



Badminton Study Guide

History

Badminton evolved from a similar game called battledore played in fifth-century B.C. China. During the 17th century, the game was played in India and there it was known as Poona. British army officers brought the game back to England around 1873. There the Duke of Beaufort became interested in the game and since it was played regularly at his country estate, Badminton, this name became associated with the game. The first U.S. badminton club opened in New York in 1978. In 1992, the game of badminton became a medal sport in the Summer Olympic Games.

Badminton may be leisurely played indoors or outdoors as a recreational sport, or it may be a challenging and exciting competitive sport for the skilled participant.

Nature and Purpose of the game

Badminton is a racket game played by two (singles) or four (doubles) players on a rectangular court. The object is to serve the shuttle strategically and thereafter direct it with speed or accuracy to an unprotected point on the opponent's court so that the opponent is unable to return the shuttle across the net or into the proper boundaries of the court area. Likewise, the opponent attempts to prevent the shuttle from falling to the court on his side of the net and to return it to an unprotected spot in his opponent's court.

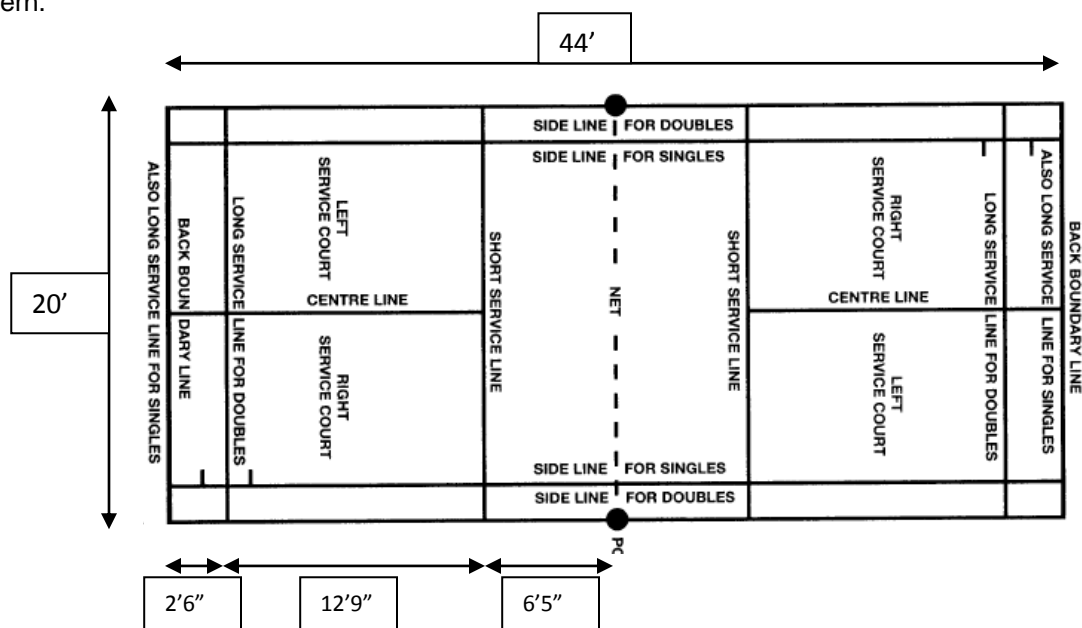
Equipment

Court Size: 20 feet wide by 44 feet long for doubles, 17 feet wide by 44 feet long for singles. Service court being 6 ½ feet from net

Net height: 5 feet high and 5 feet 1 inch at posts

Shuttle: also known as shuttlecock, bird, or birdie. May have cork or rubber base with plastic, nylon, or real feathers

Racket: the frame is of lightweight material such as aluminum or wood, and strings are flat and crossed in a pattern.



Badminton Playing Techniques

The basic difference between the strokes in badminton and those in tennis is that badminton requires greater wrist action. Here are just a few key points to remember:

- May use forehand or backhand grip
- Hold racket in the fingers rather than in the palm of the hand
- Grip should be firm, but not tight
- Wrist should be flexible
- After making a shot, return to "home" position (center of court)

- Be in ready position with weight evenly distributed on balls of feet, knees flexed
- Serve must be made with racket head below waist level when contacting bird
 - Long, high: snap wrist upon contact and whip the arm forward
 - Short, low: shuttle is struck softly and with “touch”
 - May serve underhand or backhand

Terminology

Side out – loss of service

Fault – a violation of the rules

Birdie – shuttlecock

Let – serve hitting the top of the net and landing in the proper court, a serve retake

Match – winning 2 out of 3 games

Rally – a sequence of one or more strokes starting with the service, until the shuttle ceases to be in play.

In side – team serving

Out side – the team receiving

Odd and Even Courts – In singles: At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left service court. If the server wins a rally, the server scores a point and then serves again from alternate service court. If the receiver wins a rally, the receiver scores a point and becomes the new server.

