Badminton

 Badminton was invented around 1870 but no one knows for sure the exact date. The name badminton comes from the town of Badminton, home of the Duke of Beaufort.

 Badminton may be played indoors and outdoors. The “singles” and “Doubles” court is combined for the two courts. The doubles court is 20 feet by 44 feet. The racket is similar to the tennis racket, but is much lighter in weight. It may be strung with get, nylon or wire. The shuttlecock or “bird” is made of feathers. A plastic bird is used for class play.

Since 1992, badminton has been an [Olympic sport](http://en.wikipedia.org/wiki/Olympic_sports) with five [events](http://en.wikipedia.org/wiki/Competition): men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair consists of a man and a woman. At high levels of play, especially in singles, the sport demands excellent fitness: players require aerobic stamina, agility, explosive strength, speed and precision. It is also a technical sport, requiring good [motor coordination](http://en.wikipedia.org/wiki/Motor_coordination) and the development of sophisticated racquet movements.

PLAYING TERMS AND RULES:

1. Badminton plays rally scoring, meaning ever serve a point will be earned by the serving team or the receiving team based on who wins the point.
2. The team’s term of service is called an inning.
3. When an inning is over a service over is called
4. The game is started with a service from the right-hand court. The same player continues to serve into alternate courts until the serving side makes a fault.
5. When the serving side makes a fault the server loses his serve. This called a first service.
6. In the doubles game we use a simple method to determine which court players should be in. When a side’s own score is zero or an even number, the players are in the same court that they were at the start of the game, and when their score is an odd number, players are in opposite court form the court that they were in at the start of the game.
7. In the singles game, the player serves from the right court when his/her score is zero or an even number and from the left court when his/her score is an odd number.
8. Partners must alternate receiving the serve.
9. The server may not serve until his opponent is ready.
10. During the service, the servers and the receivers must be in their respective courts. After the service, partners may take any position provided they do not interfere with the opponent.
11. Serving out of turn shall be a let if discovered before the next serve.
12. Only one trial at service is permitted unless the bird is missed completely by the server.
13. It is a fault:
	1. If the server steps on a line in his service court or fails to keep both feet on the floor while serving
	2. If, in serving, the head of the racket at the instant of striking the bird is above the waist or hand.
	3. If any player feints or balks during the service
	4. If the serve is returned by the partner of the receiver.
	5. If the server and receiver are not in their respective courts with both feet in contact with floor until the service is delivered.
	6. If the bird is hit more than once, either on a return or a service before it crosses the net.
	7. If the bird does not cross the net
	8. If the bird touches any part of the body or clothing of a player.
	9. If the service or return falls anywhere outside of the proper court without being struck by the receiver. Lines are inbounds
	10. If the bird is hit before it crosses the net. The striker may, however, follow through over the net.
	11. If the player touches the net with the racket, body, or clothing while the bird is in play.
	12. If the bird hits any obstruction above or to the side of the court.
	13. If the bird rests momentarily on the racket. The bird must be hit and not slung or carried.
	14. If a player obstructs his opponent, such as a player holding his racket near the net to block a smash.
14. Scoring:
	1. A match consists of the best of 3 games of 21 points
	2. Every time there is a serve there is a point scored.
	3. The side winning a rally adds a point to its score.
	4. At 20 all the side which gains a 2 point lead first wins that game.
	5. At 29 all, the side scoring the 30th point, wins that game.
	6. The side winning a game serves first in the next game.
15. Playing terms:
	1. ACE: Unit of scoring. One point. An untouched serve
	2. FAULT: An attempted serve or return which falls short, hits the net or lands out of the playing area.
	3. GAME: 11, 15, or 21 points
	4. HAND-IN: a side’s turn to serve
	5. HAND-OUT: a side loses the serve
	6. INNING: a side’s turn of serving
	7. KILL: A smash shot
	8. LET: the right to serve over or play the point over
	9. LOVE: a score of zero
	10. MATCH: best tow out of three games
	11. SERVICE: opening stroke of an inning. Method of putting shuttlecock into play.
16. Interval and change ends
	1. When the leading score reaches 11 points, players have a 60 second interval
	2. A 2 minute interval between each game is allowed
	3. In the third game, players change ends when the leading score reaches 11 points
17. Singles
	1. At the beginning of the game (0-0) and when the server’s score is even, the server serves from the right service court. When the server’s score is off, the server serves from the left service court.
	2. If the server wins a rally, the server’s score is odd; the server serves from the left service court.
	3. If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court. Left if their score is odd, and right if it is even.
18. Doubles
	1. A Side has only one service3.
	2. The service passes consecutively to the players as shown in the diagram
	3. At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
	4. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
	5. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
	6. The players do not change their respective service courts until they win a point when their side is serving.

Fundamentals:

 The grip most frequently used in badminton is called the “handshake” grip. The V between the forefinger and thumb is exactly in line with the top edge of the racket handle.

 The backhand grip is only slightly different then the forehand. The racket is turned to the right slightly so that the thumb may be placed against the back of the handle.

Strokes:

 Overhead -- Either forehand or backhand

Underhand -- Either forehand or backhand

TYPES OF SHOTS:

1. Drive: This stroke should be hit hard so that the shuttle travels in a horizontal plane and barely clears the net.
2. Drop Shot: This shot demands finesse and is accomplished by an easy wrist motion and little follow through. The bird is stroked easily to drop just over the net. An overhand stroke is best to use when near the back line, and an underhand stroke with near the net.
3. Lob or High Clear: This shot is hit high to the back court.
4. Smash: this is an overhead shot and is known as the kill shot. The shuttlecock is hit forcefully downward with a full extended arm and wrist snap at the point of contact
5. Net Shot: The shuttlecock is hit gently from a point near the net sending the shuttlecock just barely over the net or diagonally across the net.

Types of service:

 There are 3 types of service which the player should master:

1. Long high: This serve is a high shot to the back court.
2. Short: The bird is just lifted across the net so that it falls just across the service line.
3. Fast or Driven: This is a flat service that travels fast and low and should be aimed toward the receiver’s left foot.

Side Line Doubles

Net

 Right Service Court

Short serve line

Center Line

 Left Service Court

Side Line Singles

Net