

# **Performance Differences of Temporal Parameters and Point Outcome Between Elite Men's and Women's Badminton Players According to Match-Related Contexts**



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## Abstract

**Background:** the aim of the present study was to identify the temporal and notational performance differences between elite men's and women's badminton players according to match type and set. **Methods:** the sample was composed of 60 men's and 60 women's matches classified by match type or duration: short (lower quartile), long (upper quartile) and regular matches (interquartile range). Temporal and notational variables were analysed for each match and compared between sexes accounting for match duration. **Results:** greater intensity for most variables (i.e., rally time, rest time, density, and strokes per match/rally) was exhibited in men's matches compared with women's matches (i.e., higher frequency between strokes). In addition, the greater intensity for men compared to women was more pertinent during long matches (13 significant variables) and less evident during short matches (six significant variables). Point outcome displayed similar trends for each sex during matches with more winners for men's players when serving and more unforced errors for women's players. Lastly, based on each match type, fewer sex differences were noted during sets 2 and 3, as the match progressed. **Conclusion:** men's players performed at a greater intensity than women's players for different match and set contexts, with this sex difference enhanced when controlling for match type and set. The development of sex- and match-specific scenarios will assist coaches and trainers in the design of specific training drills to enhance the athletic performance of elite badminton players.

**Keywords:** racket sports; rally time; rest time; strokes

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