



Badminton

Rules

- A game can take place with either two (singles) or four (doubles) players.
- To score a point the shuttlecock must hit within the parameters of the opponent's court.
- If the shuttlecock hits the net or lands out, then a point is awarded to your opponent.
- Players must serve diagonally across the net to their opponent. As points are won then serving stations move from one side to the other. There are no second serves so if your first serve goes out then your opponent wins the point.
- A serve must be hit underarm and below the server's waist. No overarm serves are allowed.
- Once the shuttlecock is 'live' then a player may move around the court as they wish.
- If a player touches the net with any part of their body or racket, then it is deemed a fault and their opponent receives the point.
- A fault is also called if a player deliberately distracts their opponent, the shuttlecock is caught in the racket then flung, the shuttlecock is hit twice or if the player continues to infract with the laws of badminton.
- Each game is umpired by a referee on a highchair who overlooks the game. There are also line judges who monitor if the shuttlecock lands in or not. The referee has overriding calls on infringements and faults.
- Let may be called by the referee if an unforeseen or accidental circumstance arose. These may include the shuttlecock getting stuck in the net, server serving out of turn, one player was not ready or a decision which is too close to call.
- The game has only two rest periods coming the form of a 90 second rest after the first game and a 5-minute rest period after the second game.

Strategies

- One simple badminton strategy is to serve long and high to your opponent's back court. This will force your opponent to move back to the baseline and open his forecourt.
- Throw in some disguised low serve occasionally and you might just catch your opponent off guard and win a point outright.
- Always try to hit the shuttle away from your opponent and make your opponent move around the court. One exception to this rule is that when you encounter a tall opponent, you might want to smash straight to his body to gain an advantage.
- Observe your opponent's strength, weakness, favourite shots, and pattern of play. Use it to your advantage.
- Your aim is to make your opponent play a weak return, such as a weak backhand shot from the back court. If your plan works and forces a mistake or a poor return which you can make a 'smash'.
- If you are in a difficult situation in the game and your opponent is not, you need to make time for yourself to get back to a favourable position. Do this by hitting the shuttle high towards the back of the court, preferably near the middle of the baseline. Your opponent will find it difficult to catch you out with acute angled returns from there.
- Remember always to get back to your base position in the midcourt area after making each shot. This is a position where you can possibly reach any of your opponent's shots.



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Court Markings and Equipment

The court measures 6.1m wide and 13.4m long. Across the middle of the rectangular court is a net which runs at 1.55m. Running along each side of the court are two tram lines. The inside lines are used as the parameter for singles match whilst the outside line is used for a doubles match.

Each player can use a stringed racket and a shuttlecock. The shuttlecock is made up of half round ball at the bottom and a feather like material surrounding the top. You can only really hit the bottom of the shuttlecock and as gravity comes into play will always revert the ball side facing down.

Scoring

A point is scored when you successfully hit the shuttlecock over the net and land it in your opponent's court before they hit it. A point can also be gained when your opponent hits the shuttlecock into either the net or outside the parameters.

To win a game you must reach 21 points before your opponent. If you do so then you will have won that set. If the scores are tied at 20-20 then it comes down to whichever player manages to get two clear points ahead. If the points are still tied at 29-29 then the next point will decide the winner of the set. Winning the overall game will require you to win 2 out of the 3 sets played.

Key Terms

Carry - An illegal tactic, also called a sling or throw, in which the shuttle is caught and held on the racket and then slung during the execution of a stroke.

Clear - A shot hit deep to the opponent's back court.

Drive - A fast and low shot that makes a horizontal flight over the net.

Drop - A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.

Fault - A violation of the playing rules, either in serving, receiving, or during play (see common faults listed below).

Flick - A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net.

Let - A legitimate cessation of play to allow a rally to be replayed.

Net Shot - Shot hit from the forecourt that just clears the net and drops sharply.

Push Shot - Gentle shot played by pushing the shuttle with little wrist motion, usually from net or midcourt to the opponent's midcourt.

Rally - this occurs when the players hit the shuttle back and forth several times before one side