions, each match will be played in a best 2 out of 3 format in order to determine the winner. The match will be conducted under the Rally Point system as approved by the BWF in May 2006 and subsequently adopted by Badminton Canada in June 2006.

- 5.2.2. Scheduling shall be done by Badminton Canada in cooperation with the Sport Rep assigned to the Host Society and the Head Referee of Badminton Canada. The individual competition shall precede the team competition.

5.3. Individual Competition

- 5.3.1. The individual competition shall be an elimination format as conducted and approved by the BWF. Within the Laws of Badminton as approved by the BWF and Badminton Canada, winners shall be declared in the five events of the competition (Men's & Women's Singles, Men's and Women's Doubles, Mixed Doubles). There will be no opportunity for ties in scoring.
- 5.3.2. The individual competition will precede the team competition. The seeding and the draws shall be determined and made public at the same time as the team competition and shall be done by the Technical Representative of Badminton Canada.
- 5.3.3. Badminton Canada will provide the seeding breakdown for the individual competition events at least 21 days prior to the Opening Ceremony (February 6, 2027). The seeding is absolute and no appeals will be entertained. Provinces and Territories must send team members' names and their individual event choices to Badminton Canada by January 9, 2027.
- 5.3.4. All athletes eligible for the team competition are also eligible for two (2) individual competition events of their choosing. These events must be identified at the time of registration. If an athlete becomes injured or otherwise incapacitated, a substitution may be made in any event not already commenced. An athlete withdrawn from an individual event and for whom a substitute has been provided shall not be permitted to compete in any further individual competition events.

5.4. Team Competition

5.4.1. Minimum Team Size

The minimum team size for entry of a P/T into the team competition is two (2) men and two (2) women athletes. Should a P/T have fewer than two (2)

men and two (2) women athletes they will not be permitted to participate in the team competition.

5.4.2. 10 Team Encounter Format

If there are 10 teams entered into the team competition, teams will be divided into the following pools for round robin play on the first day of team competition. Pools A and B will consist of the top 6 seeds, while Pool C will consist of the bottom 4 seeds.

Day 1 - Round Robin Pool Play

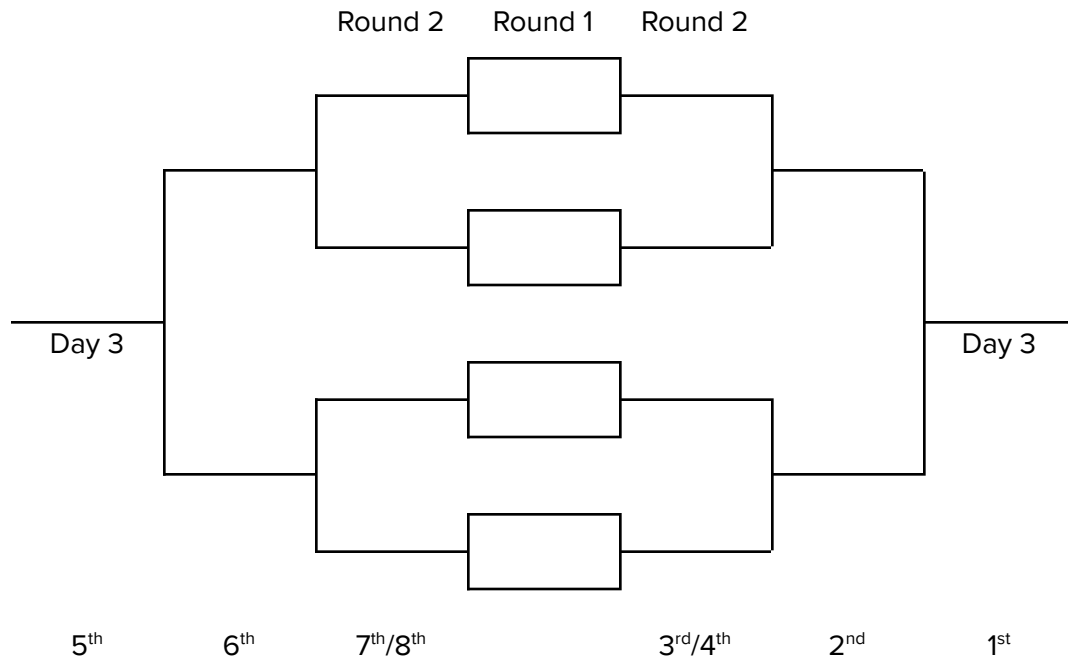
Pool A	Pool B	Pool C
1	2	7
4	3	8
5	6	9
		10
9:00	A	1 vs 5
	B	2 vs 6
	C	7 vs 10 8 vs 9
13:00	A	1 vs 4
	B	3 vs 6
	C	7 vs 9 8 vs 10
18:00	A	4 vs 5
	B	2 vs 3
	C	7 vs 8 9 vs 10

