

# Badminton Study Guide

Badminton is named for the country estate of the Duke of Beaufort, where the game was first played in England in 1873. Badminton was introduced to the United States by two British players in 1878, and shortly thereafter the New York Badminton Club, the oldest existing club in the world, was formed.

Because badminton is dominated not by strength but more by skill and finesse, it is a great game for everyone, regardless of age, gender, or size. Perhaps more than any other sport, badminton offers a game where females and males can compete on equal footing.

NOTE: Because of space limitations, physical education classes will mainly play doubles. The gym court lines are marked for doubles play.

## RULES

The rules of badminton are basically the same for singles and doubles games except for boundaries and serving order. The doubles playing court measures 20 ft x 44 ft with a net height of 5 ft.

## EQUIPMENT

The basic equipment for badminton would include rackets, birdie, net, and standards.

## GRIPS

1. Forehand – Shake hands grip used with a loose wrist
2. Backhand – On the back side of the racket, use your thumb as a lever and a loose wrist.

## SERVICE

1. Announce the score before you serve.
2. The bird must be hit with an underhand motion from below the waist.
3. You cannot step into the serve. Your feet must be stationary.
4. The serve is hit diagonally across the net to the correct service box (Left-to-left or right-to-right).
5. The serve can be hit out of the hand or dropped.
6. Receiving team can't move until the bird is hit.
7. A bird that touches the net on the serve and lands in the proper service court is called a let serve and is reserved.
8. Lines are considered in play and good.

## SHOTS

1. Drop shot- Used when your opponent is in the backcourt
2. Clear- Overhead and underhand- used when opponent is in front court
3. Smash- used to gain an offensive advantage

## SAFETY

1. Due to the quick movements while playing badminton, proper warm-up of the muscles are necessary.
2. During doubles play, one must be careful not to hit their partner with the racket. Talking to one another during play is a must.

## SCORING

1. Rally scoring – a scoring point is attached to every service. Either team can score at any time.
2. The location of each serve is determined by the value of your score. For example: Even scores are served from the right and odd scores are served from the left.
3. Games are played to 21 points (you must win by 2 points).
4. If a game reaches 29 all, the side scoring the 30<sup>th</sup> point wins.
5. Let serves are re-served.

## ETIQUETTE/SPORTSMANSHIP

1. Complimenting an opponent's good play
2. Calling faults – ex. lines, touching net, double hits, etc.
3. Returning the birdie to the server after each point
4. Not distracting your opponent by talking
5. Not making excuses for poor shots
6. Offering to replay a point if there is interference
7. Not entering a court until play has stopped

## COURT STRATEGIES for DOUBLES

1. Side-by-side
2. Up and back
3. Combination

