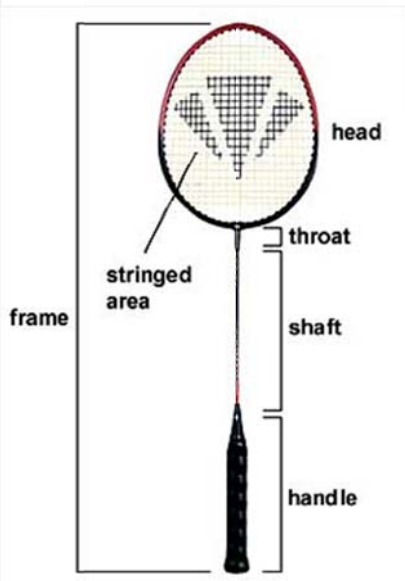
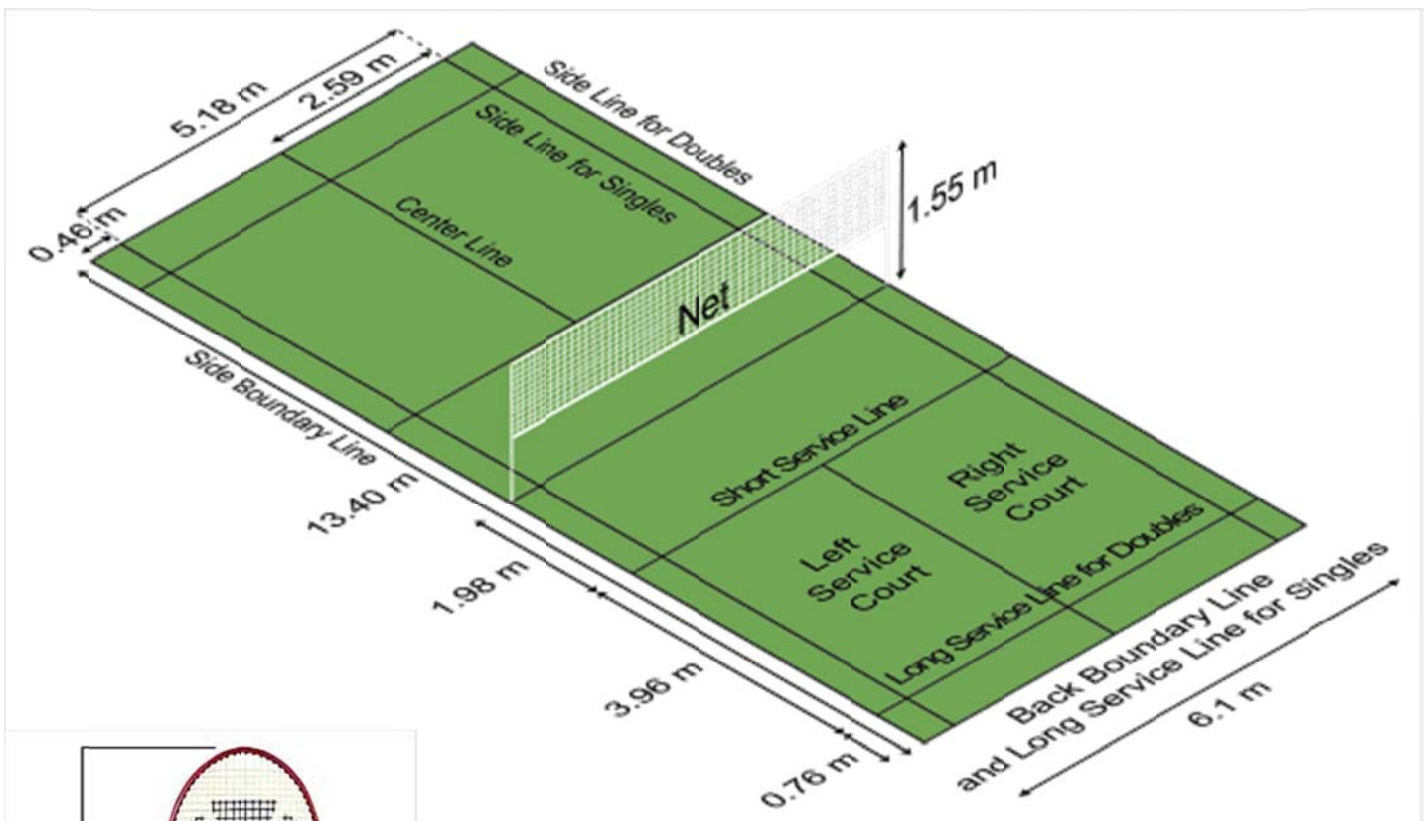


