

BADMINTON



History:

- Badminton evolved from a similar game called *battledore* played in fifth-century B.C. China.
- A variation was played in England in the fourteenth century.
- English officers played *Poona* in India during the seventeenth century.
- Poona was later played at Badminton, the home of the Duke of Beaufort, in 1873.
- The term *serve* comes from when English royalty played badminton and their servants would hit the shuttlecock to start play.
- English settlers brought badminton to America.
- Records show badminton being played at historic Williamsburg.
- The first U.S. badminton club was opened in New York in 1878.
- Players wore tuxedos and gowns to play during the late 1800s.
- Badminton has become a highly skilled, competitive sport.
- Badminton was introduced as a full-medal Olympic sport in 1992.

Equipment: Racquet (Racket)

- Very lightweight
- Made of various materials such as wood or aluminum
- Crossed nylon or gut strings
- Flat hitting surface
- Maximum length of 26 3/4 inches

Shuttlecock: (Shuttle, Bird, or Birdie)

- Consists of 14 to 16 feathers, or a nylon or plastic mesh
- Feathers extend 23/4 inches from a cork or synthetic base
- Weighs approximately 1/5 ounce

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Rules:

- Games are played between individuals or pairs.
- The serving team is the in side; the receiving team is out.
- Players spin a racquet or toss a coin to determine who gets serve or side.
- Men's singles and all doubles are played to 15 points, women's singles are played to 11 points, and a one-game match of any type is played to 21 points.
- Length of the game can be extended by setting when the score is tied near the end of the game. In a 15-point game, when the score is tied at 13, the set to win is five (raising the winning score to 18). At 14-all the set is three. In an 11-point game when the score is tied at 9, the set is three, and at 10-all the set is two. In a 21-point game, when the score is tied at 19, the set is five, and at 20-all, the set is three. After the game is set, the score becomes 0-0 (love-all) and the first side to reach the set number (5, 3, or 2 points) is the winner. A player or team does not have to win by two points. The final score is the total number of points scored, including the set.
- Service is made from within the serving player's court.
- The shuttle must be hit underhand into the service court diagonally opposite the server.
- Any shuttle hitting the line is in bounds.
- In singles, the shuttle must land in the long, narrow court. In doubles, it must land in the short, wide court.
- In doubles, once the serve has been returned, the full court is used.
- The server is only permitted one attempt to put the shuttle into play.
- The shuttle may hit the net and land in the proper court.
- In singles, the serve is made from the right side of the court when the server's score is an even number.
- In doubles, the first serve is always started from the right court whenever a team acquires the serve from its opponents.
- The server will alternate service courts each time a point is made until the serve is lost.
- All returns must be made before the shuttle hits the ground.
- The server must call the score after each point.
- A match is the best of three games.
 - Players must change sides of the court after each game.
 - The winner of the previous games serves the next game.

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Rules Continued:

A fault is any error that ends play, whether occurring during the serve or the rally (the exchange that decides a point). A fault committed by the serving side gives the serve to the opponent. A fault committed by the receiving side gives the point to the server.

Service Faults:

- The shuttle does not cross the net.
- The shuttle lands in the wrong court.
- The shuttle is not hit on its base.
- The shuttle is above the server's waist when hit.
- The shuttle is hit in an overhand motion.
- The server is outside the service court.
- The server has a foot or feet off the ground.
- The server steps on a line during the serve.
- The server misses the shuttle while serving.

Receiving Faults:

- The receiving player is not standing in the correct service court.
- The receiving player moves before the serve is made.

Faults that Can Be Committed During Rallies:

- The shuttle touches the ground inbounds.
- The opposition does not return the shuttle.
- The shuttle falls outside the playing court.
- A player blocks the opponent's play.
- A player and/ or partner hits the shuttle more than once before returning it over the net.
- A player touches the net with his or her body or racquet.
- A player reaches over the net to play the shuttle.
- A shuttle hits a player.

A let occurs when:

- Serves are taken out of turn.
- Serves are taken before the receiver is ready.

Rallies are won after:

- Serving from the wrong court.
- Faults occur simultaneously by both sides.
- The shuttle becomes stuck in the net after crossing.

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Rules Continued:

The sport of badminton emphasizes good sportsmanship and playing courtesies.

- Always introduce yourself to your opponent and shake hands prior to the match.
- Any warm-up period should be noncompetitive and courteous.
- The server should always call score, server's score first, prior to each serve.
- Any play in which the shuttle's landing is questionable should be awarded to the opposition.
- Opponent's calls should never be questioned. - Return shuttles to the server as a courtesy.
- Avoid unnecessary smashing of the shuttle when the point could easily be won by hitting it elsewhere on the court.
- Avoid wasting time. Always keep play moving.
- An opponent's exceptional shots should be complimented.
- Avoid offering playing advice to opponents.
- Equipment should never be thrown in anger.
- Always shake hands with your opponent after the match.

Terminology:

1. **Alley (Side Alley)**-1 ½ foot wide area on each side of the court used for doubles play.
2. **Around the Head** -Overhead forehand stroke taken when the shuttle is on the backhand side of the body.
3. **Back Alley**-Area between the baseline and the doubles long service line.
4. **Backcourt**-Back one-third of the court.
5. **Backhand**-Stroke made on the non-racquet side of the body.
6. **Bird (Birdie)** -Alternative name for the shuttlecock.
7. **Block**-Defensive interception and return of an opponent's smash.
8. **Carry**-Shuttle illegally stays in contact with the racket during the stroke.
9. **Center Line**-Midline between service courts.
10. **Clear**-High shot that goes over an opponent's head and lands close to the baseline.

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Terminology:

11. **Crosscourt**- Shot hit diagonally into the opposite court.
12. **Double Hit**- Racquet illegally contacts the shuttle twice in one swing.
13. **Drive**- Hard shot that is hit parallel to the ground and is too low for the opponent to smash.
14. **Drop**- Shot that just clears the net.
15. **Face**- String area of the racquet.
16. **Fault**- Infraction of the rules resulting in either the loss of serve or points for the server.
17. **Foot Fault**- Illegal position of a player's feet.
18. **Forecourt**- Area of the court between the net and shot service line.
19. **Forehand**- Stroke made on the racquet side of the body.
20. **Game Point**- The point that, if won, allows the server to win the game.
21. **Inning** Time during which a team or player retains the service.
22. **Let**-Stoppage of play due to violations or interference. Points must be replayed.
23. **Love**- Term used to indicate a zero in scoring.
24. **Match**- A series of games. Winning two out of three games wins the match.
25. **Match Point**- Point that, if won by the server, wins the match for that server.
26. **Mid-court**- Middle third of the court.
27. **Receiver** -Player to whom the shuttle is served.
28. **Server** -Player who puts the shuttle into play.
29. **Setting**- Choosing the number of points to play when certain tie scores.
30. **Shuttlecock (Shuttle)**-Feathered plastic or nylon object that is volleyed back and forth over the net.
31. **Side Out**- When the serve is lost.
32. **Smash**- Fast, downward overhead stroke.
33. **Underhand**- Stroke that is hit upward from below shoulder level.