

BADMINTON

SERVING AND SCORING:

1. The serve must be delivered underhand from beneath the server's waist, and the server must have part of both feet on the floor.
2. If the server wins a rally, he or she scores a point and serves again from the other service court. If the serving player or side lose the rally, the opposing player or team scores a point.
3. Twenty-one points wins a game unless the score reaches 20-20. In that case, the first player or team to gain a 2-point advantage wins. If the score reaches 29-29, the winner is the first player or team to get to 30.
4. A match consists of the best of 3 games.
5. A serve is deemed completed as soon as the shuttle is struck by the server's racket. Only one serve is allowed per player to put the shuttle into play.
6. A shot falling inside the boundaries or directly on a line is considered good.
7. When any unusual occurrence interferes with play, a "let" (replay of a point) is called. For example, if a stray shuttle from a nearby court interferes, if the shuttle hits something hanging over the court from the ceiling or walls, or if players cannot agree on a decision of a particular shot.

SINGLES SERVING

1. Players serve from and receive in the right service court when the *server's* score is an even number. When the server's score is an odd number, the players serve from and receive in the left service court.

DOUBLES SERVING

1. 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 court.
2. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
3. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
4. The players do NOT change their respective service courts until they win a point when their side is serving.
5. If players commit an error in the service court, the error is corrected when the mistake is discovered.
6. The order of server depends on the score odd or even, same as singles.
7. The service courts are changed by the serving 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 servers.
8. During the serve the partners of the server and receiver may stand anywhere on the court.

9. After the serve is delivered, players on both sides may take any position on the court they wish.
10. The server's partner must not stand in front of the server in such a way that the receiver cannot see the shuttle about to be served.

FAULTS DURING SERVING AND RECEIVING

1. A serve must be an underhand stroke and the entire shuttle must be below the server's waist on contact.
2. A player's feet must be stationary and in their correct court upon delivery of the serve.
3. The server should not serve until the receiver is ready.
4. If a player attempting a serve misses the shuttle completely, it is a fault (loss of serve).
5. A serve that lands outside the boundaries of the service court is a fault.
6. In doubles, the receiver's partner may not strike a serve meant for the receiver.

FAULTS DURING PLAY

1. If the shuttle falls outside the boundaries, passes through or under the net, or touches a person or the dress of a person, the rally stops and the player committing the fault is penalized.
2. A serve hitting the top of the net and going into the correct service court is legal and in play.
3. A shuttle that hits the net and goes over during a rally continues in play.
4. A player may not reach over the net to contact a shuttle. He may however, contact the shuttle on his side of the net and follow through with his racket on the opponent's side, providing the net is not touched.
5. The shuttle may not be hit twice in succession before being returned to the opponent's side of the net.
6. The shuttle may not be caught on the racket and then slung during the execution of the stroke. This is commonly called a carry, sling, or throw.
7. A fault is called when a player is hit by the shuttle, whether he is standing inside or outside the court boundaries.
8. A player may not step on his opponent's side of the net.
9. A player may not intentionally hold his racket near the net, obstructing the opponent's stroke, hoping that the shuttle will happen to rebound from his racket into the opponent's court, such as a block.

TERMINOLOGY

1. ACE- any point scored, though usually said of a point scored on which a player failed to touch the shuttle with his racket.
2. BACK COURT- the general area near the end line, back half of the court.
3. BACK HAND- the stroke used to hit a shuttle that comes to the off-racket side.
4. BALK- an attempt to throw an opponent off balance by faking or by using false start before or during a service attempt. If the server balks, he loses the serve; if the receiver balks, he loses a point.
5. CARRY- a hit that causes the shuttle to be "slung" which is a fault.
6. CLEAR- a high, deep shot, aimed to go over the opponent's head, to back area of the court.
7. CROSS COURT- hitting the shuttle diagonally from one side of the court to the other, at an angle across the net.
8. DOUBLE HIT- hitting the shuttle twice on the same stroke. It is a fault.
9. DRIVE- hard-hit shot, on which the shuttle travels low over the net with great speed, on a more or less horizontal line.
10. DROP- a shot that just clears the top of the net, and then drops quickly downward.
11. FACE- the hitting surface of the badminton racket.
12. FAULT- any violation of the rules, of a playing error. A fault by the server results in an "out"; a fault by the receiver results in a point for the server.
13. FLIGHT- the path of the shuttle as it moves through the air.
14. FORE COURT- generally, that area close to the net.
15. FOREHAND- the stroke used to hit a shuttle that comes to the racket side.
16. FRAME- the part of the racket that holds the strings.
17. GOOD- shots which land within the proper playing area, including the lines.
18. HAIRPIN- shot which starts close to the floor near the net, rises up over the net and drops sharply downward.
19. HEAD- the "business end" of the racket.
20. HIGH CLEAR- a type of clear that rises very high into the air and drops to the rear of the opponent's court. It is usually made as a defensive measure.
21. IN- a shot that lands, or would have landed, within the proper playing area, including on the line.
22. KILL- to smash the shuttle in such a way that the opponent cannot return it.
23. LET- replay of a point.
24. MATCH- a badminton match is ordinarily the best 2-out-of-3 games.
25. MATCH POINT- that point which, if won by the server, wins the match for him.
26. MISS- misses the shuttle completely while attempting to serve; a fault. During play (not a serve) a player may swing and miss the shuttle and can swing again to hit it.
27. NET BIRD- a shuttle that is hit into the net.
28. ONE OUT- a term used to remind the players in a doubles game that one member of the serving team has had his turn at service, and that the serve will change sides soon as the remaining server is retired.