Day 2 - Two rounds in quarter finals and first round in 9th/10th place draw

Following round robin play on day 1, teams finishing 1st in Pool A and Pool B will be separated to different halves of the quarter finals draw. 2nd place teams from Pool A and B will be separated to the opposite half of the draw from the 1st place team in their pool and in a different quarter final from the other team which finished 1st.

Remaining quarter final spots will be filled by the 1st and 2nd place teams from Pool C and the 3rd place teams in Pools A and B. They will be entered into the quarter finals by a public draw conducted by the Referee. Teams winning in Round

1 advance forward to the right. Teams losing in Round 1 move to the left.



Teams finishing 3rd and 4th in Pool C will play off for 9th/10th place.

Day 3

- 9th/10th playoff
- 7th/8th playoff
- 5th/6th playoff
- 3rd/4th playoff*
- 1st/2nd playoff*

* 3/4 and 1/2 playoffs should be given their own times with no other encounters occurring at the same time.

5.4.3. 11 Team Encounter Format

If there are 11 teams entered into the team competition, teams will be divided into the following pools for round robin play on the first day of

team competition. Pool A will consist of seeds 1, 4, 5, 7; Pool B will consist of seeds 2, 3, 6; Pool C will consist of seeds 8, 9, 10, 11.

Day 1 - Round Robin Pool Play

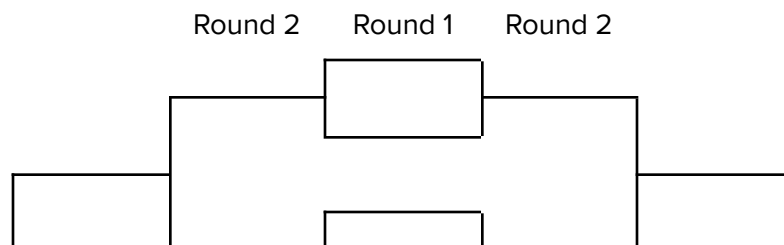
Pool A	Pool B	Pool C
1	2	8
4	3	9
5	6	10
7		11

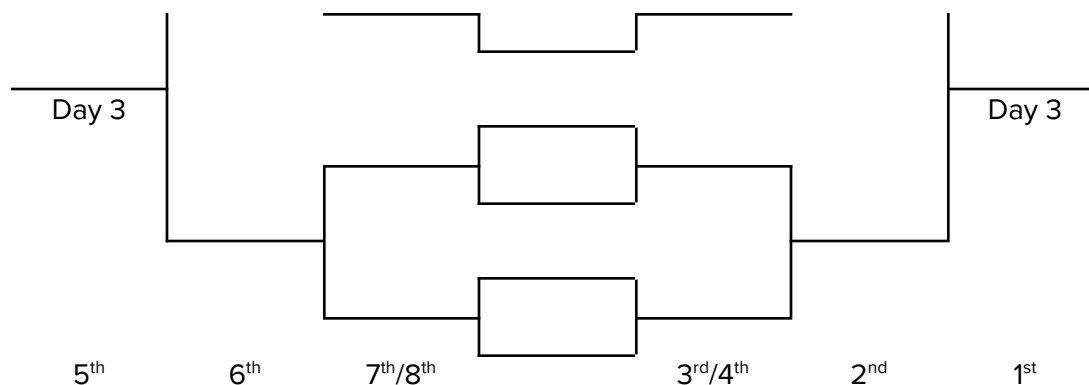
9:00	A	1 vs 5	4 vs 7
	B	2 vs 6	
	C	9 vs 11	8 vs 10
13:00	A	1 vs 7	4 vs 5
	B	3 vs 6	
	C	10 vs 11	8 vs 9
18:00	A	1 vs 4	5 vs 7
	B	2 vs 3	
	C	9 vs 10	8 vs 11

