



BADMINTON STUDY GUIDE



HISTORY

The game of badminton was derived from the game of POONA, which was played in India centuries ago. Some English army officers stationed in India introduced the game to their homeland about the middle of the 19th century. The game was named badminton because the Duke of Beaufort entertained his visitors with the game at his large country estate called Badminton House. Two British players introduced badminton to the United States in 1878, and shortly thereafter the New York Badminton Club, the oldest existing club in the world, was formed.

The Badminton Association was formed in England in 1895 to standardize the rules and serve as a governing body. Badminton did not really become widespread in the USA until after World War I. The game is played on a national and international basis and just as tennis has the DAVIS CUP, badminton has the THOMAS CUP for men and the UBER CUP for women. Both are held every three years and represent the best in badminton play. Badminton became a medal sport during the 1992 Olympic Games in Barcelona, after its introduction as an exhibition game in Munich in 1972 and Seoul in 1988.

Badminton can be played indoors or outdoors and is a good game for boys and girls to play together. It is a good recreational activity for players of all ages.

THE ACTIVITY

The game of badminton is similar to tennis, but the smaller court and lighter equipment make it a faster game. If it is played between two players it is called singles and if played between teams of two it is called doubles. When a boy and girl are partners on each side it is called mixed doubles. The object of the game is to score points by hitting your shots so that your opponent cannot return the shuttlecock or shuttle, the feathered object, which is batted back and forth, to your court.

The singles game is started by the server standing in his own right-hand service court and serving the shuttle to an opponent standing in his right service area (serve is diagonal). There must be an underhand serve and the shuttle must be hit from below the waist. When serving, the head of the racket should be lower than the hand. When serving from the right service court in singles play, the score of the server is zero or even. When serving from the left service court in singles play, the score of the server is odd. When a point is scored, server alternates to the other side of service court and continues. A fault is an infraction of the rules. A fault on the part of the server results in the loss of the serve, while a fault on the part of the receiver results in a point for the server.

In doubles, the serve is played in the doubles court area and only the players standing in the proper service court may play the shuttle and return it. On the first serve from the right-hand serve court, the team starting receives only one term of service. Thereafter, each player on the side gets a term of service before the serve goes to the other team.

EQUIPMENT

Racket - similar to tennis, but lighter and has smaller grip and head (racket face)

Shuttlecock - technical term for a birdie, object which is hit back and forth.

Court - singles court is 17 feet wide and 44 feet long.

- doubles is 20 feet wide and 44 feet long

Net - is 5 feet from the floor



BADMINTON STROKES

The grip is a shake hands style, but not too tight.

Overhead Strokes

Clear - contacted high and in front of body; birdie met in full arm extension; hit high and deep into opponents court.

Drop - contacted the same as clear, but there should be less follow through or speed on the birdie; falls close to the net on the opponent's side (drops down)

Smash - hard hit overhead shot which forces the birdie sharply downward towards opponent's court

Drive - fast and low shot hit with speed; travels close to the net and is approximately aimed towards the opponent's chest area.

all of these strokes may be done with a forehand or a backhand



Underhand Strokes

Serve - contacted below the waist; must land in appropriate court

Clear - contacted below the level of the net (usually below the waist) towards the side of your body; wrist is snapped so that birdie lands deep into the opponent's court.

Drop - drop shot made from below the net; birdie just barely clears the net and then drops downward into opponent's court.

SCORING

You may choose to SET a game when the score becomes tied at a particular score. The side, which reached the tied score, first has the option of setting the score. If the side chooses not to set, then the regular amount of points completes the game.

	<u>Regular points in game</u>	<u>score set at</u>	<u>points required to win</u>
Women's	11	9 all	3 points
singles	11	10 all	2 points
Men's Singles	15	13 all	5 points
& Doubles	15	14 all	3 points

GENERAL RULES

- ❖ A serve must be stroked with an underhand motion and contacted below the waist
- ❖ Feet must be stationary and in the correct service court on contact of the serve. (May not step into the serve)
- ❖ If the server swings and misses the birdie, there is no penalty and the serve may be taken over.
- ❖ A serve that touches the net as it travels over and into the correct service area is considered a good serve.
- ❖ A birdie hitting the ceiling or overhead obstruction is a replay.
- ❖ Carrying the birdie is illegal.
- ❖ No more than one hit per side.
- ❖ A player may not reach over the net to contact the birdie but the racket may pass over the net during the follow-through.
- ❖ It is illegal to touch the net with the racket.
- ❖ It is a fault if the birdie hits you or your clothing.
- ❖ If the birdie lands on a line, it is considered good.

TERMINOLOGY

ACE - A good service that the receiver is unable to touch with their racket.

BIRDIE - shuttle or shuttlecock

DOUBLES - The game played between teams of two players

DRIVE - A hard, horizontal stroke that is straight and close to the net

DROP - A low shot close to the net that falls immediately after crossing the net

FAULT - Any infraction of the rules, which results in the loss of service if made by the server or loss of point if made by the receiver.

KILL - A hard shot that cannot be returned by the opponent

LET - A shuttlecock that touches the top of the net and falls in the proper side of the court.

LOB - To hit the shuttle in a high arc behind the opponent.

LOVE ALL - The score of the game after it has been set

MATCH - Consists of three games, unless otherwise agreed upon

MIXED DOUBLES - Boy and girl partners playing against another boy and girl

NET - A mesh cord that divides the courts.

OUT OF PLAY - Any infraction that causes play to cease.

RACKET - An oval shaped frame made of wood or metal and strung with gut, silk, or metal and used to hit the shuttle.

RALLY - A continuous stroking of the shuttle back and forth across the net.

SHUTTLE - The object hit by the players and sometimes back and forth across the net.

SERVICE - The act of putting the shuttle into play.

SETTING-THE-GAME - Determining the number of points to end the game. (When the score becomes tied.)

SET-UP - An easy return, which is quite easy to hit.

SMASH - To hit the shuttle very hard in a downward motion.

