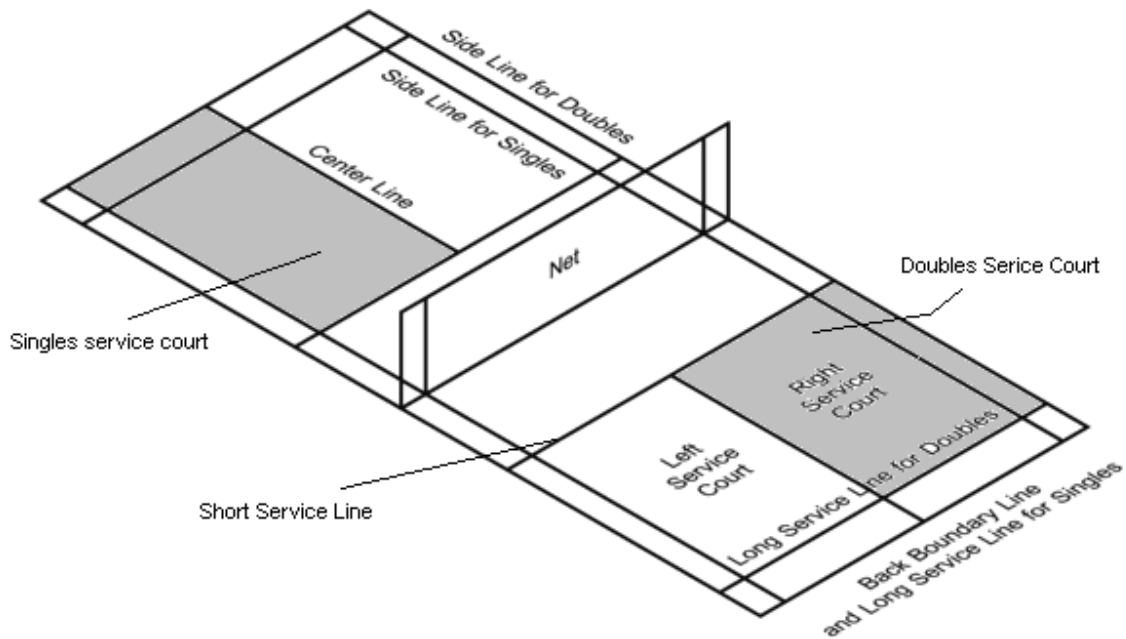


Sophomore Physical Education
Badminton Unit

Badminton is a competitive and recreational sport that places emphasis on the development of hand-eye coordination, agility, and cardiovascular endurance. It is growing in popularity as a lifetime, high school, college, and Olympic sport.



Simplified Rules of Badminton:

1. To begin a match, two players from opposing teams should toss a coin or spin a racket. The winner gets to choose side of play or first serve.
2. A match consists of best of 3 games.
3. The side that first scores 21 points shall win the game.
4. Rally scoring is used (like volleyball), where either serving or receiving team may score a point.
5. If a score becomes 20-20, the side that scores 2 consecutive points shall win that game. (Like deuce in tennis—must win 2 consecutive points to win.)
6. If the score becomes 29-29, the side that scores the 30th point shall win the game.
7. The side winning a game serves first in the next game.

