

BADMINTON STUDY GUIDE

History

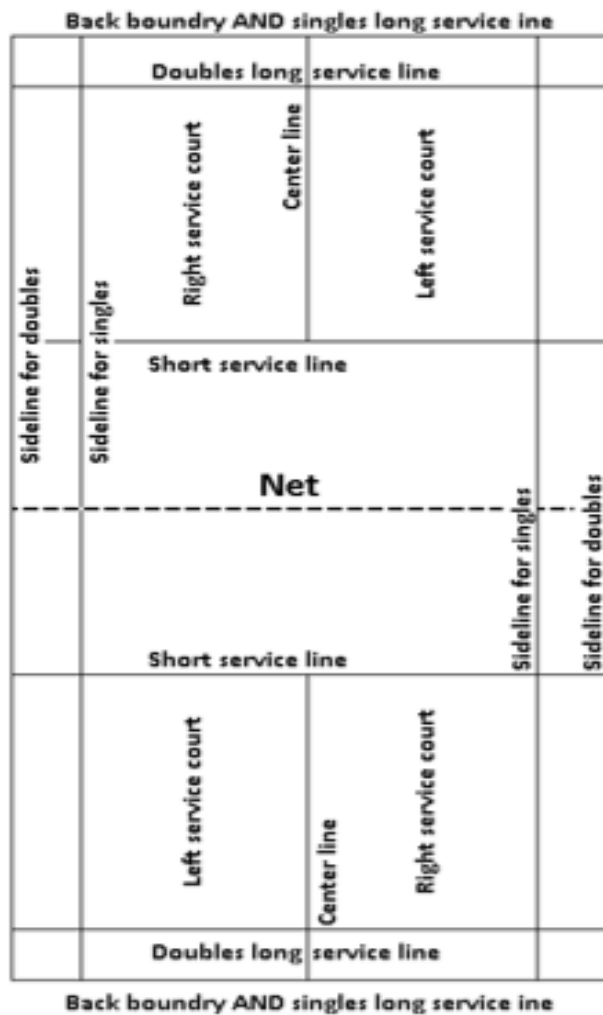
Badminton had its roots in an old children's game in England known as battledore and shuttlecock. British Army officers in India played a grown up version of this game. Known in its early days as 'poona', it was played with many people who tried to keep the 'bird' in the air. A net came to be added later 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-



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 stroke 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.