

The Rules of Badminton

Historical Background

- The sport of badminton can be traced back two thousands years to China although the first reliable sources link the sport back to a game called poona, a sport played by the British in India where the shuttlecock was made from a champagne cork and some feathers.

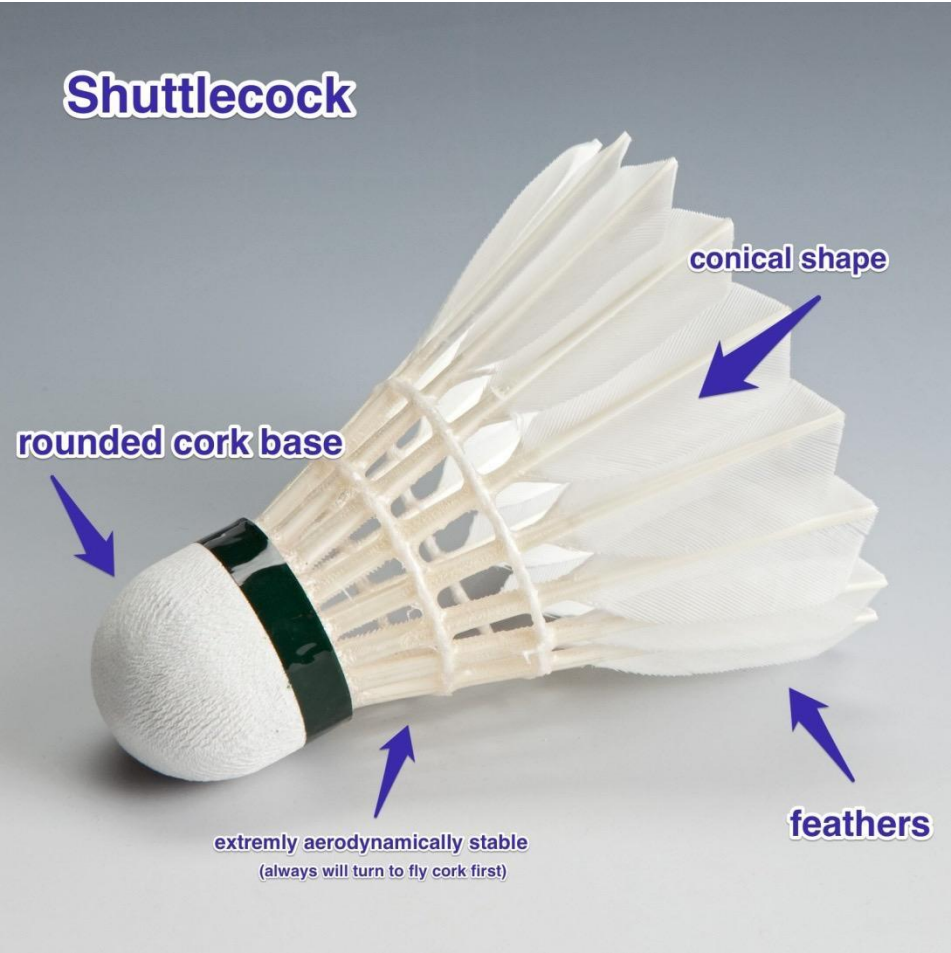


THE NEW GAME OF BADMINTON IN INDIA