Day 2 - Two rounds in quarter finals and first round in 9th-11th place draw

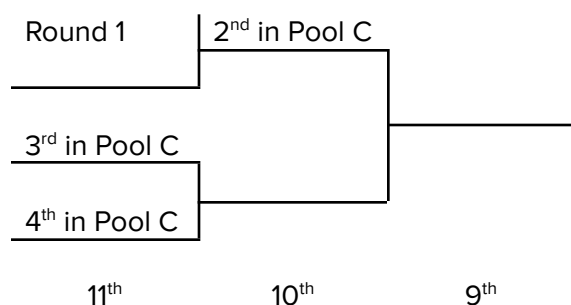
Following round robin play on day 1, teams finishing 1st in Pool A and Pool B will be separated to different halves of the quarter finals draw. 2nd place teams from Pool A and B will be separated to the opposite half of the draw from the 1st place team in their pool and in a different quarter final from the other team which finished 1st.

Remaining quarter final spots will be filled by the 1st place team in Pool C and the 3rd and 4th place teams in Pools A and B. They will be entered into the quarter finals by a public draw conducted by the Referee. Teams winning in Round 1 advance forward to the right. Teams losing in Round 1 move to the left.





Teams finishing 2nd-4th in Pool C will play off for 9th-11th place as follows:



Day 3

- 9th/10th playoff
- 7th/8th playoff
- 5th/6th playoff
- 3rd/4th playoff*
- 1st/2nd playoff*

* 3/4 and 1/2 playoffs should be given their own times with no other encounters occurring at the same time.

5.4.4. 12-13 Team Encounter Format

If there are 12 or 13 teams entered into the team competition, teams will be divided into the following pools for round robin play on the first day of team competition. Pool A will consist of seeds 1, 4, 5; Pool B will consist of seeds 2, 3, 6; Pool C will consist of seeds 7, 10, 11; Pool D will consist of seeds 8, 9, 12, 13.

Day 1 - Round Robin Pool Play

Pool A	Pool B	Pool C	Pool D
1	2	7	8
4	3	10	9
5	6	11	12
			13

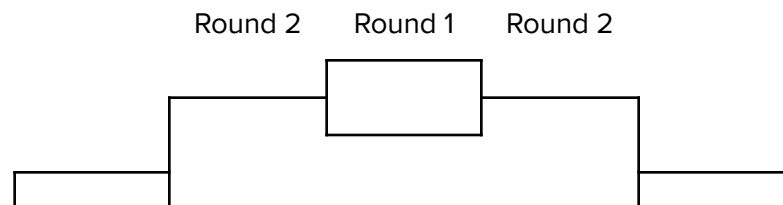
9:00	A	1 vs 5	
	B	2 vs 6	
	C	7 vs 10	
	D	8 vs 13	9 vs 12
13:00	A	1 vs 4	
	B	3 vs 6	
	C	7 vs 11	
	D	8 vs 12	9 vs 13
18:00	A	4 vs 5	
	B	2 vs 3	
	C	10 vs 11	
	D	8 vs 9	12 vs 13

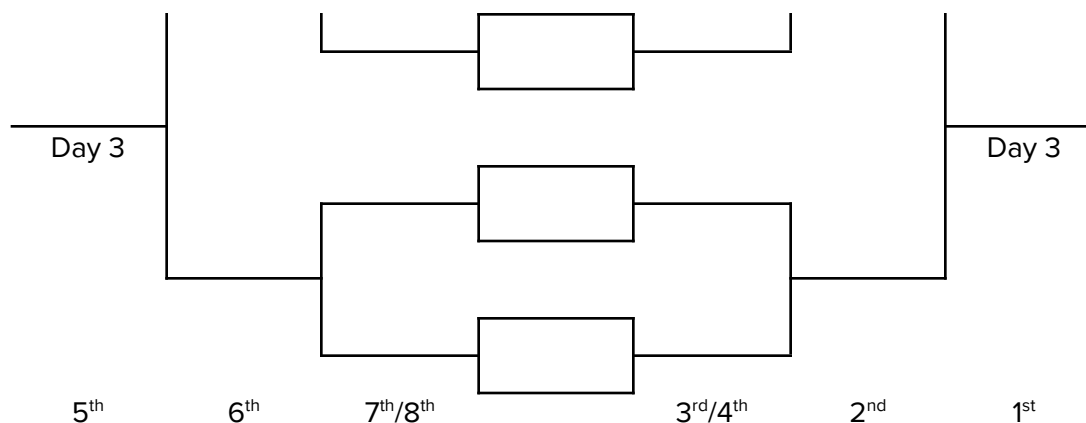
Day 2 - Two rounds in quarter finals and two rounds in 9th-13th place draw

Following round robin play on day 1, teams finishing 1st in Pool A and Pool B will be separated to different halves of the quarter finals draw. 2nd place teams from Pool A and B will be separated to the opposite half of the draw from the 1st place team in their pool and in a different quarter final from the other team which finished 1st.

