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Comparison of peak performance age in racquet sports

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Background

Age is one of the key parameters that influences performance in several sports. An increase in the age of elite athletes has been documented in different sports, including tennis and badminton. This is the first study to compare peak performance age among four major racquet sports.

Method

The inclusion criterion for the study was to be male professional racquet sports players ranked within the top 10, 50 and 100 according to the 2021 year-end ranking. Data was collected from the official and public websites of the related sports. One-way analysis of variance (ANOVA) was used to evaluate the mean age of players.

Results

The mean age of table tennis players was significantly higher than badminton and tennis players whereas, squash players showed no significant differences within the top 100 world rankings. There was no statistically significant difference between the mean age of top 10 as well as top 50 ranked players among the four racquet sports.

Conclusion

The results may indicate that although each racquet sports have different physical demands, peak performance age among male players show similarities.

TOP 10

Sports	M	SD
Badminton	27.9	3.4
Squash	28.3	3.6
Table Tennis	28.1	6.7
Tennis	26.2	4.9

TOP 50

Sports	M	SD
Badminton	27.7	4.3
Squash	29.2	4.6
Table Tennis	29.5	6.2
Tennis	28.0	4.9

TOP 100

Sports	M	SD
Badminton	27.4	4.4
Squash	28.4	4.7
Table Tennis	29.7*	5.8
Tennis	27.7	4.7

* Mean age of table tennis players was significantly ($p < 0.05$) higher than badminton and tennis players.