**British people playing badminton
in India**

Equipment

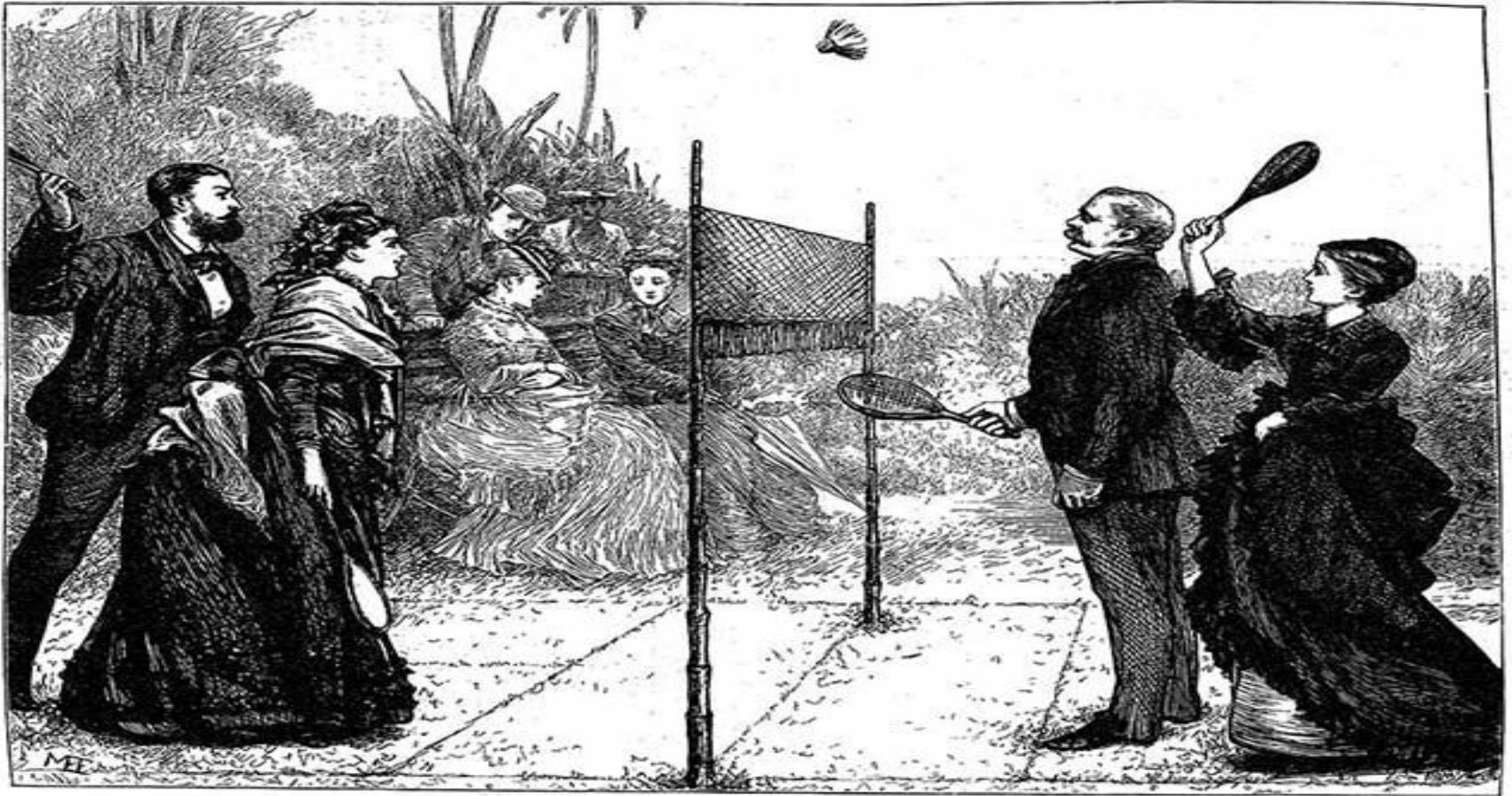
Shuttlecock



Racket

Rules

Badminton Court



THE NEW GAME OF BADMINTON IN INDIA

- **Aim of the game**

The aim of the game is for the shuttlecock to touch the floor of the opposing court or prevent the opponent from returning it.

- **Duration**

The winner is the player who wins the best of 3 games.

