

BADMINTON



HISTORY:

Badminton started in India and became popular in England. It came to the United States by way of Canada. Supposedly the game originated from a game called “Poona” that was played in India. The first Poona Club was established in Bath, England in 1873.

The name Badminton comes from the country estate of Duke of Beaufort in England. The estate called Badminton house was near the village of Badminton in Gloucestershire. The first real American impetus of the game came from the return of soldiers from WWI. Officers became acquainted with the game in England and brought it home to Canada and the US. Badminton became an Olympic sport in 1992.

It can be played indoors or outdoors, singles or doubles. The game requires quick reflexes, finesse and good conditioned players.

EQUIPMENT:

Badminton requires a racquet, shuttlecock (birdie or bird), net and playing surface. The height of the net shall be 5’ at the center and 5’1” at the sides.



RULES:

Toss: Before play begins, opponents toss to decide order of service and choice of courts. The winner of the toss has choice of service or choice of courts and the loser has alternative choice. The side that wins a game serves first in the next game. Sides of court are also changed after each game and at 8 points in game 3.

Scoring: Either team can score points, rally scoring played to 21. The winner needs only a point advantage, unless the score becomes 29-29 the team that scores the 30th point shall win that game. A match is the best of 3 games.

Service:

Singles-Players shall serve and receive from the right hand service courts when the servers score is 0 or any even number of points. The players shall serve and receive from the left hand courts when the server’s score is an uneven number of points. Both players change service courts after each point scored.

Doubles-Only one partner on the team with the first serve in double may serve in the team’s half of the inning. After a fault by the serving team, both opponent partners get to serve in their half of the inning. Thereafter, both partners serve in their respective half-innings.

Faults: A fault by serving side—server loses serve.

A fault by receiving team—server earns a point.

Service Faults:

1. Racquet head higher than server’s hand. The serve must be underhand.
 2. Shuttle contacted higher than server’s waist.
 3. Shuttle falls outside service court (on the line is good).
- a. Servers or receivers feet not inside the proper court line, both feet must remain stationery when racquet begins motion.
 - b. Before or during service, a player fakes or otherwise balks his opponent
 - c. If in service or play the shuttle touches anyone or anything other than the racquet head and face (except the top of the net).

- d. More than one person on a side hits the shuttle before it crosses the net or one person hitting it twice before it crosses the net.
- e. If the server hits the top of the net and lands in the correct service court it is legal and in play.
- f. The server may not serve until the receiver is ready. If the receiver returns it it is considered played. A receiver who is not ready should let the shuttle fall to the court.
- g. If the server, in attempting to serve, misses the shuttle, it is not a fault and service shall be taken again (unlimited attempts).
- h. If a player reaches over the net on the follow-through, it is not a fault. It is a fault if the player reaches over or under the net to play the shuttle or if the player touches the net or its supports with racket, person or clothes.
- i. The shuttle may not rest momentarily on the racquet during the execution of a stroke, this is called a carry.
- j. A player hit with the shuttle (in or out of bounds) is at fault and the player who hit the shuttle receives point or serve. A player may not crouch below the net and hold his/her racquet above the net in a blocking fashion to hit a smash or other shot.

TERMINOLOGY:

Backhand Stroke:	A Stroke made from the non-racquet hand side
Balk:	Any deceptive movement which disconcerts an opponent before or during service.
Bird/Birdie:	The shuttlecock, projective used in playing Badminton.
Carry:	Momentary resting of shuttle on racquet during shot execution-ILLEGAL
Clear:	High, deep shot to the back boundary line.
Combination	Using both side by side and up and back strategy in doubles play
Doubles:	
Deception:	Out witting ones opponent with deception stroking through change of direction and/or speed of shuttle
Drive:	Fast, low shot with horizontal flight pattern.
Drop Shot:	Finesse stroke hit with little speed and falling close to the net.
Fault:	Infraction of the rules resulting in forfeiture of service if committed by server and a point if committed by the receiver.
Forehand Stroke:	A stroke made on the racquet hand side.
Game:	Official game is 21.
Inning:	A side's turn to serve.
In Play:	The bird is in play from the time it is hit by the server until it hits the floor, body or clothing of a player, or until a fault has been committed.
"In" Side:	Player/team having the right to serve.
Kill:	A shot that makes a return impossible, also called a smash, usually very fast, aiming down at the opponents' floor in a straight direct manner.
Let:	Permitting a serve to be taken over, because of an unforeseen hindrance coming in the way of the player, or inability to determine if hit was in or out.
Lob:	A high clear, the bird is raised high and lands in the back court.
Long, High Serve:	A high clear serve. Used more in singles, enables you to return to your home position.

Love:	No score
Match:	Winning 2 out of 3 games.
“Out”:	Player or side receiving the service
Overhand Hit:	Hit used in returning a bird from a point overhead, should be contacted slightly in front of the body.
Rally:	A return of the bird several times.
Rush the Serve:	Quick move to the net in attempt to smash/put away a low serve.
Short Serve:	Refers to the flight of the bird. Sometimes called soft serve, lands close to the service line and is close to the net as well.
Shuttlecock:	Bird, birdie—projectile used in Badminton
Side By Side:	Strategy where players play their “side” of the court.
Smash:	A bird hit forcefully down at the opponents court; similar to a spike in volleyball.
Throw:	A shot where the bird is carried or thrown by the racquet-Illegal
Up and Back:	Strategy where partners are either playing the front or the back of the court.

ETTIQUETTE:

1. Introduce yourself to your partner and opponent.
2. Call faults promptly and fairly, compliment opponents or partners good shots.
3. Do not ask spectators to help with decisions, avoid distractions.
4. Avoid repeated replays, avoid making excuses for poor shots.
5. If you are serving, call the score before EACH point.
6. No swearing, complaining, criticizing or equipment abuse.
7. Warm up with your opponent
8. Check that the receiver is ready before serving
9. Call “No shot” when you fault by carrying, slinging or throwing the shuttle.
10. Retrieve shuttles on your side of the net. Hit or toss them gently to where they will be initiating their serve.
11. Do not interfere with play on adjoining courts.
12. Shake hands with your opponent upon completion of game or match
13. Report score and return equipment to proper place at end of class.

SAFETY:

1. Take equipment only when instructed to do so, stop playing on the whistle.
2. DO NOT GOLF the birdie, bend over to pick it up.
3. Retrieve the bird on adjoining court when play is stopped.
4. Call shots that could be taken by either player.
5. Racquets are NOT to be tossed in the air or dropped.
6. All equipment needs to be put away when not in use.