Remaining quarter final spots will be filled by the 1st place teams from Pool C and Pool D and the 3rd place teams from Pools A and B. They will be entered into the quarter finals by a public draw conducted by the Referee. Teams winning in Round 1 advance forward to the right. Teams losing in Round 1 move to the left.

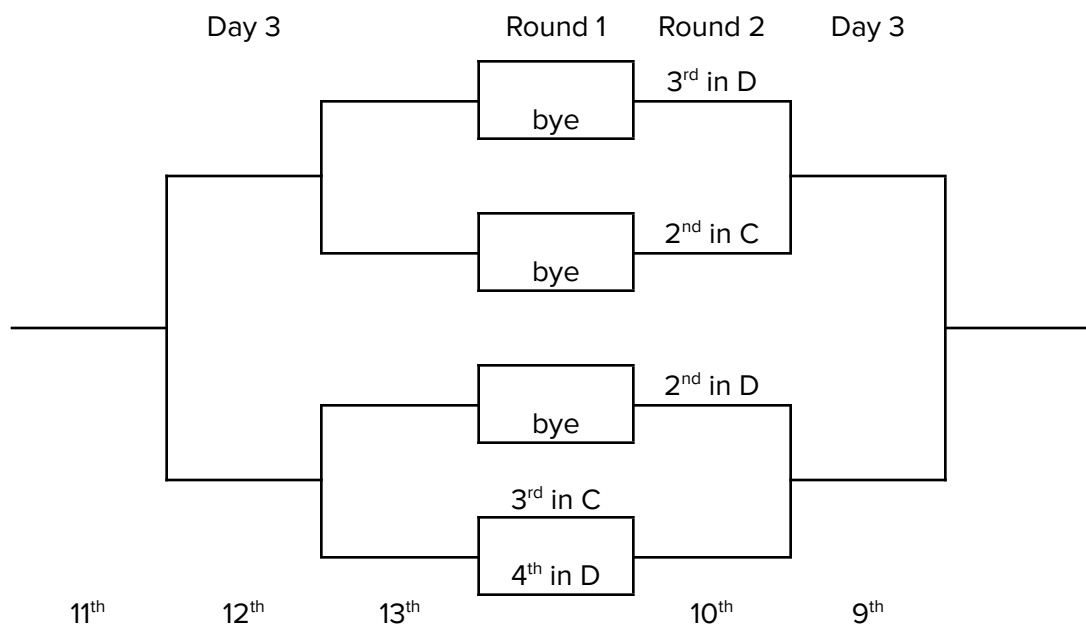
Quarter Finals Draw





Teams finishing 2nd and 3rd in Pool C and 2nd, 3rd, and 4th in Pool D will play off for 9th-13th place.

9th - 13th Place Draw



A team losing in Round 1 finishes 13th.

Teams losing in Round 2 will meet on day 3 to determine 11th and 12th place.

Teams who win in Round 2 will meet on day 3 to determine 9th and 10th place.

Day 3

- 11th/12th playoff
- 9th/10th playoff
- 7th/8th playoff

- 5th/6th playoff
- 3rd/4th playoff*
- 1st/2nd playoff*

* 3/4 and 1/2 playoffs should be given their own times with no other encounters occurring at the same time.