Scoring

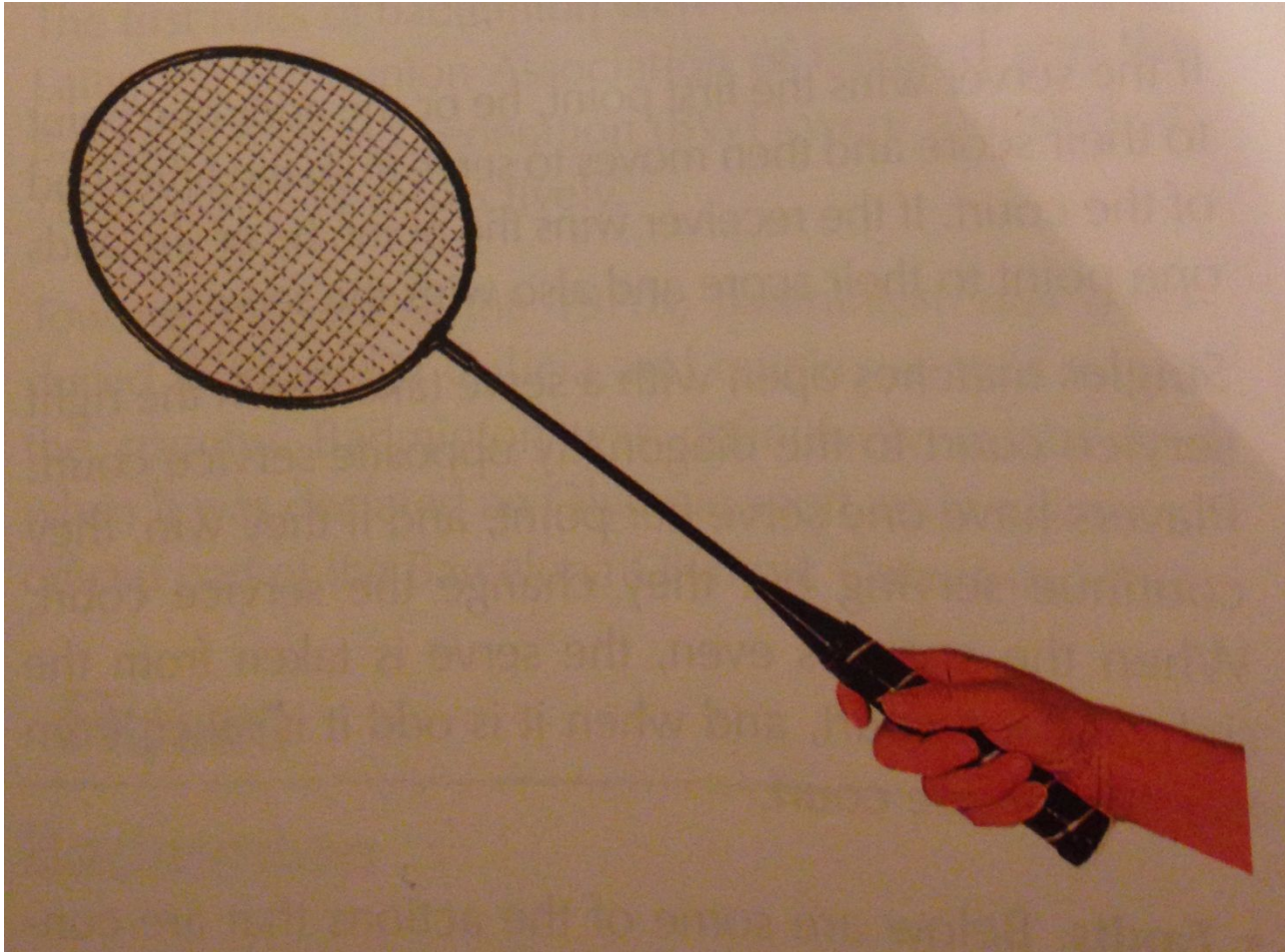
- The first player to reach 21 points wins.
- A player wins a point when the shuttlecock touches the opposing court or the opponent commits a foul
- If there is a draw at 20 points, the first player to be 2 points ahead wins the game.
- The winner of the rally serves in the following rally.
- If the server wins the point he or she adds one point to his/her score and moves to the other side of the court to serve.
- If the receiver wins the point he/she wins a point and also wins the serve
- In singles matches the first serve is taken from the right side of the court to the diagonally opposed service court.
- Players have one serve per point, if they win they continue serving but from the other side of the court.

Faults

- Serving overhand.
- If the shuttlecock is served and falls outside of the opposite service court.
- If the server or opponent is not in their corresponding service court.
- If the shuttlecock falls outside of the court during the game.

