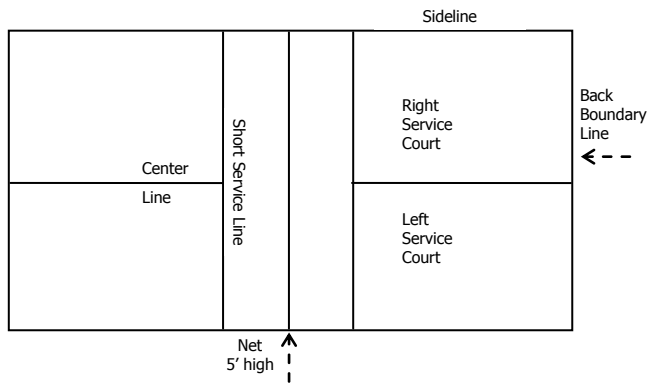


BADMINTON STUDY GUIDE

THE GAME

Badminton is a racquet game played by two (singles) or four (doubles) players on a rectangular court. The object of the game is to serve the shuttle strategically and, after that, try to direct it to an "unprotected" area on the opponent's court so that the opponent is unable to return it across the net or into the proper court area. The opponent tries to prevent the shuttle from falling on his/her side and tries to return it to an "unprotected" area on the other side.

THE COURT



Singles and doubles games are played to **21 points**. A point is scored by whichever team wins the rally. If the score reaches **20-20**, the game continues until one side gains a **2-point lead**, up to a **maximum of 30 points**.

A **match** is won by the team which wins **2 out of 3 games**.

SERVICE

The winner of the coin toss or racquet spin has the choice of

1. service,
2. to receive, **OR**
3. side of the court.

The losing side has the choice of the one of the two remaining options.

Singles: The server begins play from the **right service court** when her/his score is **0 or an even number** and from the **left service court** when her/his score is an **odd** number. The server directs the serve to the diagonally opposite service court area. The same server continues to serve, alternating service courts, until the opponent wins the rally. The receiver then becomes the server and serves from the right or left service court based on **her/his score**.

SCORING (continued)

Doubles: There is only one server in doubles — only one partner serves during a term of service.

At the beginning of the game and when the score is even, the server serves from the **right service court**. When the **score is odd**, the server serves from the **left service court**.

If the serving side wins a rally, the serving side scores a point. The same server serves again from the alternate service court.

If the receiving side wins a rally, the receiving side scores a point. The receiving side then becomes the new serving side.

BASIC PLAYING RULES

1. The serve must be performed underhand. The shuttle can not be struck higher than the server's waist.
2. Only one attempt at service is allowed.
3. The feet of both the server and receiver must be within their own courts, not touching the line.
- *4. A service that hits the top of the net and continues into the correct service court is considered a **legal** serve.
5. The server may not serve until the opponent is ready. The serving side should always call their score first, then the opponent's.
6. Only the player served to may return the service.
7. There is only one hit allowed per side per rally.
8. The shuttle remains in the play when it hits the top of the net and continues over.
9. If a player swings and **completely** misses, he/she (or partner) may try again before the shuttle touches the playing surface.
10. Both singles and doubles games are played with **rally scoring**. Whichever team wins the rally, scores a point.

COMMON FAULTS

1. The shuttle is hit into the wrong service area, into the net, or out of the service area by the serving side.
2. The shuttle is hit out of bounds or doesn't make it over the net.
3. A player hits the shuttle twice in a row or it is hit by a player and his/her partner successively.
4. A player reaches over the net while the shuttle is in play.
5. The shuttle is "carried" on the return.

TERMS

1. **Carry** – also called a throw or sling. It is an illegal stroke because the shuttle is held momentarily on the racquet.
2. **Fault** – any violation of the service or play which results in a point or loss of service.
3. **Let** – a replay of the serve or play.
4. **Rally scoring** – Team which wins a rally scores a point.
5. **Rally** – hitting the shuttle back and forth across the net after the serve.
6. **Shuttle** – common term used for the shuttlecock (also called bird, birdie).
7. **Term of service** – player serves until loss of rally.
8. **Wood shot** – when the shuttle hits the racquet frame or handle (NOT a fault).

STROKES

- A. **Clear** – causes the shuttle to travel high and deep into the opponent's back court.
- B. **Drop** – (deceptive) little speed and falls close to the net in the opponent's court.
- C. **Drive** – low, fast sidearm shot that skims the net.
- D. **Smash** – hard, fast overhead shot that travels sharply downward into the opponent's court.
- E. **Net** – (hair pin) – shot hit close to and below net level which clears the net and drops close to the net on the opponent's side.