8. Service rules

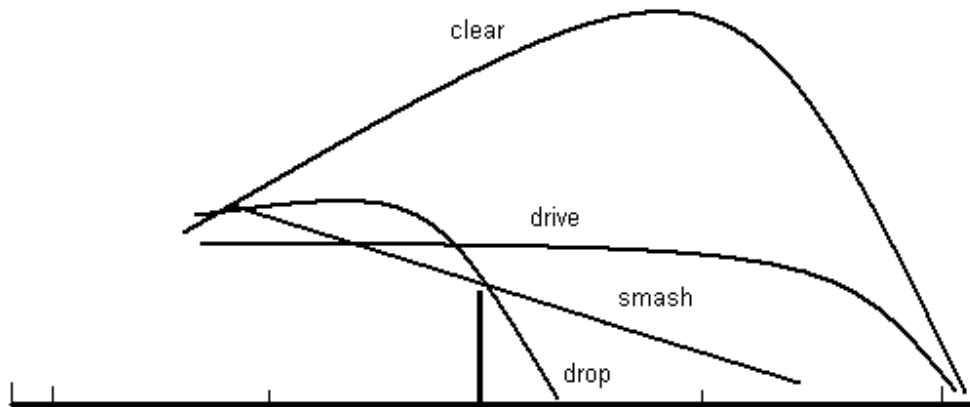
- A. Service may delivered forehand or backhand, but always underhand (the hand must be lower than the head of the racket at contact with shuttle).
- B. The feet must stay stationary, and in contact with the floor until after contact between racket and shuttle.
- C. The serve is delivered to the opposite diagonal court.
 - 1. In singles the serve must land in the long and narrow service court.
 - 2. In doubles the serve must land in the short and wide service court.
- D. A shuttle that touches the line first, is good.
- E. A serve that touches the net and lands in the correct service court, is good and should be returned.
- F. Only one service (trial) per player is allowed per inning (not like tennis where two trials are allowed).
- G. The service is to alternate courts. However you only change sides with your partner (right to left and vice versa) when you are serving and your team scores a point.
- H. Every player must be in their proper court at the time service is made, and only the player being served to may return that serve.
- I. After the service, the shuttle may land anywhere in the proper singles or doubles court, and players may move anywhere on the court.

9. The following are faults: (If you or your partner commits a fault, one point is given to the opposing team.)

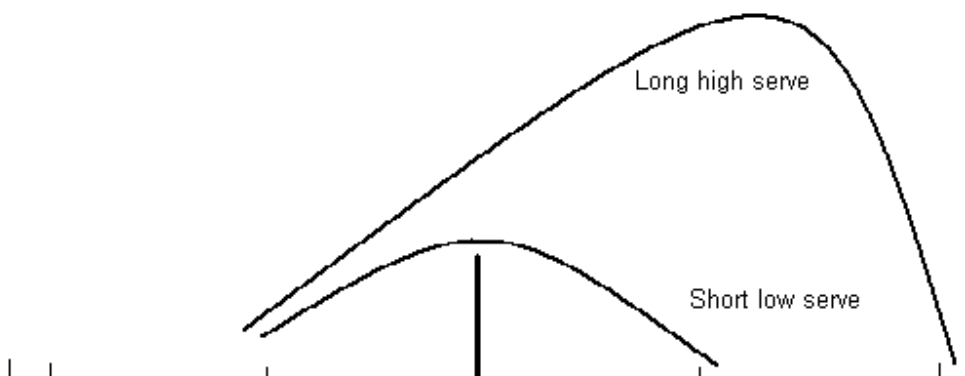
- A. Service is illegal, i.e., the bird is stuck when above the waist or the head of the racket is higher than the hand when contact is made.
- B. Service or played shot lands outside the specific court, passes through or under the net, or hits a player or obstruction outside the court.
- C. Receiver's partner hits the served shuttle.
- D. Shuttle lands outside the court boundaries. Any part of the shuttle touching the line is a good shot.
- E. If any player steps out of his/her proper court before delivery of service or feints (fakes a serve) in any way before the service. Only the person served to may return the bird.
- F. A player may not reach over the net to hit a bird; however, he may follow through over the net.

- G. A player touches the net with his racket or any part of his body, or clothing.
- H. A player fails to return the bird to the opponent's proper court. (He cannot hit, catch or be struck by a doubtful bird and call "out".)
- I. The server steps forward as she serves.
- J. In a doubles serve, a player may not "unsight" (block) the server.
- K. A player momentarily holds the shuttle, or hits it twice.
- L. If, when attempting to serve, the server swings and misses the shuttle.
- M. A doubles' team hits the shuttle more than once before returning it over the net to the opponent.

Shots



Serves



Glossary of Terms:

1. backhand The stroke used to hit a shuttle that comes to the left side of a right-handed player, and to the right side of a left-handed player.
2. carry The shuttle is held on the racket during the execution of a stroke (caught and slung instead of a distinct hit).
3. clear A high deep shot, aimed to travel over the opponent's head, forcing him/her back from the net, or to the rear of his court.
4. crosscourt Hitting the shuttle diagonally from one side of the court to the other at an angle across the net.
5. double hit The shuttle is hit twice in succession by the same player, or by player and partner successively.
6. drive A hard hit shot, in which the shuttle travels low over the net with great speed, on a horizontal line or flat trajectory.
7. drop A shot, which just clears the top of the net, and then drops quickly downward into the opponent's court. It is a finesse stroke (can be overhand or underhand) hit with very little speed which falls close to the net on the opponent's side.
8. fault Any violation of the rules, or a playing error. A fault by the server results in loss of service.
9. flick Speeding up the shuttle with a quick wrist action. Useful in hitting from below the level of the net, thereby surprising an opponent by quickly changing a soft shot into a faster moving shot.
10. foot fault Standing on a boundary line when serving or receiving the serve.
11. forehand The stroke used to hit a shuttle that comes to the right of a right-handed player, and to the left of a left-handed player.
12. game A game consists of 21 points and winning by two, unless the game gets to 29-29, then it is the first team to 30 points.
13. hairpin net shot A shot that starts close to the floor near the net, rises up over the net, and drops sharply downward. So called because of its shape.
14. high deep serve A high arching serve which drops just within the back boundary line. Generally used in singles play.
15. home court The side of the court in which you started the game. You should always be in your home court when your team's score is even.

16. match Best two out of three games.
17. love Zero points.
18. odd and even courts You serve from your odd or left court when your score is an uneven number. You serve from your even or right court when your score is an even number.
19. overhead smash A hard overhand hit which forces the shuttle sharply downward into the opponent's court.
20. overhead drop A shot that just clears the top of the net, and then drops quickly downward into the opponent's court.
21. point A unit of scoring.
22. rally The continual play between the time a shuttle is served and one player faults.
23. short serve A type of serve which just clears the net and lands in the front portion of the service court. Generally used in doubles play.
24. side by side A doubles defensive formation where a team divides the court down the middle from the net to the back boundary line. Each player covers his/her half or side of the court, both in the front and in the back. The advantage in using the "sides" system is that each player's area to defend is well defined and there is little confusion as to which player is to cover which shots.
25. up and back A doubles defensive formation where a team divides each player's area by one playing shots to the front half of the court and the other playing shots in the back part of the court.

NAME: _____

PERIOD _____

BADMINTON WORKSHEET

1. WHAT SIDE OF THE COURT DO YOU START SERVICE FROM FOR THE VERY FIRST SERVE OF THE GAME?

2. THE DOUBLES SERVICE COURT IS? THE DOUBLES PLAYING COURT IS?

3. WHAT THREE THINGS CONSTITUTE A LEGAL SERVE IN BADMINTON?

4. THE SHUTTLE HITS THE NET AND FALLS INTO THE PROPER SERVICE COURT, IS IT CONSIDERED A GOOD SERVE?

5. DURING GAME PLAY, A PLAYER SWINGS AND MISSES THE BIRDIE, IT HITS THE LINE, IS IT IN OR OUT? WHAT IF THEY SWING AND MISS AND THEIR PARTNER MAKES A GOOD RETURN?

6. DOES THE PLAYER REMAIN EVEN OR ODD OR DOES THE COURT REMAIN EVEN OR ODD?

7. HOW MANY POINTS TO WIN THE GAME? WHAT ARE THE EXCEPTIONS TO THAT RULE?

8. WHY WOULD YOU USE AN OVERHEAD CLEAR?

9. WHY WOULD YOU USE A DROP SHOT?

10-20.

Course of Action/Explanation	Score			Service from service court	Server & Receiver	Winner of the Rally
XXXX	Love all	C B	D A	Right service court. Being the score of the serving side is even.	A serves to C. A & C are the initial server and receiver.	A & B
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	C A	D B	Left service court. Being the score of the serving side is odd.	A serves to D.	C & D
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	C A	D B	Left service court. Being The score of the service side is odd.	D serves to A	A & B
A & B win a point and also right to serve Nobody will change their respective service courts.	___ - ___	C A	D B	Right service court. Being the score of the serving side is even.	B serves to C	C & D
C & D win a point and also right to serve. Nobody will change their respective service courts.	___ - ___	C -	D -	Right service court. Being the score of the serving side is even.	C serves to B	C & D
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.	_____ serves to _____	A & B
A & B win a point and also right to serve. Nobody will change their respective service courts.	___ - ___	D A	C B	_____ service court. Being the score of the serving side is odd.	_____ serves to _____	A & B
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	D -	C -	_____ service court. Being the score of the serving side is _____.	A serves to _____.	C & D