5.4.5. Team Competition Rules

- a. To win a tie, the team must win a minimum of three (3) out of the five (5) matches. All five (5) matches will be played in Pool Play. During Playoff matches, the first team to win three (3) matches will be declared the winner.
- b. The coach of each team must nominate the position of players in writing to the referee at least 30 minutes before the start of each tie. Following the first tie, any change in positions at the discretion of the coach must be submitted in writing to the referee at least 30 minutes before the start of each succeeding tie.
- c. Once the team roster for each tie has been submitted to the referee, the referee shall either approve the recommended order of play by the respective coaches or, if required, establish the order of play for each tie to minimize player conflict between matches and to ensure the tie is played in the minimum length of time. In addition, provided no other conflict is created, the referee may, in order to expedite completion of a long tie, specify that matches still to be played are to be contested on any available court.
- d. Players may be nominated for a maximum of one (1) match per tie. Once the referee has received the names of the players nominated to play in a tie, no changes or substitutions may be made for that tie unless they are made in writing more than 30 minutes before the start of the tie.
- e. In no case will an injured player be permitted to return and play in a tie from which they were retired.
- f. Following completion of the round robin matches in each pool, the results shall determine the ranking order for the playoffs.
- g. The ranking order will be based on the following system:
 - i. For each tie won, the winning team shall be awarded one (1) point.
 - ii. The team having accumulated the most points in its pool shall be ranked first and the others shall follow in descending order.
 - iii. If two (2) teams have won the same number of ties, the winner of the tie between them will be ranked higher.

- iv. If three (3) or more teams have won the same number of ties, ranking order will be established by total matches won.
 - v. If section iv) above leaves two (2) teams equal, the winner of the tie between them will be ranked higher.
 - vi. If section iv) above leaves three (3) or more teams equal, ranking order will be established by the difference between total games won and total games lost with greater difference ranked higher.
 - vii. If section vi) leaves two (2) teams equal, the winner of the tie between them will be ranked higher.
 - viii. If section vi) leaves three (3) or more teams equal, ranking order will be established by the difference between the total points won and the total points lost with greater difference ranked higher.
 - ix. If section viii) leaves two (2) teams equal, the winner of the tie between them shall be ranked higher.
 - x. If section viii) leaves three (3) or more teams equal, the ranking order will be established by drawing lots.
 - xi. A conceded match shall count as if completed without the conceded side scoring another point.
 - xii. All results of any team that has been disqualified or withdraws shall be entirely deleted.
- h. Team play will proceed as per the schedule of play found in section 5.4, summarized as follows:
- i. Following the pool play, playoff matches will be played as per section 5.4.
 - ii. All five (5) matches will be played in all ties during Pool Play. During Playoff matches, the first team to win three (3) matches will be declared the winner.

6. TIE BREAKING RULES - COMPETITION

The badminton point scoring system eliminates any possibility of ties.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (January 28, 2027).

7.2. Badminton Canada Entry Deadline

As per point 5.3.3. above, Provinces and Territories must send team members' names and their individual event choices to Badminton Canada's Sport Operations Manager by January 9, 2027.

8. **SPORT SCORING POINTS**

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- Athletes will be ranked from first through last place
- Points shall only be awarded if matches have been won to reach each round
- Each event will be scored separately
- Sport scoring points will be awarded for each individual event based on the chart below

Pos	PTS	Pos	PTS
1st	100	5-8	84
2nd	97	9-16	74
3rd	94	17-32	61.5
4th	91	32-64	37.5

8.2. Team Event

- Teams will be ranked from first through last place
- Sport scoring points will be awarded for the team event based on the chart below

Position	Points	Position	Points	Position	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40

3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Badminton, Flag Points will be awarded together for women's and men's events based on the total of sport scoring points awarded from all five events (individual and team).

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Position	Points	Position	Points	Position	Points
1st	20	6th	10	11th	3
2nd	18	7th	8	12th	2
3rd	16	8th	6	13th	1
4th	14	9th	5		
5th	12	10th	4		

10. TIE BREAKING RULES - FLAG POINTS

If two (2) or more Provinces/Territories are equal in total sport scoring points after the points from both the team and individual competitions have been added, the order shall be determined by the result of any tie played in the team competition. If no tie was played between teams with equal total points, the Flag Points for the Provinces/Territories will be

split evenly between the teams (e.g. teams equal at 7th/8th places shall each receive 7 Flag Points).

11. MEDALS

The Canada Games will award medals to athletes only. Gold, silver and bronze medals will be presented for each event.

Gold: 18 Silver: 18 Bronze: 18

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#).

For the purpose of these regulations, an article of clothing shall be defined as anything worn or carried by a player during play, except the racket, and including, but not limited to, pullovers, shirts, shorts, skirts, socks, shoes, headbands, towels, wristbands, bandages and medical supports.

In order to ensure attractive presentation of badminton at the Canada Winter Games, all clothing worn by players shall be acceptable badminton sports clothing.

