

## BADMINTON HANDOUT

**Origins of Badminton:** *The game dates back to the 5<sup>th</sup> Century BC in China. Players kicked a small-feathered shuttlecock back and forth. The game's modern form, played with racquets, was introduced in England in the late 1800's at a country estate called Badminton (no kidding!). It gained popularity in North America during the 1920's and 30's, but didn't become an Olympic sport until 1992.*

**Starting the Game:** A rally, coin toss or bird toss is held with the winner getting to either choose to serve first, to not serve first or which side of the court to play on.

### Badminton Terms:

Fault – any breaking a game rule

Let – a time out; the point must be replayed

Shuttlecock – birdie

Match – best 2 out of 3 games

Service – the hit that begins each play

### Serving:

1. Must be an underhand swing with the racquet contacting the shuttle (bird) below waist height.
2. The server must stand with both feet in the service court. The serve must go into the diagonal court and past the service line. In singles, the outside line at the back of the court is the boundary; in doubles, the short or inside line at the back of court.
3. The first serve of the game occurs from the right hand side of the court. If a point is scored, the server moves to the other side (left) of the court.
4. In doubles, the same person serves until service is lost. Switch court sides as in singles, each time you score a point.
5. In doubles, when the score is even, service is taken from the right hand side of the court. When the score is odd, service is taken from the left.

### Games:

Played to 21 points. First team to reach 21 with a two point advantage wins. If score is 29-29, the first team to 30 points win (without a two point advantage i.e. 30-29)

### Scoring:

Either team can score a point in any rally. A point is given when the opposing team:

- Hits the shuttle out of bounds
- Allows the shuttle to contact the floor within their scoring area
- Hits the shuttle into the net
- Faults on a service
- Hits the shuttle into the ceiling wall or touches it with part of their body or clothing
- Hits the shuttle twice before it goes over the net
- Touches the net with racquet or body.

**Service Faults:** A fault is committed by the server if she: a) misses the shuttle; b) sends the shuttle into the net; c) serves overhand or contacts shuttle above his/her waist; d) steps on a line or out of the service court during the serve; e) lifts one foot off the ground during a serve; f) hits the base of the shuttle first; g) serves from the wrong court or out of turn; h) tries to make a 'fake' swing

### Boundary Lines:

Doubles: Long and Wide

Singles: Long and Narrow

If a shuttle lands on a boundary line, it is considered "IN" play.

### Court Diagram

