

## BADMINTON STUDY GUIDE

(revised 07/05)

### I. History

- A. Badminton evolved from a similar game called *battledore* played in fifth-century B.C. China
- B. A variation was played in England in the 14<sup>th</sup> century.
- C. English officers played *Poona* in India during the 17<sup>th</sup> century.
- D. Poona was later played at Badminton, the home of the Duke of Beaufort, in 1873.
- E. English settlers brought badminton to America and it was played at historic Williamsburg.
- F. The first U.S. badminton club was opened in New York in 1878. During the late 1800's players wore tuxedos and gowns to play.
- G. Badminton has become a highly skilled, competitive sport.
- H. Badminton was introduced as a full-medal Olympic sport in 1992.
- I. FYI (for your information): [www.usabadminton.org](http://www.usabadminton.org)

### II. Basic Rules of Badminton

- A. Games are played between individuals or pairs.
- B. Players spin a racket or toss a coin to determine who gets serve or side.
- C. The serve is made from within the serving player's court.
- D. The shuttle must be hit underhand, below the waist into the service court diagonally opposite the server.
- E. Any shuttle hitting the line is in bounds.
- F. The server is only permitted one attempt to make a good serve (or put the shuttle in play).
- G. In singles, the serve is made from the right side of the court when the server's score is an even number.
- H. In doubles, the first serve is always started from the right court whenever a team acquires the serve from its opponents.
- I. The server will alternate service courts each time a point is made until the serve is lost.
- J. All returns must be made before the shuttle hits the ground (it's not allowed to bounce).
- K. The server must call the score after each point.
- L. A match is the best of three games.

### III. Badminton Faults and Lets

A **fault** is any error that ends play, whether occurring during the serve or the rally. A fault committed by the serving team gives the serve to the opponent. A fault committed by the receiving side gives the point to the server.

#### A. Service Faults:

- The shuttle does not cross the net.
- The shuttle lands in the wrong court.
- The shuttle is above the server's waist when hit.
- The shuttle is hit in an overhand motion.
- The server steps on a line during the serve.
- The server swings and misses the shuttle while serving.

#### B. Receiving Faults:

- The receiving player is not standing in the correct service court.
- The receiving player moves before the serve is made.

### C. Faults that can be Committed during Rallies:

- The shuttle touches the ground inbounds.
- The opposition does not return the shuttle.
- The shuttle falls outside the playing court.
- The player and /or partner hits the shuttle more than once before returning it over the net.
- A player touches the net with his /her body or racket.
- A player reaches over the net to play the shuttle.
- A shuttle hits a player.

A *let* occurs when a point does not count and must be replayed.

A let occurs when:

- Serves are taken out of turn
- Serves are taken before the receiver is ready.

A *rally* is the exchange of hits that decide a point.

## IV. Badminton Playing Courtesies

The sport of badminton emphasizes good sportsmanship and playing courtesies.

- The server should always call the score: server's first prior to each serve.
- If a player is unsure of whether the shuttle is in or out, the point should be awarded to the opposition.
- Opponents calls should never be questioned.
- Return shuttles to the server as a courtesy.
- An opponent's exceptional shots should be complimented.
- Equipment should never be thrown.
- Always shake hands with your opponent after the match.

## V. Badminton Terms

1. **Backhand:** Stroke made on the nonracquet side of the body.
2. **Bird (Birdie):** Alternative name for the shuttlecock.
3. **Clear:** High shot that goes over an opponent's head and lands close to the baseline.
4. **Crosscourt:** Shot hit diagonally into the opposite court.
5. **Drop:** Shot that just clears the net.
6. **Forehand:** Stroke made on the racquet side of the body.
7. **Inning:** Time during which a team or player retains the service.
8. **Shuttlecock (Shuttle):** Feathered plastic or nylon object that is volleyed back and forth over the net.
9. **Smash:** Fast, downward overhead stroke.
10. **Server:** Player who puts the shuttle into play.

## VI. Playing Strategy

There are two basic formations for playing doubles: side-to-side and front-to-back.

A. Side-to-side: The court is divided equally by using the center service line as the dividing line. Each partner is responsible for his/her half of the court.

B. Front-to-back: The court is divided at the short service line. One player takes everything in the forecourt area and plays the net, while the other plays everything that gets pass his/her partner.

C. Doubles Tactics:

- Always play for your partner, meaning to make shots to set your partner up for his/her best shot.
- Call for the birdie, do not "hog" the court. Cooperate with each other
- Make most serves short and low, serving to your opponents' backhand.