Badminton

Description/Purpose:

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Each side may only strike the shuttlecock once before it passes over the net. A rally ends once the shuttle has struck the floor.

Playing Court & Equipment



Starting a Game

Before play commences, a toss shall be conducted and the side winning shall choose either to serve or receive first or to choose to start play at one end of the court or the other. The side losing the toss shall then exercise the remaining choice.

A toss consists of one team tossing the shuttle in the air. The team in which the cork/base of the shuttle faces more directly wins the toss.

Scoring

- A match shall consist of the best of three games
- A match shall consist of the best of three games. If the score becomes 20-all, the side which gains a two point lead first, shall win that game. If the score becomes 29-all, the side scoring the 30th point shall win that game.
- The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a 'fault' or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
- The side winning a game shall serve first in the next game.

Players shall change ends at the end of the first game, second game, and if there is a third game. In the third game, teams change ends again when a side scores 11 points.

Service Rules:

- The server and the receiver shall stand within diagonally opposite service courts without touching the boundary lines of these service courts.
- Some part of both feet of the server and the receiver shall remain in contact with the surface of the court in a stationary position from the start of the service until the service is delivered.
- The whole shuttle shall be below the server's waist at the instant of being hit by the server's racquet.
- The shaft of the server's racket at the instant of hitting the shuttle shall be pointing in a downward direction.
- In attempting to serve, the server shall not miss the shuttle.
- The server shall not serve before the receiver is ready. However, the receiver shall be considered to have been ready if a return of the service is attempted.
- When the serving score is an **even number**, the serve must be delivered from the **right service court**. When the serving score is an **odd number**, the serve must be delivered from the **left service court**. Serves are always sent diagonally to the opposing team.

Singles:

If the server wins a rally, the server shall score a point. The server shall then serve again from the alternate service court. If the receiver wins a rally, the receiver shall score a point. The receiver shall then become the new server.

Doubles:

The player of the receiving side standing in the diagonally opposite service court to the server shall be the receiver.

The players shall not change their respective service courts until they win a point when their side is serving.

If the serving side wins a rally the serving side shall score a point. The same server shall then serve again from the alternate service court.

The player of the receiving side who served last shall stay in the same service court from where he served last. The reverse pattern shall apply to the receiver's partner.

After the service is returned, in a rally, the shuttle may be hit by either player of the serving side and either player of the receiving side alternately, from any position on that player's side of the net, until the shuttle ceases to be in play.

Faults

A fault results in a point for the opposing team. It shall be a fault:

- If the service is not correct
- If the serve is caught or suspended in the net or passes through or under the net
- If the serve is not hit by the intended receiver
- If the shuttle lands outside the boundaries of the court
- If the shuttle fails to pass over the net
- If the shuttle touches the ceiling, side walls, person or clothing or a player
- If the shuttle touches any other object or person outside the court
- If the shuttle is caught and held on the racket and then slung during the stroke
- If the shuttle is hit twice in succession by the same player
- If the shuttle is hit by a player and the player's partner successively
- If the shuttle touches a player's racquet and does not travel towards the opponent's court
- If a player touches the net or its supports with racquet, body or clothing
- If a player invades an opponent's court over the net with racket or person except that the striker may follow the shuttle over the net with the racket in the course of a stroke after the initial point of contact with the shuttle is on the striker's side of the net
- If a player invades an opponent's court under the net with racket or person such that an opponent is obstructed or distracted
- If a player deliberately distracts an opponent by any action such as shouting or gestures