Technical Moves

How to hold the racket

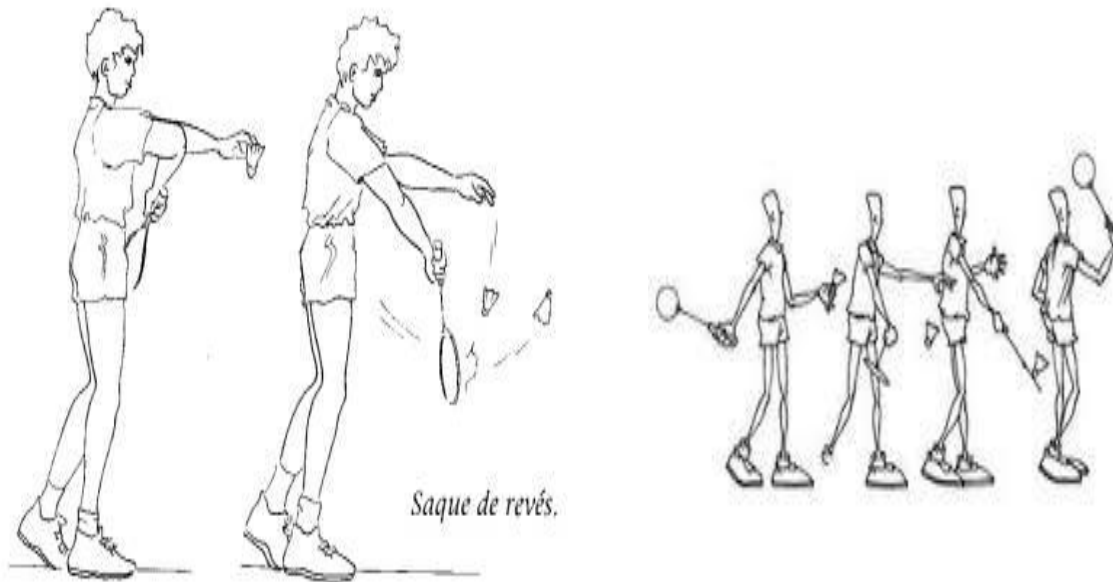


Basic position



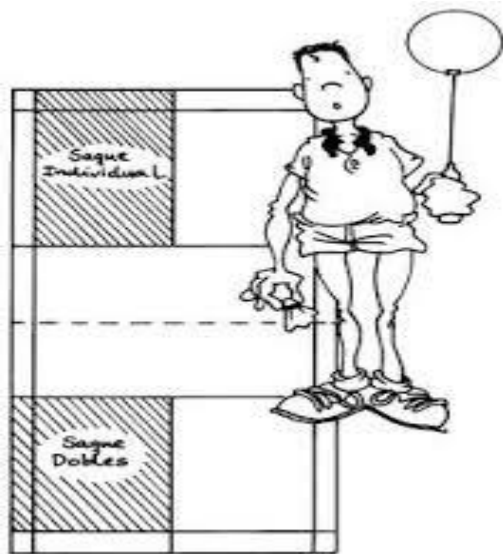
- Badminton is a very fast sport so it is important to have your weight evenly distributed across both legs.
- Legs bent, the opposite leg of the arm that holds the racket is forward.
- Torso slightly forward.
- You should position yourself in the centre of the court in order to reach all areas of the courts in a few steps.

The Serve



There are two kinds of serves: back serve (left picture) and right serve (right picture).

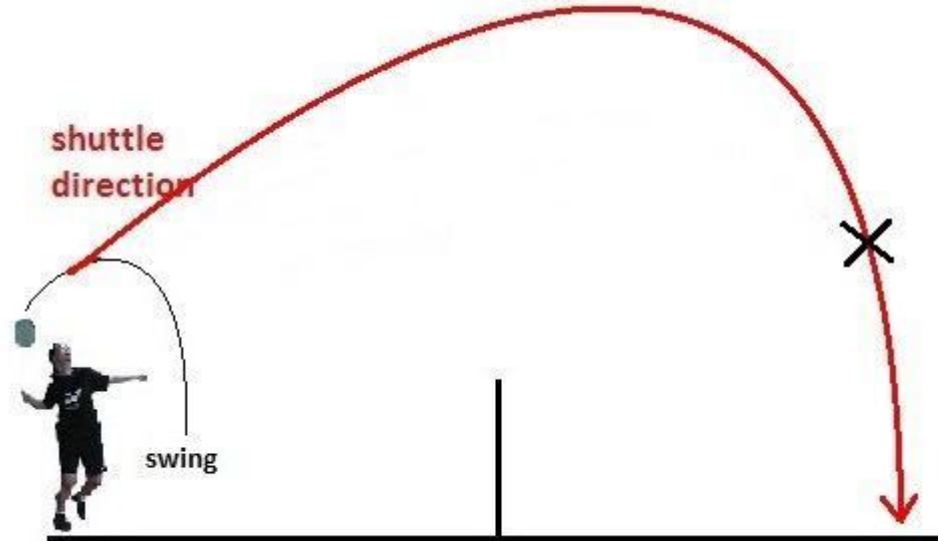
The serve can be long or short (a short serve is usually used for doubles matches and a long one for singles matches)



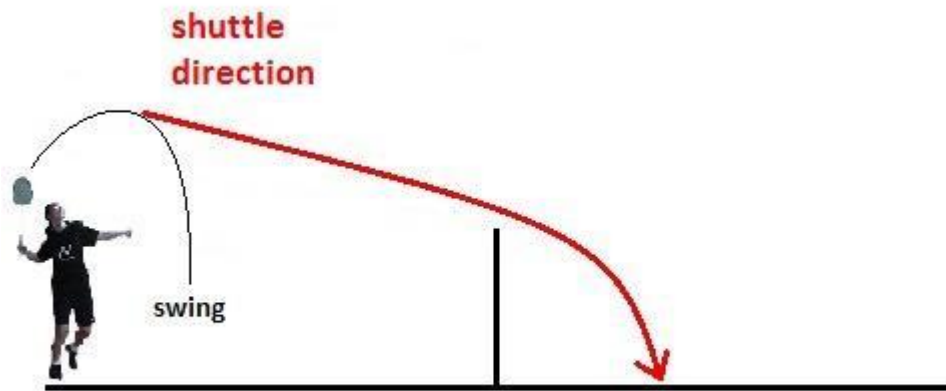
Basic Strokes

- The power in the stroke comes from the forearm whereas the direction of the shuttlecock is determined by the wrist movement.
- There are 5 basic strokes