Colour of Athlete Clothing

1. Each athlete must have at least one white competition shirt and one coloured competition shirt.
2. Individual Competition
 - a. For the individual events the higher seeded athlete/pair will choose the colour of shirt they will play the match in. The lower seeded or unseeded player must wear a shirt that clearly contrasts from the shirt colour selected by the higher seeded player. For example, if the higher seeded player selects a shirt that is primarily blue, the lower seeded or unseeded player cannot wear a shirt whose primary colour is also blue.
 - b. If both athletes/pairs are unseeded, the referee will determine the shirt colours to be worn prior to the start of the match. Should both athletes/pairs desire to wear shirts of a similar colour, the referee will

conduct a coin flip and the winner of the coin flip will have first choice of colour of shirt.

c. Shirt colours cannot be changed in the middle of a match.

3. Team Competition

a. The higher seeded team will have choice of shirt colour. The lower seeded team must wear a contrasting colour of shirt.

b. Shirt colours cannot be changed in the middle of a tie or match.

Lettering on Athletes' Competition Shirts

1. All lettering (i.e. height, size, and font) must conform to the BWF regulations as published 90 days prior to the Opening Ceremony (November 29, 2026).

2. Each athlete's competition shirt must have their last name and P/T clearly indicated on the back of the shirt as per the BWF regulations as published 90 days prior to the Opening Ceremony (November 29, 2026).

13. EQUIPMENT

All equipment such as shuttles, racquets, etc. must conform to standards acceptable to Badminton Canada.

14. PROTEST & APPEALS

14.1. Canada Games Council Protest Policy & Appeal Policy

Appeals relating to a decision made based on this Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the CGC Policies, Procedures and Principles that Govern Technical Packages will be made in accordance with the CGC's [Protest Policy](#).

14.2. Competition Protests

All matters related to the execution of the tournament are under the final authority of the head referee. Any protests must be directed to the head referee.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach and Manager Certification Requirements
- APPENDIX 2 - Performance Guidelines

APPENDIX 1 - COACH AND MANAGER CERTIFICATION REQUIREMENTS

Process to become a Competition Development Certified Badminton Coach

After receiving full certification at the Competition-Introduction Provincial level, coaches are invited to participate in the Competition-Development stream. Only coaches fully certified at the Competition-Development level are eligible to coach at the CWG, unless they have received a coach certification exemption approved by the Canada Games Council.

Please visit the [Badminton Canada Competition Development Coach Pathway](#) for more information on how to become a Competition-Development certified coach. For further assistance, please contact events@badminton.ca.

Competition-Development Certification

Part 1

Consists of successful completion of the theory component for nine multi-sport modules: Managing Conflict, Leading Drug Free Sport, Psychology of Performance, Prevention and Recovery of Injury, Coaching and Leading Effectively, Developing Athletic Abilities, Performance Planning, Advanced Practice Planning & Manage a Sport Program. Understanding of the theory components will be demonstrated through the candidate's Portfolio Submission.

Part 2

Consists of attendance at and completion of the Sport Specific Module delivered by Badminton Canada: Analyze Sport Performance. During this module, coaches will review the technical aspects (drills, technique, strategy, etc.) that should be a point of emphasis at the National level.

Part 3

Upon completion of the multi-sport and sport-specific modules, coaches will be invited to complete the evaluation process in order to become Competition-Development Certified. This process will assess the coach's ability to apply the knowledge gained in the various modules in practice. First, a portfolio will need to be completed by collaborating with a Competition Development Course Evaluator (CE). This process can take many months until the coach has adequately demonstrated the understanding and application of the modules attended.

Next, the coach will be required to go through a practice and/or competition observation. The assigned Course Evaluator will review as many of these events as necessary until the CE is content that the Competition-Development modules have been applied in competition and/or practice. Due to timing of competitions/practices along this evaluation process, coaches can request to conduct their observation assessment before the portfolio has been fully completed.

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

TRAIN TO COMPETE

Men: 19-23 Women:18-23

Stage Objective: *Fine-tune physical capacities to compete internationally. Competition and training focused on singles, men's or women's doubles, or mixed doubles. Athletes would feel at home on international circuit. Badminton Athletes with a strong desire to represent Canada at the highest level.*

At this stage athletes should be training and competing full-time. Working under the direction of the Provincial Team Coach they are guided by an Integrated Support Team with specialized expertise in areas such as strength and conditioning, sport psychology, sport nutrition and hydration. They have access to sport-specialized medical and physiotherapy services, and counseling. Athletes have multi-year training plans and peak for important competitions.