Lets

A Let shall be called by the umpire, or by a player (if there is no umpire), to halt play:

- If the server serves before the receiver is ready
- If during service, the receiver and the server are both faulted
- If after the service is returned, the shuttle is caught on the net and remains suspended on its top
- If in the opinion of the umpire, play is disrupted or a player of the opposing side is distracted by a coach
- If a line judge is unsighted and the umpire is unable to make a decision
- If any unforeseen or accidental situation has occurred

When a 'let' occurs the player who served last shall re-serve

Etiquette

Compliment your opponents' good shots. Never tease or ridicule mistakes.

Give your opponent the benefit of the doubt. If you are unsure of the landing of the shuttle, call in favour of the opponent.

Be gracious and quiet about your own mistakes.

Call your own net faults.

Do not walk on a court while a game is in progress. If your shuttle lands on another court, wait until their rally is over before retrieving your shuttle.

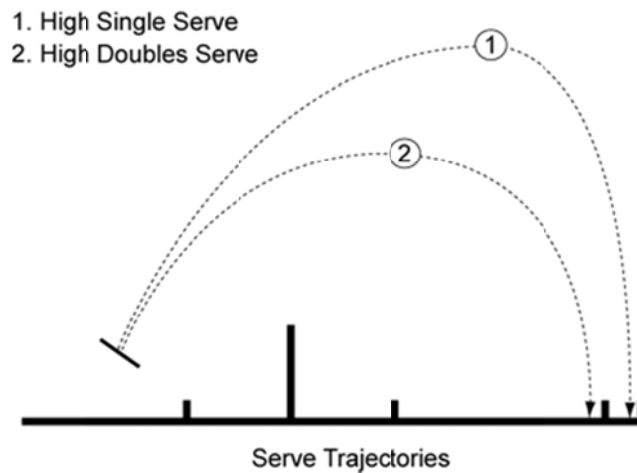
Hold your temper. Don't smash your racquet on the floor.

When returning the birdie to the other side of the net after a side-out, return it in a nice fashion. Toss by hand or slide it along the floor with your racquet.

Skills

Service Types:

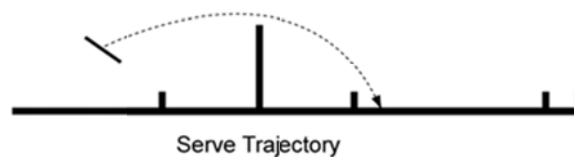
1) High Serve



Use this badminton serve during singles play to move your opponent as **far back in court** as possible, thus opening up his court. Be more cautious if you use this serve during doubles. Opponents with strong attacking abilities will work this serve to your disadvantage.

- Played with a forehand underarm action
- Stand two to three feet behind the short service line
- Step forward with non-racquet leg
- Follow-through with racquet to add the needed distance onto the shuttlecock

2) Low Serve



Use this badminton serve when you want your opponent to **lift the shuttle**. It is commonly used during doubles, but you can use it during singles too if your opponent's attack is too strong.

FOREHAND – step forward with non-racquet leg BACKHAND – step forward with racquet leg

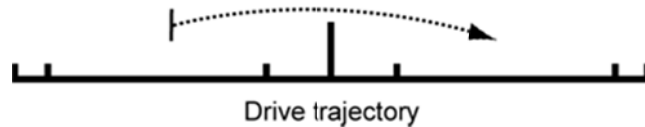
- Stand two to three feet behind the short service line
- Bring your racket back to your waist level then start your forward swing
- Hold the shuttle by the feathers and bring it closer to meet the racquet instead of dropping it in front
- Contact the shuttle at a higher point but still below your waist line
- Push the shuttle with the racquet face and try to make the shuttle skim the tape of the net

3) Flick Serve



Use this badminton serve when you are under pressure from **a rushing opponent**. It is a rather useful tool during doubles. However, you might be left exposed if your opponent anticipated it. So, use it sparingly and keep your opponent guessing. You can use either your forehand or backhand to perform this serve. Give the impression that you are going to push the shuttle as in the low serve, but instead use your wrist to flick the shuttle over. Wrist action is the key to executing this serve well.

