

Rules and Regulations

A badminton match is played to the best of three games. A coin toss or a birdie flip determines first serve or choice of side.

The object of a badminton game is to hit the badminton shuttlecock over the badminton net and onto the ground within bounds on your opponent's side of the court.

A rally can also be lost by hitting the shuttle into the badminton net, out of bounds, before it crosses the net to your side, or if it strikes your clothing or body rather than your badminton racket.

Faults

A fault is called if:

- A serve is made in any form except underhand with the contact below the waist.
- On a serve, the shuttlecock lands outside the proper service court.
- A player reaches over the net with the racket and hits the shuttlecock.
- The shuttlecock lands outside the boundary line.
- A player hits the net with their body.
- A player holds the bird on the racket momentarily (also known as a carry).

Badminton Scoring Formats

In **service play**, the traditional scoring format, a badminton game is won by scoring 15 points.

In **rally play**, 21 points are needed to win a badminton game.

In **service play**, only the serving team may score a point. If the rally is lost, service passes to the opponent in singles play.

In **rally play**, a point can be awarded to either team, and in most cases, a point is awarded along with resumption of service, except when a rally point is lost by the first member of a serving doubles team.

At the conclusion of each badminton game, players or teams must switch sides.

If a third game is necessary during a match, sides are switched during that game when a player/team has reached eight points or 11 points in rally play.

Badminton Serving Rules

As in tennis, badminton service is always done diagonally, e.g. from the right service court to the opponent's left service court.

- The first serve is always taken from the right court, and subsequent serves are taken from alternating sides.
- The highest part of the serving player's badminton racquet must remain below his/her hand and waistline during service. In other words, **only underhanded serves are permitted**
- Line shots in badminton service or rallies are considered in, though court bounds are different for singles and doubles play.
- The back line is the same for both, but singles badminton is played with the narrower of the two sidelines.
- A serve that strikes the net and lands in the opponent's court is a let serve and is retaken.
- During service, players must stand in their respective service courts.
- The receiving player is not permitted to move his/her feet until the badminton shuttlecock has been struck.

Badminton Playing Techniques and Shots

1. **Forehand** – hit with the front of the hand leading (similar to throwing a ball)

2. **Backhand** – hit with the back of the hand leading (flicking: the hands extending at the wrist)

3. **Ready Position**- Knees bent, arms at waist level and weight forward.

4. **Serve**- the racquet head must be below the level of the server's hand while the shuttle is hit below waist level. The serve should be nice and low to the net on a short serve. For a long serve, it should be far and high. The serve is the most important shot in the game.

5. **Clear** – hitting the shuttle high and to the back of the opponent's court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the shuttle. The arm moves straight up as racquet head and shuttle meet. This shot is the most common and can be offensive, moving your opponent back from the net or defensive, gaining time to improve your own position.

6. **Smash** – the ultimate attacking shot. This shot is a powerful overhead shot used to put away a shuttle that is above the height of the net. A smash is hit high in the air and you snap your wrist as soon as your racket makes contact with the shuttle.

7. **Jump smash** – players jump upwards for a steeper smash angle

8. **Drop** – This shot is a slow, gentle shot that falls just over the net into the opponent's forecourt. This shot is used from the backcourt. When hitting this shot catch the shuttle high before it starts to fall down. Hit out and down to make the shot fall right over the net.

9. **Drive**- This is a line-drive shot that travels parallel to the ground, passing close over the net. This shot is used to aim and power hit at someone with your racket out in front of your body.

State Standard

1.1 Combine and apply movement patterns, simple to complex, in individual and dual activities.

Objective

Students will understand the major concepts of badminton

Badminton Glossary

- **Court:** The badminton playing area. A standard court measures 17x44 feet for singles and 20x44 feet for doubles. The service line is six feet, six inches from the badminton net on each side.
- **Let:** An official break in play, caused by a minor violation such as the shuttle touching the badminton net. After a let, the rally is replayed and scores remain unchanged.
- **Rally:** An exchange of shots leading to a point or service change.
- **Side-by-side:** A doubles formation in which each partner is responsible for one side of the court.

· **Wood shot:** A shot in which the badminton shuttle is hit by the frame of the racket instead of the strings. This shot was formerly illegal but was allowed into the game in 1963.