BADMINTON was invented long ago; a form of sport played in ancient Greece and Egypt.

The game was called "POONA" in India during the 18th Century, and British Army Officers stationed there took the Indian version back to England in the 1860's.

In 1934, the International Badminton Federation (IBF) was organized.

Badminton was first contested as an official Olympic sport at the 1992 Olympic games in Barcelona, Spain.
Rules of the game

- It is played by two or four players, either indoors or outdoors, on a marked-out area 44 ft (13.41 m) long by 17 ft (5.18 m) wide for the two-player game and 20 ft (6.10 m) wide for the four-player game.
- A net is fixed across the middle of the court, with the top edge of the net set to a height of 5 ft (1.52 m) from the ground at the center and 5 ft 1 in (1.55 m) at the posts.
- Only the serving side can win a point.
- If the serving side fails to return the shuttlecock, it loses the serve; if the receiving side fails to return the shuttlecock, it loses the point and must receive again.
- A game is played to 15 points
- If the score is tied near the end of a game, the game may be decided through a tie breaking procedure called setting, which involves setting the game to a predetermined number to play to.
Badminton Rules

A badminton match comprises the best of three games.

A coin is tossed before the first game, and the winner of the toss may serve first or pick an end of the court.

Only the serving side can score.

In Classic scoring format, the winning team needs 15 points in doubles and men's singles, or 11 in women's singles.

In the new Rally Point scoring format that just recently adopted and used for major tournaments, the winning team needs 21 points to win the match.
Badminton is a game that somewhat resembles tennis and volleyball and involves the use of a net, lightweight rackets, and a shuttlecock, a cork ball fitted with stabilizing feathers.

The players hit the shuttlecock back and forth over the net with the rackets.
Court & Equipment

- Court Dimension: 44ft x 22ft (double) / 44ft x 17ft (single)
- Net Height: 5ft 1in on the sides / 5ft on the center of court
Rally

- A rally is **won** when a shuttle is hit over the net and onto the floor of the opponent's court.

- A rally is **lost** if the shuttle is hit into the net, or over the net but outside of the opponent's court. A rally is also lost if the shuttle touches the player's clothing or body, or if it is hit before it crosses over the net.
Serving

- The service courts are slightly different for singles and doubles.
- A shuttle on the line is "in".
- The server and receiver stand in the diagonally opposite service courts (always right hand at the start of the game) but therefore players may move anywhere on their side of the net.
- The server must obey laws designed to force underhand delivery of the serve, and the receiver must stand still until the service is
Scoring

- Matches comprise of the best of three games. Each game starts at 0-0 (traditionally called "love-all").
Classic scoring Format

- If the serving side wins a rally, it scores a point, and serves again but from the alternate service court. If the receiving side wins the rally, the score remains unchanged and the service passes to the next player in turn. In singles, this is the opponent: in double it's either the partner or, if both players have just had a turn of serving, one of the opponents.
Players change ends at the end of a game and when the leading score reaches 8 in a game of 15 points (or 6 in a game of 11 points) in the third game. A five minute interval is allowed prior to any third game.
Badminton Grips

**Forehand Grip**
- This grip is used to hit shots that are on the forehand side of your body and around the head shots.
- Hold the racket head with your non-playing hand so that the handle points towards you.
- Your racket face shall be perpendicular to the floor.
- Place your playing hand on the handle as if you are shaking hands with it.
- There shall be a V shape in between your thumb and your index finger.
- The racket handle shall rest loosely in your fingers for greater flexibility.
- Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.

**Backhand Grip**
- This grip is used to hit shots that are on the backhand side of your body.
- Hold the racket as you would on a forehand grip.
- Turn the racket anti-clockwise so that the V shape moves leftwards.
- Place your thumb against the back bevel of the handle for greater leverage and power.
- The racket handle shall also rest loosely in your fingers.
- Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.
Serving

**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.
- Relax your body and bend your knees slightly.
- Lead with your non-racket leg and place your racket leg behind.
- Bring your racket back to almost your shoulder level then swing it forward following the rhythm of the stroke.
- Hold the shuttle by the feathers and let it drop slightly in front of you.
- Hit it with the flat face of your racket and follow through until your racket reaches the non-racket side of your head.

**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. You can use either forehand or backhand to play this serve.
- Forehand
  - Stand two to three feet behind the short service line.
  - Relax your body and bent your knees slightly.
  - Lead with your non-racket leg and place your racket leg behind.
  - 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 racket instead of dropping it in front.
  - Contact the shuttle at a higher point but still below your waist line.
  - Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.
  - If you normally use high serve during singles, mix the low serve in occasionally. You might be able to catch your opponent off-guard if you can execute it well.

**Backhand**
- Stand in a comfortable and balanced position with your racket hand in front.
- Lead with your racket leg and place your non-racket leg behind with your feet pointing towards your opponent.
- Carry out a short backswing then bring the racket forward.
- Hold the shuttle on the tip of the feathers in front of your waist level.
- Push the shuttle with the racket face and try to make the shuttle skim the tape of the net.
- You can try to shorten the grip for a better control of the racket.
- Beware of breaking the Service Rules.

1. High Single Serve
2. High Doubles Serve
Badminton Clears

**Overhead Clear**
- Use the clear to move your opponent to the backcourt. It will create space in the frontcourt for you to exploit.
- It will also give you more time to go back to your base. The optimum hitting zone is located somewhere above the central area of your racket.
- You can play two types of Badminton Clears, Attacking Clear and Defensive Clear.

