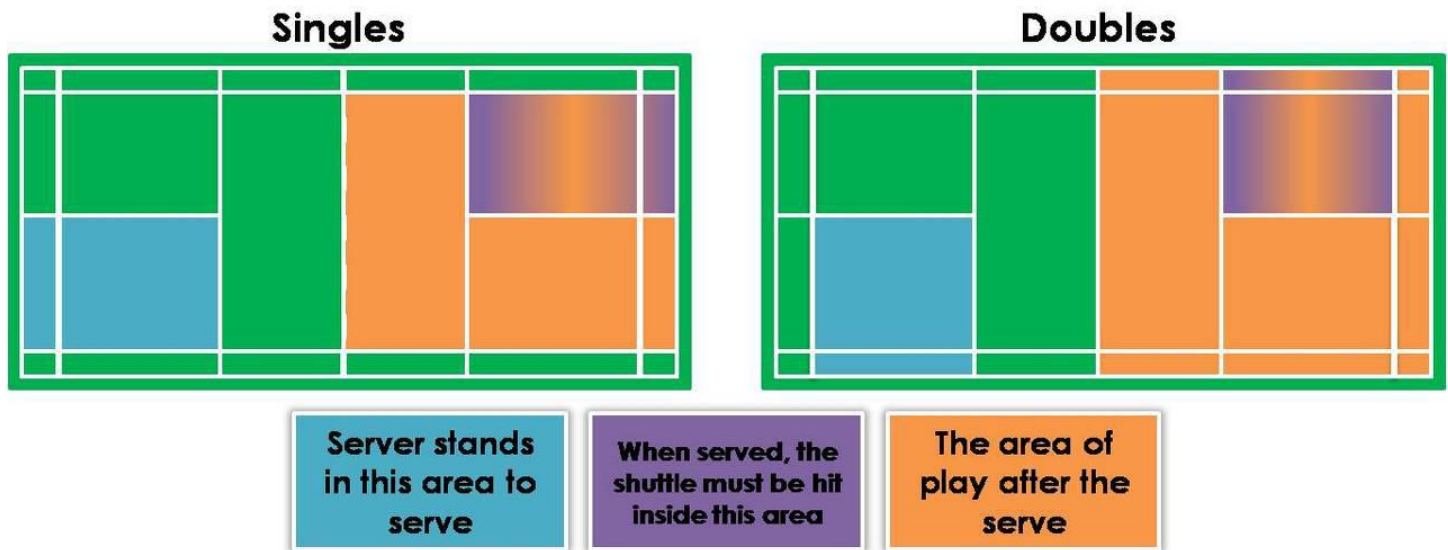


Badminton Study Guide

The Court:



Scoring System

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains a 2 point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

Interval and Change of Ends

- When the leading score reaches 11 points, players have a 60 second interval.
- A 2 minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

Faults

- When the shuttlecock lands outside the boundary lines, does not clear the net, hits the ground before being returned, or makes contact with a player's body or clothing.
- If the player making the fault is on the serving team, the service goes to the other team; if the player making the fault is on the receiving team, the serving team gets a point.

