

BADMINTON

OVERVIEW

Badminton can be played as a singles or doubles game with one or two players on a side. The object of the game is to hit the shuttlecock or “bird” back and forth with a racket across a net five feet high. This should be done with such skill and accuracy that the opponent is unable to return the shot successfully. The game can either be fast or slow moving depending on the skill level of the players.

SAFETY

1. Keep a firm grip on the racket
2. Be careful not to hit your partner with the racket.
3. Stay on your own court.
4. Stop playing if others enter your court.
5. To retrieve your bird from another court, wait until their play stops.
6. Be careful & aware of all walls and poles so that you do not hit them.



CARE OF EQUIPMENT

1. Rackets are fragile, avoid hitting the floor, wall, nets, posts or your partner. Also, avoid flipping, twirling or throwing of the rackets as well as breaking the strings or grips. \$25.00 replacement cost.
2. Shuttlecocks should be handled by the rubber tips only. Birds caught in the net should be removed carefully to avoid tearing them.
3. Assignment of racket numbers is by attendance and students must report any damage to the teacher at the beginning of class or they will be fined for the damage.
4. Return all rackets to the properly numbered spot at the end of class and bring all the birdies back to the teacher.

HISTORY

The game of badminton originated in India in the mid-1800's. English army officers transported to to England where it was given the name “badminton”. It was later spread to The United States.

TECHNIQUES

Serve- long or short

Forehand- For right handed players, a stroke hit when the shuttle is on the right side of the body.

Backhand- For right handed players, a stroke hit when the shuttle is on the left side of the body.

Round the head- A overhead stroke played on the left or backhand side of the body.

Drive- A powerfully hit forehand or backhand stroke which just clears the top of the net. It is difficult to return because the shuttle's trajectory is a straight line.

Clear- A clear is a stroke which sends the shuttle high over the opponent's head and drops near the backcourt boundary line. It may be hit with an overhead or underhand stroke and may be used for offensive or defensive play.

Smash- This stroke is a hard hit overhead stroke with a fast downward path. It is a main attacking stroke.

Drop Shot- This shot is when the shuttle is stroked over the net so it drops very close to the net.

Scoring-

Points are scored only by the serving side. A point is awarded to the serving side whenever the other side commits a fault. When the fault is committed by the serving side, the server does not score a point and loses the serve.

Doubles- A doubles game consists of 15 points. When the score is 13 all, the side that reached 13 first has the option of “setting” the game to 5. If the score becomes 14 all, the side that reached 14 first has the option of “setting” the game to 3. After the game has been “set”, the score is called “love all”, and the side that first scores 5 or 3 points wins the game. In either case the option to “set” the game must be made before the next service is delivered after the score has reached 13 all or 14 all.

Singles- There are 11 points in a singles game. When the score is 9 all, the first person that reached 9 can “set the score to 3 or if it is tied at 10, the first person who reached 10 can “set” the score to 2.

Service-

Doubles- Service is started with a player on one team from the right court. They continue to serve as long as they score points. The serving side switches service courts after each point. If a fault is made by the “in” side, the server loses the serve. (The “in” side is the side that is serving) Since this side started the game, the only have one service the first inning of the game and service goes to the other side. The player on the right hand service court serves first. From then on through the remainder of the game, each side has two hands in each inning. This means that after the first player (the player on the right) loses the serve, their

partner then serves until they lose the serve. Then the other side gets the serve. The player on the right side always serves first and then their partner.

Singles- The player on the right hand service court on one of the teams serves first and starts the game by serving to the player on the opposite right hand service court. A player can only score when they are serving. Each time they score a point, they switch service courts. Whenever a player's score is zero or an even number, they will serve from the right side service court and when the server's score is an odd number they will serve from the left side service court.

GENERAL SERVING RULES

The server must keep both feet within the service court during the serve.

The serve must be underhand and the shuttle must be contacted below the waist.

The shuttle should be hit in front of the body.

The server may not serve until the receiver is ready.

During the serve, partner of the server and receiver may stand anywhere as long as they don't obstruct the opponent's view.

A serve that touches the net and goes into the proper service area is legal.

If the server misses the shuttle entirely on the serve, it is not a fault and they can serve again.

If any part of the racket touches the shuttle it is considered a serve and is a fault.

The server should announce the score before each serve.

When a single player is playing a doubles team, the single player is allowed two terms of service.

GENERAL RULES

Winners of the first game must serve first in the next game.

Teams change sides after each game.

