

Li-Ming Badminton 2025 – 2026

Safety & Etiquettes

Safety

Shoes - it's essential to wear sports shoes suitable for indoor surfaces, preferably rubber outsole. Indoor court shoes provide good lateral support and traction on smooth surfaces to help you stay stable and reduce the risk of slips and injuries.

During wet weather or snow, you should change your shoes and leave them in the corridor before entering the gym.

Protective eyewear is recommended during the game. A strike in the eye by a shuttle can cause serious injury and potentially loss of eyesight.

Badminton is a sport that requires flexibility, speed and power. It is recommended to do arm swings, knees and ankle rotations before start playing to avoid muscle injuries or cramps.

Good Footwork is also needed to avoid injuries. You may slip and hurt your knees or ankles by overreaching forward to retrieve a shuttle. Do not rush backward. Serious injuries may occur if you fall on your back by losing balance in trying to fetch an overhead shuttle.

Communicate with your partner before the game start to agree on coverage areas in order to avoid collisions or accidentally getting hit by the partner's racket.

When you are playing in front, never look backward if your partner behind you is hitting a shuttle, a misfired shot can inadvertently hit your eye.

When facing your opponents near the net, you should position your racket to protect your face, you should also adopt a leaning posture to avoid getting hit in the eye.

Use the right racket with the right string tension. A heavy racket may cause shoulder pain where the rotator joint is located. If the string is too tight you have to apply extra effort to repulse a shuttle and this can harm your arm muscles and tendons. Talk to an experienced player to learn more about the difference between tight and loose string.

Guests are not allowed in the gym, attributed by the City's rules on safety. You should also abstain from bringing in your kids.

Good Etiquettes

For safety and courtesy sake, all players should follow proper Badminton Etiquette:

- Warm-up is recommended but should not take more than 5 minutes as other players are waiting for their turn to play.
- When the players on the opposing team are unequal in skill, exhibit patience and tolerance, avoid always overpowering the weaker player just to score points. By playing the stronger player your game ability can improve along the way.
For the weaker player, as more shots are directed at you, use this opportunity to improve your readiness (anticipation) and shot accuracy.

- Call the score before serving. Calling the score lets the opposing team know you are ready to serve and helps all players keep track of the score.
- After a game is over, come to the net and touch the rackets to acknowledge the win or loss. Then leave the court promptly to allow other players waiting for their turn to play.
- As frustrating as the game can be, never use foul language or denigrate another player; apologize immediately if something inappropriate slips out.
- If a line call is so close to call, the benefit of the doubt normally goes to the team where the shuttle landed, as they are much closer to have seen it. But, if the opposing team still contest, a replay is the best option.
- If you are not satisfied with anything, please contact Li-Ming, **NOT THE CITY**, to avoid the same unpleasant conflict we had last December.