

## WHAT YOU NEED

### Racket

- **Weight:** Typically between 70-95 g for adult players. Lighter rackets (around 70-80 g) are often preferred for control and speed, while heavier rackets (80-95 g) provide more power.
- **Length:** The standard racket length is about 67 cm.

### Shuttlecock

- **Weight:** 4.7-5.5 g in line with Olympic standards for both feathered and synthetic shuttlecocks.
- **Size:** Standard size of about 6.5 cm in height.

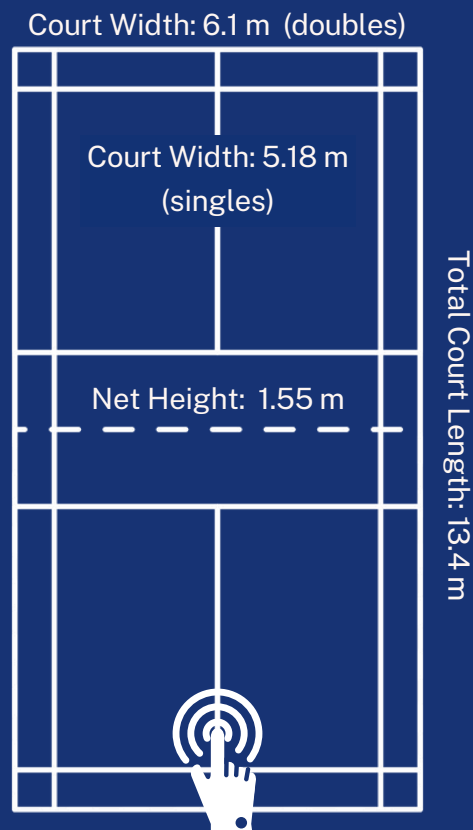
### Grip Tape

Gripe Tape is applied to the racket handle for improved comfort and control. It is available in various thicknesses to suit individual preferences.

### The Outfit

Badminton players wear lightweight shirts and shorts or skirts for comfort and flexibility. Non-marking shoes are required for court protection. Cultural or religious modifications are permitted, if they don't interfere with play.

## THE COURT



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