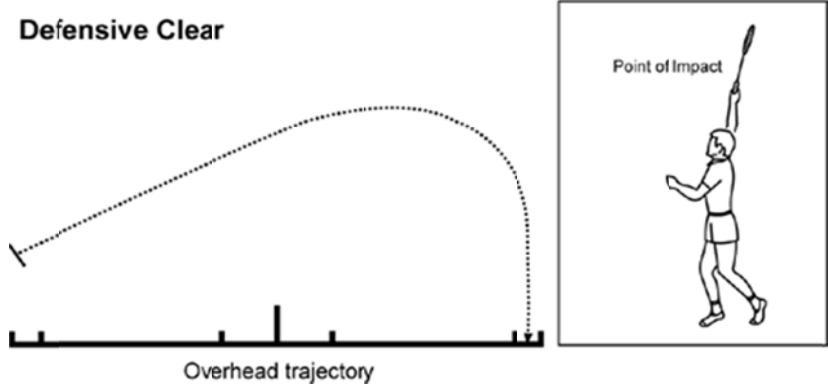
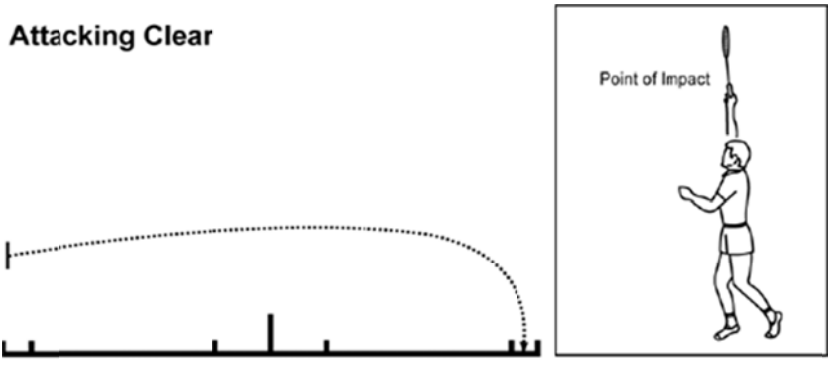
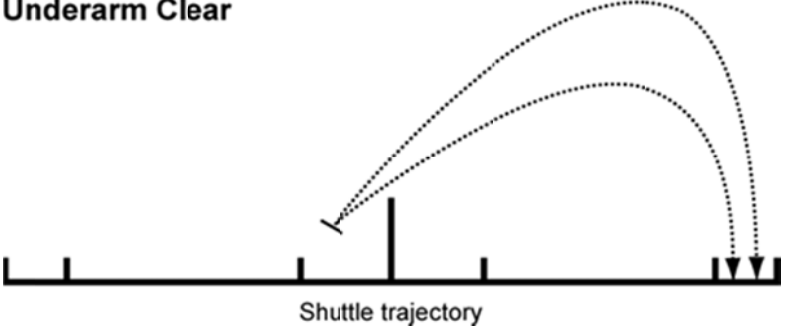

4) Drive Serve



This is considered an **attacking serve** and can be used in singles and doubles. The shuttle will travel at a flatter angle pass the net with pace. It may win you points outright or force a poor service return if your opponent is unprepared. However, make sure you contact the shuttle below your waist and not make a service fault.