**Defensive Clear**
- has a high and deep trajectory. These badminton shots give you more time to return to your base and prepare for the next shot. The shuttle is hit with your racket face leaning slightly backwards.

**Attacking clear**
- has a trajectory that runs almost parallel to the ground. The shuttle travels flat and fast towards your opponents back court. These badminton shots allow less time to your opponent to get behind the shuttle, potentially causing weak returns. The shuttle is hit square with your racket face.

**Underarm Clear**
- The underarm clear is usually played from the front court area to your opponent’s back court. Whether to play it high and deep or a flatter, cross court clear will depend on the situation at that time and your opponent’s positioning on court.
- In any case, try to reach the shuttle as early as possible so that you can have various shot options. Your wrist action is the crucial element in creating a deception for your shots.
Drop shots

**Badminton Drop Shots**

- are delicate badminton shots that can win you points outright if executed well with deception. These shots can be played both on the forehand and backhand sides. Use the badminton drop shot to move your opponent to the frontcourt. It will create space in the midcourt and backcourt for you to exploit.

- Wrist action is essential in providing the disguise and element of surprise. The optimum hitting zone is located somewhere above the central area of your racket.

- You can play two types of Badminton Drop Shots, Slow Drop Shot and Fast Drop Shot.
Drives, smashes and net play

Net Shots
- These shots are played from around the net area back to your opponent’s net area. It can be played both on the forehand and backhand sides. The objective is to force your opponent to hit a weak lift or hit shots that could not clear the net. These shots can be played straight or cross court.
- Execute the net shot well and you will have a tumbling shuttle falling into your opponent’s court. It is a difficult shot to return by any standards.

The drive
- is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash. The shuttle shall be between your shoulder and knee height.
- It is widely used in doubles as players want to keep the shuttle low. Although to a lesser extent in the singles, it is an important stroke as well.
- A flat and fast drive is useful in getting the shuttle behind your opponent, potentially causing them to make a weak return. You can also change your tactics and play a flat but slower drive shot that falls in the frontcourt or midcourt area. It all depends on the situation you are in and the on court positioning of your opponent.
- Badminton drive shot can be played diagonally crosscourt or straight down the line. Your stroking motion is similar to a sidearm throwing motion. Footwork is important as you need to shuffle or glide to your sides to make the shot.

The smash
- is a shot hit with power and speed downward to your opponent’s court. The angle and the steepness of the shuttle’s trajectory will make it hard for your opponent to retrieve.
- Contact the shuttle further in front of your body than the clear or the drop shot. The optimum hitting zone is located somewhere above the central area of your racket.
Vocabulary

Alley - The area 18” wide, that runs the length of the court, and is in play only for a doubles match.

Clear - The hit used to hit the shuttlecock high and deep into the backcourt.

Drive - The hit used to send the shuttlecock, hard and parallel to the floor.

Drop Shot - The hit, similar to a dink in Volleyball, where the shuttlecock is barely hit over the net.

Doubles - When you play with a partner, 2-on-2.

Fault - When a serve is missed, for any reason.

Foot Fault - When the server steps on the back line while serving.

Game - A series of points.

Let - When there is an occurrence, with no one at fault the point is played over, “let”.

Long service Line - The back line that marks the end of the service area.

Match - If a player or team wins 3 games, they win the match.

Score - The score should be even when the server is serving from the right side, and odd when the server is serving from the left side.

Serve - The serve should be hit underhand, and may touch the net, as long as the shuttlecock lands in the correct service area.

Short Service Line - The front line of the service area.

Shuttle - Also known as the shuttlecock or birdie, could be made out of bird feathers, if the were very expensive.

Singles - Anytime you play one person against another person.
Fun Facts

- It is a "fault" if you miss the shuttle while attempting to serve, and you lose a point.
- During the serve, you and your opponent receiving the serve must stand diagonally from each other inside the service courts.
- At the beginning of a game (0-0) and when the server’s score is even, the server serves from the right service court.
- In badminton, the team that serves first is decided by a racquet spin.
- If the serving side wins a rally, the serving side scores a point, and the same server serves again from the other/alternate service court.
More Fun Facts

- If the receiving side wins a rally, the receiving side scores a point and becomes the server.
- If every time there is a serve, there is a point scored. This scoring system is called rally scoring.
- The whole shuttle must be below your waist at impact during the serve.
- The head of the racket must be entirely below the server’s hand at impact during the serve.

The side winning a rally adds a point to its score.
Worksheet

What are the dimensions for a singles Badminton court?
What are the dimensions for a doubles Badminton court?
What is the net height in Badminton?

Explain how a Badminton game is started.
Single and double Badminton games are played to how many points?

List the faults used in Badminton.

Explain how to use the four clears in Badminton.

Explain how to use the drop shots in Badminton.

Explain how to use the smash shot in Badminton.

Please list the five serving rules for Badminton.

Draw and label a Badminton court, be sure to include all lines.

Define all of the vocabulary words.
**Badminton**

**Win loss record worksheet**

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A typical game is up to 25 points.

Games should use rally scoring (players score every time regardless of who is serving.)

Graph your win / loss record for at least 5 classes.
Work cited

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