# **BADMINTON STUDY GUIDE**

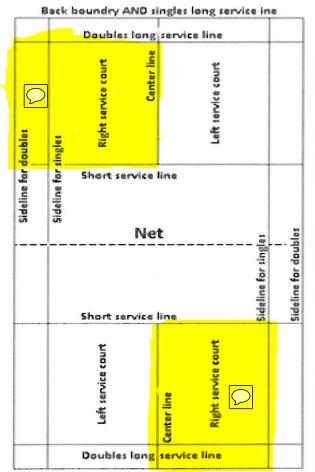
#### History

Badminton had its roots in an old children's game in England known as battledore and shuttlecock. British Army officers in India played a grown up version of this game. Known in its early days as 'poona', it was played with many people who tried to keep the 'bird' in the air. A net came to be added later badminton in its present form was born. The International Badminton Federation (IBF) was started in 1934. Badminton in the U.S. began as a weekend meeting place for New York's society leaders with the formation of the Badminton Club of New York in 1878.

#### Equipment

Racquet - the equipment used to hit the shuttle.

Birdie - the plastic, feathered, or nylon bird that is hit back and forth in badminton. Court-



Back boundry AND singles long service ine

## The Game

This is a sport not dominated by strength, but more by skill and finesse. It can be played as singles or doubles.

- A bird landing on a boundary line is considered good.
- The birdie may NOT be hit twice on a side.
- The racket may NOT touch the net. You may NOT reach over the net to contact the shuttlecock.

#### **SCORING**

- A point is scored on every serve (rally scoring)
- Games are played to 21 points (must win by 2 points)
  \*\* If the score is tied at 29-29, the next point wins.
- A match consists of the best of 3 games.

# SERVING

- All serves must be hit from below the waist.
- Serves must travel diagonally across the court and land in the opponent's service area.
- The server must stand within the service court.
  - Score EVEN = serve from right hand court; Score ODD = serve from left hand court. In doubles, one player on a side gets to serve (this is determined by their team score).
- Switch sides with your partner only if your team serves and wins the point.
- The player diagonally across from the server MUST return the serve
- Doubles service area = short and wide
- Singles service area = long and narrow
- If a player swings and misses while serving, he/she may re-serve any number of times provided the racket does not touch the shuttle.
- A service that hits the top of the net and continues into the correct service court is considered a legal serve.

## FAULTS - result in point for the non-offending team

- If the server's feet are not within the service court at the time of the serve.
- If the shuttle falls into the wrong service court, short of the service line, or outside of the boundary lines.
- If the service is returned by the wrong person (doubles)
- If the shuttle passes through or under the net.
- If the shuttle hits the ceiling or a player.

#### **Terminology**

**Backhand** - hitting the birdie on the non-racquet side (non-dominant) of the body. **Birdie** - another term for shuttle.

**Double Hit** - an illegal hit. Hitting the birdie twice to get it over the net.

**Fault** - means the rally has ended due to an error by the serving or the receiving team resulting in a point or side-out.

Forehand - hitting the birdie on the racquet side (dominant) of the body.

#### **Strokes**

- 1. Serve underhand stoke used to start the game.
- 2. Overhand Clear overhand stroke driving the birdie high and deep into the opponent's court.
- 3. Underhand Clear underhand stroke driving the birdie high and deep into the opponent's court.
- 4. **Drop** a short shot in which the birdie just clears the net, and falls close to the net in the opponent's court.
- 5. Smash an overhead stroke in which the birdie travels at a downward angle (spike).
- 6. Drive a hard, horizontal stroke that just clears the net.