

BADMINTON

OVERVIEW

Where did it begin? The game was developed primarily in England. The children of the Duke of Beaufort played the game at Badminton House. A man named John Lorraine was a frequent visitor to Badminton House, and it is thought that he drew up the first set of rules for the sport. The International Badminton Federation regulates the game in over sixty countries, and organizes major events like the World Championships. Badminton is also an Olympic sport.

Objective: Two players or teams of pairs, hit the shuttlecock (also known as the birdie) across the net into the opponents half of the court without them being able to return it. Most matches are made up of best-of-three games. A game is won by the first player or pair to reach 21 points (11 points for singles). If score is tied at 30-30, the first team to 31 wins the game. It is rally score so both teams can win points. If the receiving (non-serving) player wins a rally, they then become the server. The first server is determined by a coin toss or a spin of the racket.

Serving

- Serving is done diagonally and the first serve is made from the right hand service court.
- The serve must be made underarm, and the racket must hit the shuttle while it is below the server's waist.
- The server must be standing within the correct service court, with both feet on the ground.
- The server gets one chance to serve correctly. If they miss the shuttle or do anything wrong during the serve; it is a fault, and the serve goes to the opponent.
- In singles, and doubles, the first serve on a side is taken on the right if the score is even and on the left side, if the score is odd.

Serving rules for doubles

- Each side has one chance to serve. If they lose the rally on the first serve, they pass the serve to the opposing side.
- When a pair regains the serve from opponents, they serve from the right hand service court, if the score is even and the left hand side if the score is odd.
- In doubles, it is the pair who is serving who changes sides on the court, not the receiving pair.
- Each pair of players does not have to alternate hitting the shuttle between them. One player can return two or more consecutive hits in a rally if they wish.

Scoring

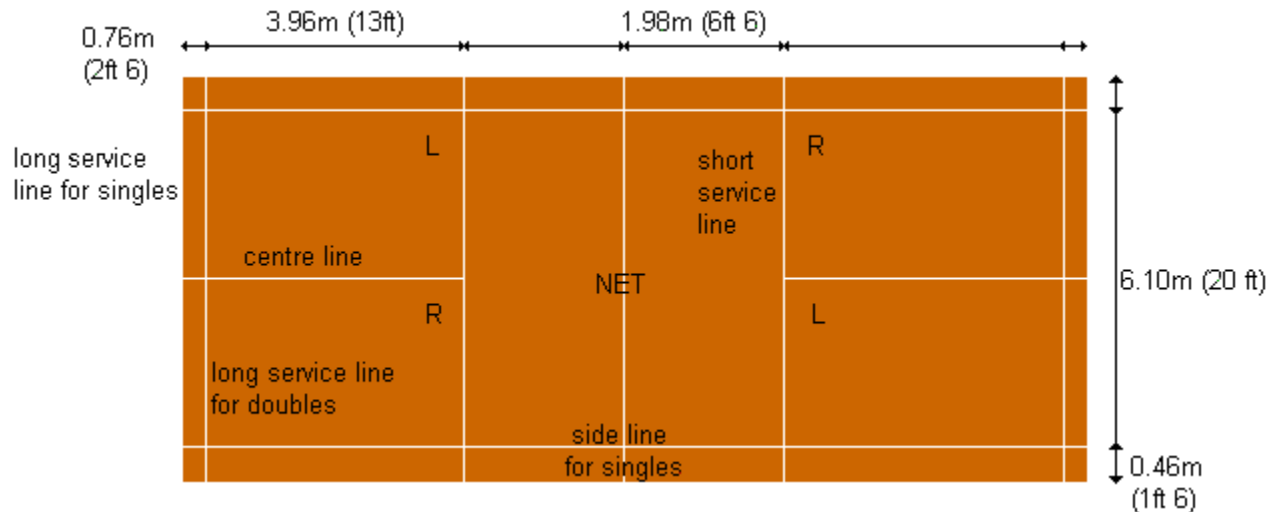
- When the serving side wins a rally, they add a point to their score.
- When the receiving side wins a rally, they add a point to their score.
- The score of the serving side is always put first.

Equipment

The shuttlecock (or birdie) weighs about 4.8 grams (one sixth of an ounce). The skirt is made of feathers or synthetic (usually plastic) materials.

The racket weighs 100 grams (3.5 ounces). It is made of either metal, fiberglass, graphite, with a metal, fiberglass or wooden head with the strings made of natural or synthetic gut. There is also toweling or leather wound around the handle to help grip.

Badminton court dimensions



Faults – any violation of the rules

- Not hitting it over the net, or hitting it into the net
- Hitting it outside the court boundaries
(if the shuttle lands on a line, it is in, but if a player steps on a line when serving or receiving, they are out)
- Touching the net with body or racket during play
- Hitting the shuttle twice in a row
- Hitting the birdie before it has come across the net line to the hitting player's side of the court. They can follow through across the net as long as they have hit the shuttle on their own side of the net.
- If a player is hit by the shuttle, it is a fault against them, whether they were in or out of the court lines when they were hit.
- Similarly, if the shuttle brushes a player's clothing, racket, and so on before their team-mate hits it, which counts as a 'touch' and is a fault.
- Players can jump to play shots, or play them while lying down, or with one foot on the ground, as long as both feet are on the ground when serving and receiving.

Types of badminton strokes

- **Clear** – high shot that goes over an opponent's head and lands close to the baseline
- **Smash** – a hard hit shot which angles sharply downward into the opponent's court
- **Drive** – hard shot that is hit parallel to the ground and is too low for the opponent to smash
- **High serve** - a serve played high, and to the back of the opponent's court
- **Lob** - played underhand to return the shuttle when it is low, and to hit it to the opponent's baseline
- **Low serve** - dips before crossing the net
- **Overhead drop shot** - looks like a smash, but the shuttle is just dropped gently across the net
- **Ace** – a un returnable serve
- **Kill** – A hard hit bird that is impossible to return
- **Volley** – Hitting the bird while it is in the air
- **Rally** – Continuous stroking of the bird back and forth across the net
- **Side-out**-Loss of service
- **Backhand**-Using the non-dominant hand to return the birdie