Athletes travel extensively to competitions, and are comfortable in a wide range of cultural situations, can maintain fitness and nutritional status while on the road, and have achieved balance between the demands of badminton, work (or education) and the demands of positive relationships.

Athletes are regularly tested for banned substances (and methods) and are comfortable with doping control procedures -understanding both their rights and responsibilities. Athletes complete requirements for their Biological Passport, and are vigilant about using only approved nutritional supplements, carrying prescriptions for any medically approved drugs, and applying for Therapeutic Use Exemptions if and when necessary.

Sport Psychology

SPORT PSYCH SKILLS				
	SKILL COMPETENCE			
	INTL.	DEV.	REF.	MAS.
POSITIVE ATTITUDE				
GOAL SETTING				
VISUALIZATION				
ANXIETY REDUCTION				
EMOTIONAL CONTROL				
ATTENTION / FOCUS				
DECISION MAKING				
ERROR REDUCTION				

Note : Anxiety reduction and emotional control in high pressure situations becomes more important. Focus is on error reduction and good decision making in high pressure situations.

Physical Capacity

PHYSICAL CAPACITY			
	DEVELOPED PRIORITY		
	LOW	MED	HIGH
ENDURANCE			
SPEED 1			
SPEED 2			
SPEED ENDURANCE			
RELATIVE STRENGTH			
STRENGTH ENDURANCE			
EXPLOSIVE POWER			
FLEXIBILITY			

Note : Highest training priority is aerobic fitness (endurance) and explosive power, particularly explosive leg power

Technical Skills

This can be a difficult stage for developing athletes who are close to, but have not been selected for, national team duties. Those who have made the national team and who are carded often benefit from expenses paid training and competition experiences, while those trying to make the team must often pay their way to those same competitions. This is a stage during which physical capacities are optimized, and most

technical/tactical skills have been mastered. All training is individualized to remove weaknesses and enhance strengths.

TECHNICAL SKILLS

☐	☐	☐	☐	☐	Basic Ready Position (body+racquet)
☐	☐	☐	☐	☐	Racquet Hand/Arm vs Non-Racquet Hand/Arm
☐	☐	☐	☐	☐	Racquet Leg vs Non-Racquet Leg
☐	☐	☐	☐	☐	Basic Grip
☐	☐	☐	☐	☐	Forehand (racquet 1 O'clock)
☐	☐	☐	☐	☐	Backhand (racquet 11 O'clock)
☐	☐	☐	☐	☐	Split Drop Step
☐	☐	☐	☐	☐	Lunge (racquet leg)
☐	☐	☐	☐	☐	Backhand service
☐	☐	☐	☐	☐	Service receive position/hitting position
☐	☐	☐	☐	☐	Feeding by hand/racquet
☐	☐	☐	☐	☐	Forehand/Backhand Lunge Net Shot
☐	☐	☐	☐	☐	Forehand Hitting Position
☐	☐	☐	☐	☐	Forehand/Backhand Lunge Lift
☐	☐	☐	☐	☐	Forehand Backhand Pushes/Drives
☐	☐	☐	☐	☐	Basic Front and Mid Court Movement/Footwork
☐	☐	☐	☐	☐	Forehand Underhand High Service
☐	☐	☐	☐	☐	Forehand Overhead Clear
☐	☐	☐	☐	☐	Swing/Stroke/Shot
☐	☐	☐	☐	☐	Forehand Overhead Drop Swing/Stroke/Shot
☐	☐	☐	☐	☐	Forehand Overhead Smash Swing/Stroke/Shot
☐	☐	☐	☐	☐	Round the Head Clear, Drop & Smash Swing/Stroke/Shot
☐	☐	☐	☐	☐	Backhand Drop, Clear, Smash
☐	☐	☐	☐	☐	Basic Front/Mid/Back Court Movement/Footwork

TACTICAL SKILLS

☐	☐	☐	☐	☐	Singles and doubles offence and defence positioning
☐	☐	☐	☐	☐	Singles offence and defensive shots
☐	☐	☐	☐	☐	Doubles offence and defensive shots
☐	☐	☐	☐	☐	Hitting to open sports on court
☐	☐	☐	☐	☐	Shots to allow recovery of position
☐	☐	☐	☐	☐	Identifying opponents weaknesses and playing to them
☐	☐	☐	☐	☐	Basic shot deception
☐	☐	☐	☐	☐	Varying shot speed
☐	☐	☐	☐	☐	Baiting