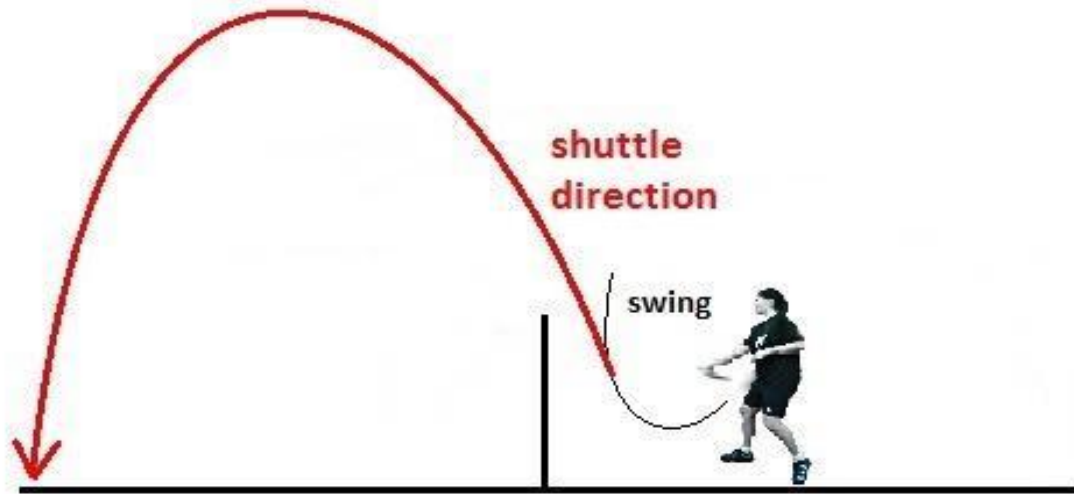
Clear: Stroke in which the shuttlecock is hit from the back of the court to the back of the opposing court.



Drop: Precision shot where the shuttle cock falls close to the net



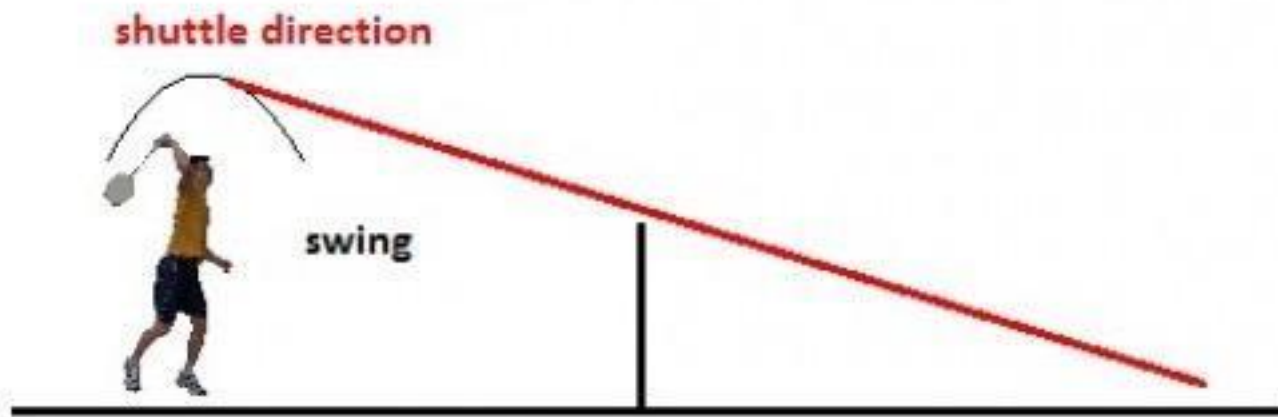
Lob: Defensive stroke used near the net. The shuttlecock is hit to the back of the opponents court.



Drive: Long, horizontal stroke



Smash: Fast, attacking, downwards shot that is used to try to win the point.



The END