

# Badminton Study Guide

## History of the Badminton

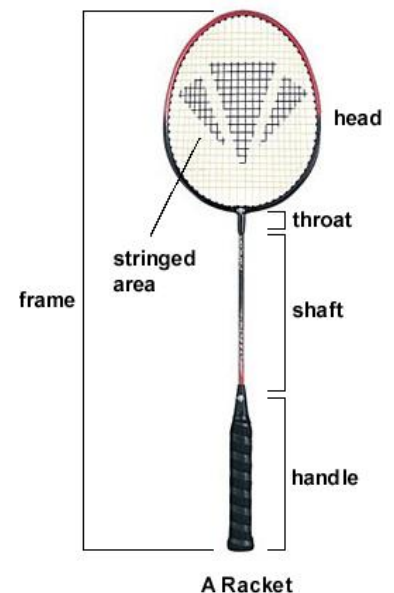
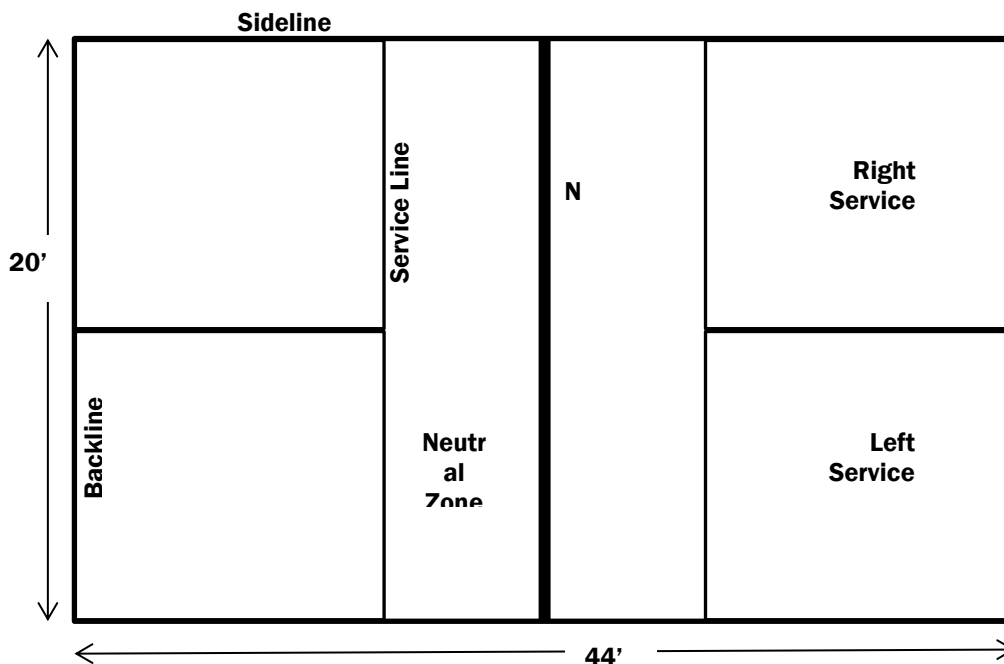
Badminton birdies are the fastest recorded object in sports at 493km/h, which translates to over 306mph. A game called “battledore and shuttlecock” was a children’s game keeping a cork stuffed with feathers in the air using a paddle (battledore) for as long as possible. Over 2000 years ago, a similar game was played in ancient Greece. The modern version migrated to India and then back to England. The Duke of Beaufort named the game after Badminton House in Gloucestershire, England. The first badminton competition was in 1899. The Badminton Club of New York started in 1878. Between 1949 and 1967 the U.S. won 23 world championships.

## Objective of the Activity (Scoring system)

Games are played to 21 points win by two. A point is awarded to the team that wins the rally (rally scoring). The rally ends when the bird contacts the court or a fault has been committed. A match consists of the best of three games. The winner of the coin toss (or alternative) chooses to serve, receive, or which end of the court to defend.

## Equipment/Playing surface

Badminton rackets, birdies made from nylon, plastic, or feathers and cork. Courts could be in a gym or outside on asphalt or grass. The top of the net is 5’1” at the poles and no lower than 5’ in the middle.



## Etiquette

Call out the score before serving. When calling out the score, always say the serving team’s score first. This reduces scoring disagreements and alerts the receiving team that the bird is about to be served. When playing in a gym setting, try not to effect the other courts. If the bird isn’t going to interfere, wait until the rally is over to retrieve it or ask for help. Disagreements on faults should be settled by replaying the point.

## **Players/Positions/Skills**

Play can be singles or doubles. Positioning on the court depends on skill level.

### **Skill shots**

- Clear – A high shot over the opponent's head to the back of the court
- Dink/drop – A soft shot that barely goes over the net
- Drive – A fast, low shot driving the opponent back
- Hairpin – An underhand shot that goes up close to the net and comes down close to the net
- Smash – An overhand shot that is fast and downward, sometimes done with a jump
- Kill – A smash that earns a point
- Overhand/Underhand – terms used to describe whether the racket is moving downward (overhand) or upward (underhand)

## **Rules/Faults**

The shuttle must be released from the hand and served underhand from below the waist. The game starts with a serve from the right side of the court. Service must be diagonal. Only one attempt is allowed unless the shuttle is missed. The same server continues to serve, alternating right and left service courts, until they lose a rally. When a server loses the rally, a side-out is awarded. The serve then progresses to the next player in the service rotation. If team AB plays team XY, the serving order would be A-X-B-Y repeat. Lines are considered part of the court and counted as "in."

### **Faults**

- Hitting the birdie into the net and it gets stuck or doesn't go over.
- Hitting/serving the bird out-of-bounds.
- Hitting the bird twice before it goes over.
- Touching the net/post with the body, clothing, or any part of the racket.
- The bird strikes a player or anything they are wearing or carrying even if they are out-of-bounds. This includes catching the bird.
- The serve is returned by the non-diagonal opponent.
- An intentional miss (fake) on the serve.
- Not having both feet in contact with the court when serving or returning serve.
- The bird "sticks" or is carried by the racket.
- Stepping on or over the service line during the serve.
- The serve lands in the neutral zone.

### **Lets (replay the point)**

- The bird gets stuck in the strings of the racket.
- The bird goes over the net and then gets stuck.
- Interference from another court.
- Simultaneous faults on the serving and receiving teams

## **Components of Fitness**

Badminton requires tremendous cardio-respiratory endurance when both players are skilled. The small court makes for a very fast game using short bursts of energy to get to the bird. Muscular endurance comes into play if multiple games are played.