PE/IM BADMINTON RULES (SIMPLIFIED)

1. SCORING
   a. 15 points per game
   b. Points scored by serving team only.
   c. Win by one point.
   d. Setting a game:
      i. When a game is set the score reverts to 0-0
      ii. The first team reaching 13, but later tied, may set the game to 5 additional points/just play to 5 to determine the winner.
      iii. The first team reaching 14, but later tied, may set the game to 3 additional points/just play to 3 to determine the winner.
      iv. A game does not have to be set/just play to 15 points

2. SERVING
   a. Serve underhand.
   b. Serve diagonally.
   c. If a point is scored by the server or serving team/switch sides of the court and serve again.
   d. Before serving say your score first then your opponent's score.
   e. Only one serve is allowed, unless the serve hits the net and goes into the correct service zone (this is a let-replay/reserve).
   f. It is a fault/loss of serve if the serve is long, short, outside, or wrong court. If shuttle hits the line, it is good.
   g. It is a fault if the server or receiver step out of their respective court before the serve is delivered (must stay in court).
   h. Only the player to whom the serve is directed may take the service.
   i. The server shall wait until her/his opponent is ready before serving.
   j. Players change courts at the end of the game and the winner serves first.

3. SOME FAULTS OR ERRORS THAT RESULT IN A POINT OR SIDEOUT
   a. If during play the shuttle falls outside the designated boundaries, goes through or under the net, or fails to pass over the net.
   b. If shuttle touches a player or attire of a player.
   c. If the shuttle, in play, is hit before it crosses the net. It is legal to hit it on your side and then to follow-through and break the plane of the net with racquet.
   d. A player cannot touch the net with her/his racquet, body, or attire.
   e. The shuttle cannot be hit twice in succession, either by the same person or players on the same side.
   f. The shuttle cannot be held momentarily on the racquet and not distinctly hit.

4. GENERAL RULES
   a. If during play the shuttle hits the net and falls over to the opponent's side, it is a good hit.
   b. During play if the shuttle hits the line, it is good.
   c. Players should call the lines on their side of the court.
   d. Any disagreements on calls should be replayed.

5. DOUBLES
   a. In the first half-inning of doubles only one sideout is allowed to the side beginning the game. In subsequent innings each partner is allowed an out.
   b. Remember in doubles
      i. Serve always starts in right-hand court.
   c. The server alternates courts on each point made until she/he loses the serve. The partner then starts service in her/his court, right or left as the case may be.
   d. Partners must also receive in order.
   e. Court lines: serve is short and wide, after the serve play the outside lines.

6. SINGLES
   a. The rules for singles and doubles are the same except: In SINGLES when the server's score is zero or an even number you serve from the right-hand court; when server's score is an odd number the serve is made from the left-hand court.
   b. Both players change courts after each point is made.
   c. Court lines: serve is long and narrow (inside lines
TEACHING TIPS/CUES IN GENERAL

1. GRIP
   a. Shake hands grip
   b. Forehand - thumb and index finger form a V on left edge of top bevel of the handle/opposite for a lefthanded player
   c. Hold racket in your fingers-not in the palm like a hammer
   d. Grip racket near end of the handle-this allows for more wrist action
   e. Backhand – turn hand counterclockwise so the V is on the top left bevel

2. READY POSITION
   a. Hold racket up – at least shoulder high/arm at a 90 degree angle away from body
   b. Knees bent – weight on balls of your feet – have good balance – be ready to move

3. RECEIVING/COURT POSITIONING
   a. Concentrate on the shuttle as it leaves your opponent’s racket
   b. Concentration and quickness are essential – you do not have much time to react
   c. It is important not to be moving when your opponent hits the shuttle
   d. Singles and doubles serve – stay in the middle of the service zone when starting a game-then make adjustments as needed – another position is staying to the far left of the service zone so they cannot hit to your backhand (opposite for lefties), but be ready to move
   e. Singles during play/rally – the center position is your basic position-halfway between the net and back line and on the center line
   f. Doubles positioning – side by side or front and back/when playing side by side if the shuttle goes down the middle/center of the court let the player on his/her forehand hit the shot (stronger return)

4. SERVICES
   a. Hold the shuttle with thumb and index finger
   b. Serve must be an underhand stroke
   c. Bring the racket behind your body at about waist level
   d. Drop the shuttle in front of you and contact it in front of your body between the knee and waist
   e. Start with body perpendicular to net and then rotate midsection until it faces the net-follow through
   f. Serving strategy:
      i. the high deep serve is used more in singles
      ii. the low drop serve is used more in doubles
      iii. use a combination of both serves to keep your opponent off-balance
      iv. in serves and shots in general work on the opponents backhand
   g. Low drop serve-keep it low with minimum clearance over the net/if it is to high it will be an easy return
   h. High deep serve-hit it deep to the back boundary line
   i. Drive serve-a serve deeper into the service zone than the low serve/try to keep it fairly low
   j. A good serve must be developed, as serving gives you the opportunity to score

5. SHOTS
   a. Forehand underhand clear-
   b. Forehand overhead clear-
   c. Forehand Drive-lower than a clear shot
   d. Backhand Drive-
   e. Underhand Dropshot-
   f. Overhead Dropshot-forehand or backhand
   g. Forehand Smash-