- Played with forehand underarm action
- Step forward with non-racquet leg
- Place your racquet a bit below the waist level and bring it back parallel to it
- Hit the shuttle and let it pass the net at a flatter angle and follow through

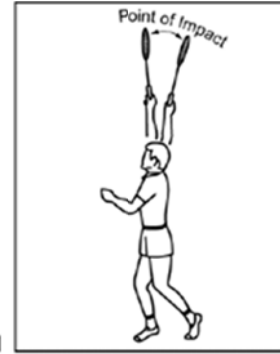
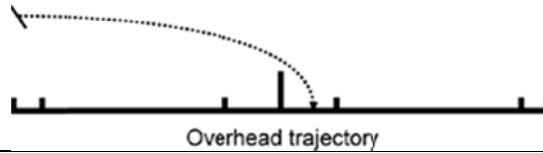
Basic Strokes:

<p>High and deep trajectory.</p> <p>Gives you more time to return to your base and prepare for the next shot.</p> <p>The shuttle is hit with your racquet face leaning slightly backwards.</p> <p>Can be performed forehand or backhand.</p>	<p>Defensive Clear</p>  <p>The diagram shows a shuttle trajectory starting from the front court, arching high and deep into the back court. A player is shown in a ready stance with the racquet face slightly backwards. The label 'Point of Impact' is above the player's head. Below the court diagram is the text 'Overhead trajectory'.</p>
<p>Trajectory runs almost parallel to the ground.</p> <p>The shuttle travels flat and fast towards your opponents back court.</p> <p>Allows less time for your opponent to get behind the shuttle, causing weak returns.</p> <p>The shuttle is hit square with your racquet face.</p>	<p>Attacking Clear</p>  <p>The diagram shows a shuttle trajectory starting from the front court, arching slightly but remaining flat and fast towards the back court. A player is shown in a ready stance with the racquet face square. The label 'Point of Impact' is above the player's head. Below the court diagram is the text 'Overhead trajectory'.</p>
<p>Played from the front court area to your opponent's back court.</p> <p>Can be played high or flat, down the line or cross-court depending on opponent's positioning on court.</p>	<p>Underarm Clear</p>  <p>The diagram shows two shuttle trajectories starting from the front court area and landing in the back court. One trajectory is high and deep, while the other is flatter. Below the court diagram is the text 'Shuttle trajectory'.</p>
<p>Crosses the net flatly in a horizontal trajectory.</p> <p>Is an attacking shot played from the sides of the court when shuttle is too low to smash. Shuttle is between shoulders and knees.</p> <p>Can be performed forehand and backhand.</p>	<p>Drive</p>  <p>The diagram shows a shuttle trajectory starting from the side of the front court and crossing the net flatly in a horizontal path towards the back court. Below the court diagram is the text 'Drive trajectory'.</p>

Lands in your opponent's front-court area as close to the net as possible.

It is intended to move your opponent to the front-court, hopefully forcing a weak return to your midcourt for you to kill.

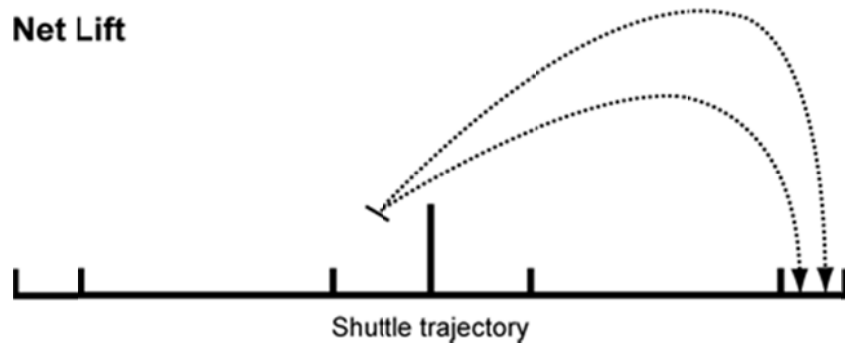
Slow Drop Shot



Same technique as the underarm clear.

Moves your opponent to the back court to create more time for yourself. Play straight down the line or cross court. Hitting it high or flat changes with your opponent's positioning.