Game scoring – Played to 21. The side winning a rally adds a point to its score. At 20 all, the sides which gains a 2 point lead first, wins that game. At 29 all, the side scoring the 30th point, wins the game. The side winning a game serves first in the next game.

Types of Strokes

Clears – stroke where the birdie is hit overhead or underhand and travels in a high arc falling deep in the opponent’s court

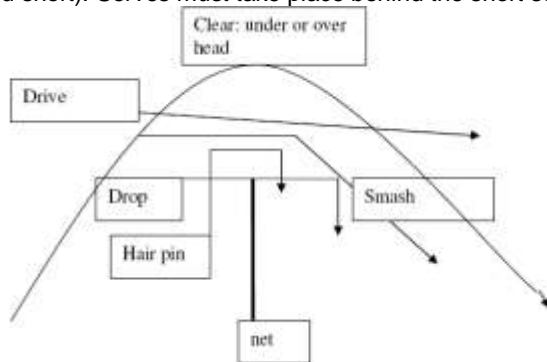
Smash – overhead smash shot is when the birdie is hit forcefully down into the opponent’s court and a full arm follow through is used. A smash is used when an opponent is positioned near the net

Drop Shot – overhead shot that causes the birdie to fall to the ground immediately after crossing the net. The motion of the arm is reduced with no follow through (popping motion)

Hair Pin – Underhand shot travels directly over the net from one side to the other. The birdie should travel low over the net and drop close to opponent’s side of the net.

Drives – Forehand or backhand shots that are hard and fast toward the opponent’s back court and the flight is parallel to the floor.

Serve – MUST BE UNDERHAND – with contact to the birdie below the waist, there are two types of serves (deep and short). Serves must take place behind the short service line on the correct side of the court.



General Rules of Badminton

1. At the start of the game, choice of ends or service is determined by a coin toss.
2. Lines are considered in.
3. If the server’s score is even, the serve is taken from the right side. If the score is odd, the serve is taken from the left side.
4. Sides of the court are changed after every game.
5. A point is scored after every serve.(rally scoring)
6. The server should always announce the score prior to serving, saying the server’s score first.
7. The serve must be diagonal and pass the opponent’s short service line.
8. It is a fault if the server, in attempting to serve, misses the shuttle.
9. The server must be inside the court on the correct side (even = right side, odd = left side) behind his/her own short service line.
10. After the service is returned in doubles, any player may contact the birdie or play any position on the court. They must return to original position for the next serve. 4 types of positions:

- a. Parallel: side by side – a weakness is you don't know who is going to get the net plays
 - b. Up-Back system: one player up at net and one player back - a weakness is the middle of the court is vulnerable
 - c. Rotational : counter-clockwise circular movement
 - d. Diagonal: combination of parallel and up-back system
11. A player may step out of bounds to play a birdie.
 12. A player may not touch the net with a racket or his/her body during play.
 13. A birdie may not come to rest or be carried on the racket (called slings or throws).
 14. A birdie may hit the top of the net during a rally and it is considered in play.
 15. A player may not reach across the net to hit the birdie.
 16. A player's racket may follow through over the net.
 17. There is only one hit allowed per side of the net.

Faults

1. It is a fault during serving if the birdie is hit above the server's waist or any part of the racket is above the server's hand.
2. It is a fault if the birdie lands in the wrong court.
3. It is a fault if the server or receiver's feet are not in the proper service court during the serve.
4. It is a fault if the birdie falls outside the boundaries or passes under or through the net.
5. It is a fault if the player's body or racket touches the net.
6. It is a fault if the birdie is hit twice in a row.
7. It is a fault on the opponent if the birdie hit a player whether inside or outside the boundaries.

Doubles Play

There is only one serve in doubles (see below). The service passes consecutively to the players as shown in the attached diagram.

At the beginning of the game and when the score is even, the server serves from the right court. When it is odd, the server serves from the left court. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side. The player of the receiving side who served last stays in the same service court from where he served last. The reverse pattern applies to the receivers partner. The players do not change their respective service courts until they win a point when their side is serving. If players commit an error in the service court, the error is corrected when the mistake is discovered.

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	Love All	Right Service Court. Being the score of the serving side is even.	A serves to C A and C are the initial server and receiver.	A & B.	C	D A
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court. Being the score of the serving side is odd.	A serves to D	C & D.	C	D A
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court. Being the score of the serving side is odd.	D serves to A.	A & B.	C	D A
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court. Being the score of the serving side is even.	B serves to C	C & D	C	D A
C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court. Being the score of the serving side is even.	C serves to B	C & D	C	D A
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court. Being the score of the serving side is odd.	C serves to A	A & B	D	C A
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court. Being the score of the serving side is odd.	A serves to C	A & B	D	C A
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court. Being the score of the serving side is even.	A serves to D	C & D	D	C A

Note that this means

- the order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.