29. OUT- a shuttle that lands outside of the boundary lines of the proper court section as on the serve, or during a rally.
30. PLACE- to aim a shot so that it lands on a certain court area.
31. POINT- a unit of scoring. Only the server or serving side can score a point.
32. POONA- the original name for badminton. The game was introduced to the USA about 1900.
33. RALLY- the continual play between the times a shuttle is served and a fault is made.
34. RECEIVER- the receiver of a serve must stand within the service court diagonally opposite the server. He must stay within the service court until the server hits the shuttle. In doubles play, the partner of the receiver may stand anywhere he wants.
35. SERVE- to put the shuttle into play. A player is allowed only one serve for each point scored.
36. SHAFT- the part of the racket between the head and the handle.
37. SMASH- a hard, overhead shot that drives the shuttle sharply downward.
38. TOUCHING THE NET- contacting the net with the racket or body. It is a fault.
39. VOLLEY- to hit the shuttle while it is in the air and before it touches the ground, hence, all legal badminton shots must be volleyed.
40. WIDE- a shot on which the shuttle lands outside the proper court area.

THE COURT

1. The single's court is narrower than the double's court. When playing doubles, the court gets wider, as in tennis.

TRIVIA

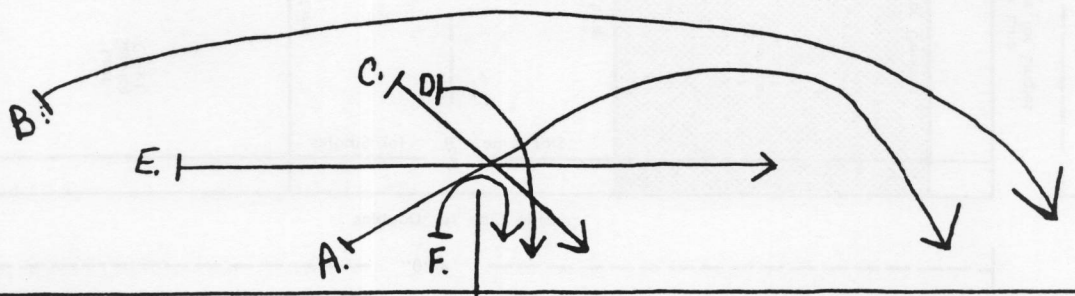
1. A top badminton player will cover about a mile per game.
2. After soccer, badminton is the second-most popular participation sport in the world.
3. With the shuttle traveling at up to 200 mph, badminton is the fastest racket sport in the world.
4. An Olympic shuttlecock contains 16 goose feathers.
5. The highest recorded speed of a shuttlecock after a smash is 206 mph!

TYPES OF SERVES

1. Long serve: This serve is used basically in singles but can be used in doubles for the receiver who is standing in the front half of the service box. The flight of the bird should carry it over the head of the receiver to land very near to the back of the service box. The same technique is used to return a low bird when the opponent is in the front court (underhand high clear).
2. Low short serve: This serve is used to make the receiver use the underhand clear as a return and set it up for a smash. The bird must cross the net within 6 to 8 inches if it is to be effective.

TYPES OF STROKES

- A. Underhand clear: Used to return a low bird.
- B. Overhead clear: Most frequently used stroke; bird travels high and deep.
- C. Smash: A return that sends the bird in a sharp, direct line to the floor. Can be used to play a high, short return.
- D. Overhead drop: Used to return a high short return. The bird drops directly to the floor about 6 inches from the net. This is effective when the opponent is in the back court or as a change of pace from the smash or clear.
- E. Forehand and backhand drives: A fast, level return played to the racket and non-racket side respectively.
- F. Hairpin net flight: An underhand return of a bird close to the net that travels up and over the net and drops to the floor.



STROKE CHART showing angle of racket and the path of flight.

How to Grip Your Racket



Figure 3.1
Forehand grip.

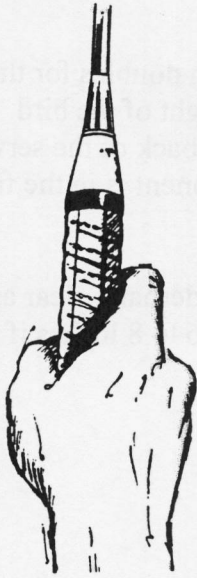


Figure 3.3
Backhand grip.

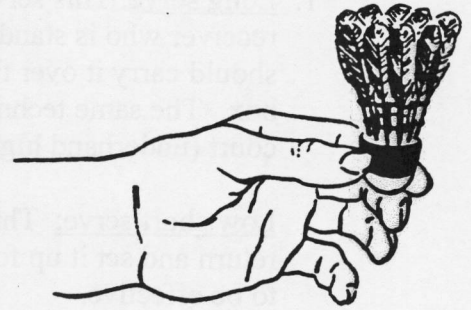
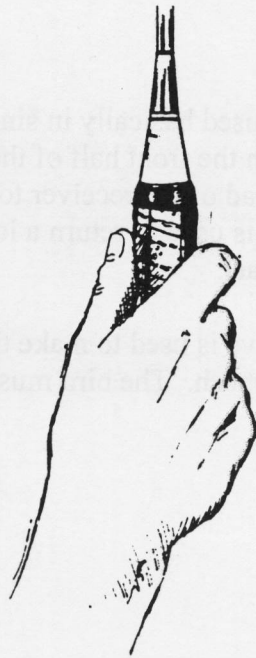
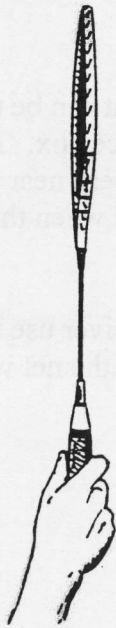


FIGURE 5-1. Holding the bird for delivery.

Figure 1.2
Combination court for singles and doubles.

COMBINATION COURT