Net Lift

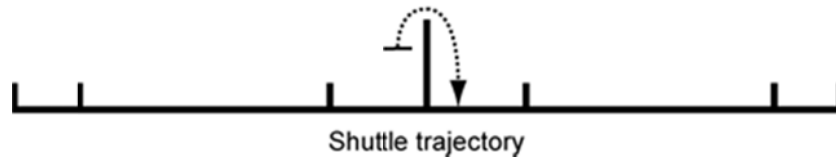


Played from net area back to your opponent's net area.

Can be performed forehand and backhand.

These shots can be played straight or cross court.

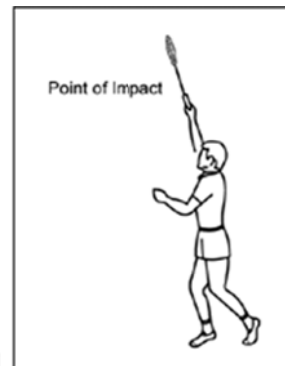
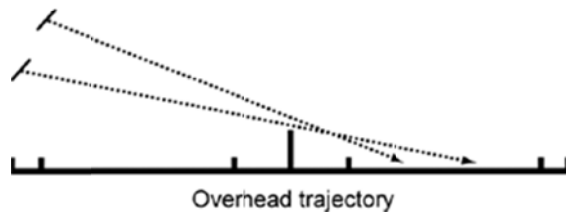
Net Shot



A shot hit with power and speed downward to your opponent's court making it hard for your opponent to return.

Contact the shuttle further in front of your body than the clear or the drop shot.

Smash



Strategy & Positioning

Singles:

Study your opponent to discover their strengths and weaknesses.

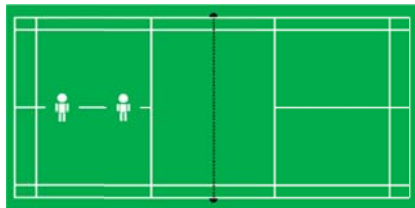
Vary your shots to move your opponent to all 4 corners of the court.

Use mental strategy and physical fitness to outwork and outshoot your opponent.

Offensive Zone and Play in Doubles:

When a team goes on offense in badminton it divides the court to maximize offensive power.

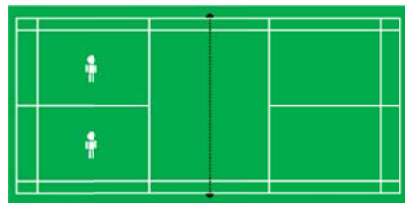
The best division is the "up and back". In this formation one player covers approximately the half of the court closer to the net and the other player covers the half closer to the back line:



In this type of zone offense, each player has a definite area of responsibility. Let's assume that player A is on offense near the net and player B is on offense near the back line. Players A and B should generally stay close to the centre line. If either moves too far from the centre line, the other player moves immediately to balance. Player A tries to force the opponents to lift the bird so player B can smash it. Player A will smash whenever the opportunity arises, but generally will play net shots and lifts. In the "up and back" system, the "up" player must try to intercept all shots which will not be high enough for the "back" player to smash. Player B tries not to hit cross-court unless there is an easily exploited weakness.

Defensive Zone and Play in Doubles:

The court division for the defensive zone in badminton is almost a complete opposite. In this case the players adopt a "side by side" stance using the centre line as their dividing line:



Since they are on defense and therefore expecting smashes, they take their position about two thirds or three quarters of the way from the net to the back line with their racquets held about waist level. When returning your opponents' offensive smashes and drops try to avoid merely lobbing or lifting the shuttle back; this merely allows your opponents to remain on offense and leaves you on defense. Instead of lifting, try either a net shot or flat drives. If you have to lift the shuttle, hit it high and deep to the back corners. A careful mixture of these alternatives will keep your opponents off balance and may even force them to lob a shuttle back high allowing your team to go on offense.

Links & Resources:

<http://en.wikipedia.org/wiki/Badminton>

<http://www.badminton.ca>

<http://www.badminton-information.com>

<http://badminton.chorwong.com/articles.pdf>