**Badminton Study Guide**

**HISTORY:**

Badminton has been played for almost 100 years with equipment similar to that of today. A game like badminton called “POONA” was first played in India. A British army officer brought the game to England in the 1870’s and into the United States about 1900.

**SCORING – Doubles Game**

* Doubles game consists of 15 points
* Match consists of winning 2 out of 3 games
* Rock, Paper, Scissors shall determine choice of service or sides of court
* Players change courts after the first game
* If third game is played, rock, paper, scissors is necessary to determine serve/side for that game

**SERVING**

* The serve must be **underhand** and shuttlecock “birdie” cannot be higher than the server’s waist
* Server must call the score before each serve – serving side score called first
* Serve must be made to the service court diagonally opposite the server
* The server and receiver shall stand within diagonally opposite service courts without touching the boundary lines of the service courts
* Some part of both feet of the server and receiver must remain in contact with the surface of the court in a stationary position until the service is delivered

**TYPES OF SHOTS**

* **Defensive**
  + Underhand Drop Shot – should barely clear the net and land between the net and your opponent’s short-service line
  + Underhand Clear – should have a steep upward trajectory and should be directed to your opponent’s back alley
  + Overhand Clear – the primary return of the deep serve
  + Overhand Drop Shot – usually follows a high serve or clear; should drop just over the net and land near a sideline in the frontcourt
* **Offensive** 
  + Smash – has the greatest velocity and the steepest downward trajectory, so it is the shot most likely to hit the floor in the opponent’s court before it can be returned
  + Forehand Drive – flat-trajectory shot that most beginners use even before receiving any instruction; most often used to get the shuttle deep into the opponent’s court
  + Backhand Drive – will probably take the form of an underhand clear or drop shot; the target for this shot is deep along the near sideline.
  + Dink – a shot that barely crosses over the net

**ORDER OF SERVE**

**Singles**

* When the score is zero or even, serve from the RIGHT SIDE of the court
* When the score is an odd number, serve from the LEFT SIDE of the court
* Play up to 15 points (have to win by 2)

**Doubles**

* Player who won the serve, starts the serve on the RIGHT SIDE of the court
* Player who starts on right will be on the **RIGHT SIDE** of court when score is **zero** or **even**
* Player who starts on left will be on the **LEFT SIDE** of court when the score is **zero** or **even**
* In the first inning of play, only **ONE** player (right side) from the team may serve ---in all of the following innings both players have a turn to serve

**SCORING**

* Only the server can score a point
* A point is awarded when the other team faults
* A fault is a misplay or violation of the rules

**SERVICE FAULTS**

* Stepping on or over service court boundary line
* Racket head above waist on serve
* One or both feet off the ground on serve
* Hitting the birdie more than once on a serve
* Birdie does not land in the diagonally opposite service court

**OTHER FAULTS**

* Birdie lands in fair territory and not returned
* Hitting the birdie more than once on a side
* Hitting the birdie before it crosses the net *(racket may follow through on opposite side if net is not touched)*
* Hitting the net with the racket or any part of the body
* Birdie hits obstruction (lights, rafters, backboards, etc.)
* Player receiving serve fails to stand in proper court
* Swinging and completely missing the birdie on the serve is NOT counted as a serve – serve over

**LETS**

* If a birdie becomes stuck in the net *after* crossing
* If the server serves before the receiving team is ready it shall be a “let”
* If a birdie touches the net on a serve, it is a “let” and shall be reserved

**LEGAL PLAY**

* Birdie lands on the boundary line
* Swinging at and missing a birdie that lands out-of-bounds
* If a birdie is hit that would have gone out-of –bounds the birdie is still in play
* A birdie that hits the net and continues over is in play – on the serve the birdie must land in proper service court
* If a player serves from the wrong court and it is not discovered until after the next serve the play is still good

Baseline or back boundary line

Sideline

Right service Left service

court court

Short Service Line

Net