Any shuttle landing on the lines are good.

During a rally, if the shuttle touches the net and goes over it is good.

FAULTS

Overhand serves- anytime the server contacts the shuttle higher than their waist or any part of the head of the racket is higher than the server's hand holding the racket.

During the serve, the shuttle lands outside the correct service court.

If the server's or receiver's feet are not in the correct service court as the shuttle is served.

If the shuttle is hit more than once in succession by one player on a team, or if both partners hit the shuttle before it crosses the net.

If the shuttle hits any part of the player's body.

If the player touches the net with their racket or body.

If the shuttle hits any obstruction such as the ceiling, wall backboard, etc.

If the shuttle fails to go over the net.

If the shuttle is hit by the other side before it crosses the net.

If the shuttle is not distinctly hit, but held momentarily on the racket.

If the incorrect receiver returns the serve.

STRATEGY

Put your opponent on the defensive. Hit the bird so that your opponent's only possible return is in an upward direction

Hit the shuttle with an overhead stroke whenever possible.

Use the smash if possible.

Play to your opponent's weaknesses.

Use a variety of shots and keep your opponent moving.

Recover your own court position quickly.

SYSTEMS OF PLAY (DOUBLES)

Side by side- This is defensive positioning. Each player is responsible for one side of the court. This places them in a good position to defend against a smash if they have hit the shuttle high into the air and short.

Up and back- This is an offensive system. The court is again divided in half with one player playing the front half and the other the back half. This enables the team to put pressure on the other team by "putting away" any loose returns.

Combination- This system combines the side by side and up and back systems. When a team hits the shuttle up in the air, they assume side by side position to defend against the smash. At all other times they are in up and back position ready to take advantage of any offensive opportunity.

TERMINOLOGY

Alley- An extension of the width of the court by 1'6" on both sides to be used in doubles play.

Back alley- Are between the doubles back service line and the singles back service line.

Baseline- Another name for the back boundary line.

Bird- The object which flies in the air over the badminton court in place of a ball. Officially known as the shuttlecock. Commonly referred to as the shuttle.

Block- Placing the racket in front of the shuttle and letting it rebound into the opponent's side of the court

Carry- Momentarily holding the shuttle on the racket during the execution of a stroke. Also called a "sling" or a "throw". This is an illegal procedure.

Center or basic position- Position in which a player stands in relation to the court, the net, the opponent and the shuttle.

Clear- high, deep shot to the back boundary line.

Double hit- hitting the shuttle twice in succession on the same stroke, an illegal procedure.

Doubles- Game of four players, two on each team.

Down- Loss of serve given when the serving side fails to score. In doubles, the first side to serve at the start of the game only has one down.

Drive- A hard hit horizontal flight over the net.

Drop shot- Finesse stroke hit with very little speed which falls very close to the net on the opponents side.

Fault- Any violation of the rules.

Game- A game consists of 15 points in doubles and 11 points in singles.

Hairpin stroke- Stroke made from below and very close to the net with the shuttle just clearing the net and dropping sharply downward.

Hand down- The loss of serve in doubles. The first serving side has one hand down, thereafter each side has two hands.

Home position- Ideal court spot for awaiting the opponent's return, usually at mid court near the centerline.

"In" side- Side having the right to serve.

Inning- Term of service

Kill- Fast downward shot which usually cannot be returned.

Let- Play that is allowed to be re-played.

lob- Also called a clear, high clear, or a driven clear that goes over the opponent's head.

Love- No score, the score at the beginning of the game and after "setting" the score.

Match- Best two out of three games.

Mixed doubles- Games played with partners of the opposite sex.

Odd and even courts- In singles- the right half of the court is "even" and the left half is "odd". When the server's score is zero or an even number, the serve is taken from the right hand service court. When the score is an odd number, the serve is taken from the left service court.

"Out" side- Side receiving the serve.

Rally- Rapid returns made by players

Ready position- An alert body position enabling quick movement in any direction.

Serve or service- Act of putting the shuttle into play.

Set or setting a game- Method of extending games by increasing the number of points necessary to win tied games. the player reaching the tied score first has the option of “setting” the score.

Set up- Poor shot which makes a “kill” easy.

Shuttlecock- Official name for the shuttle or bird.

Singles- game involving two players, one on each side of the court.

Sling or throw- an untrue hit, usually as a result of catching the shuttle on the strings of the racket or drawing the racket away from the shuttle as it is stroked, a fault.

Smash- Hard hit overhead shot which forces the shuttl