Singles

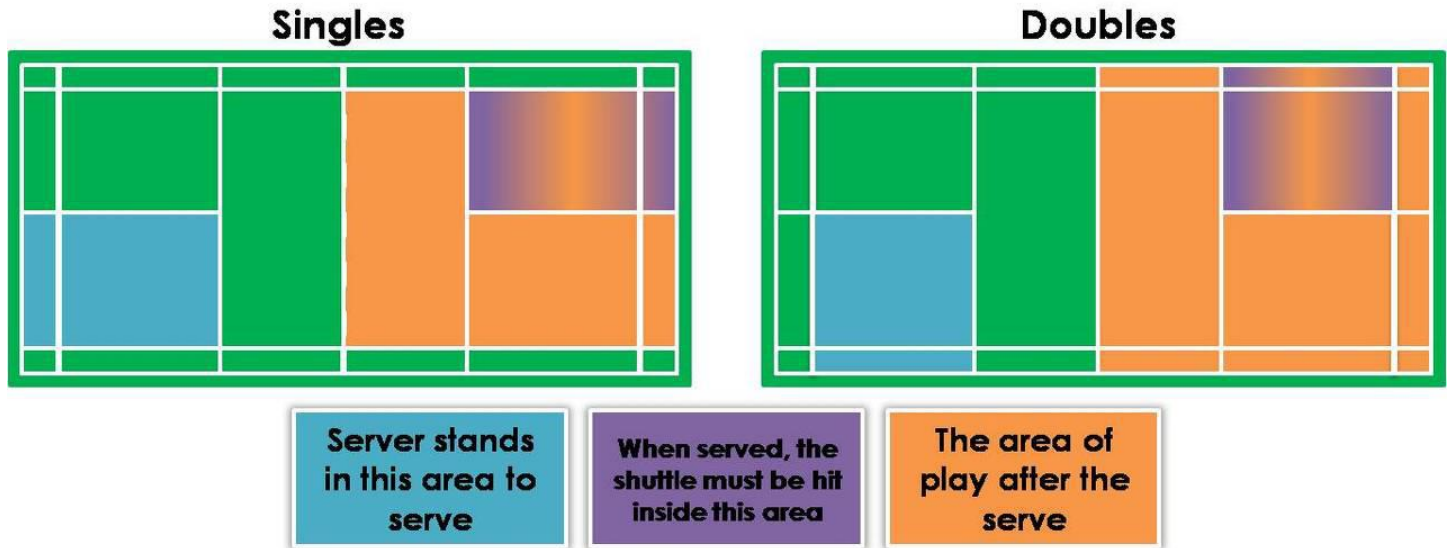
- Singles serving court and playing court are both long and narrow.
- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

Doubles

- Doubles serving court is short and wide.
- Doubles playing court changes to long and wide following the serve.
- A side has only one 'service'.
- The service passes consecutively to the players.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.

Badminton Study Guide

The Court:



How to Play:

- Start with a coin toss; the winner chooses a side of the court and decides if they want to serve first or not.
- The game begins with the player serving underhanded from the back of the court on their right side diagonally across the court to the other team. If the shuttlecock doesn't clear the net or lands outside the service area, the other team scores a point and gains serve. Serve from the right when your score is even, left when it's odd.
- Whoever wins each rally wins the point, and whoever gets to 21 points wins a game. If players are tied at 20, the team with the first two-point lead wins. If the scores go to 29 without anyone attaining the two-point lead, the first team to reach 30 wins. The match is won by the best two out of three games played.

Scoring:

- Every time you win a rally, you get a point. Starting from zero, the first person to reach 21 points wins the game. Whenever you win a rally, you also get the next serve. So if your opponent was serving in the last rally, the serve passes to you; if you were serving, you keep on serving.
- A **match** is the best of three games: you win the match by winning two games. So a match could last either two or three games.
- To win, you need a two-point lead; For example, 22–20 would be a winning score, as would 25–23. But 21–20 would not be enough, and neither would 24–23. If you reach 30–29, however, you've won the game. 30 points is the upper limit.
- Always say the server's score first

- When the server's score is an even number, he serves from the right service court. When his score is an odd number, he serves from the left service court. For this reason, the right service court is also known as the even service court, and the left service court is known as the odd service court.

Faults:

A fault is made when the shuttlecock lands outside the boundary lines, does not clear the net, hits the ground before being returned, or makes contact with a player's body or clothing.

If the player making the fault is on the serving team, the service goes to the other team; if the player making the fault is on the receiving team, the serving team gets a point.

Doubles Play:

- The service court is defined by the doubles sideline, center line, short service line, and long service line. After service, the boundaries are extended to the doubles sidelines and baselines. While the server and receiver must be inside the appropriate service box, their partners can be anywhere on the court.
- The serving team will keep service until they lose a rally. Service changes hands only when the serving side loses the rally.
- One player cannot serve in consecutive service possessions.
- If a team's score is even, service will be taken from the right service court. Conversely, when a team's score is odd, service will be taken from the left side.
- In badminton, there are two basic formations doubles players switch between:
- **Front-back (offensive):** This formation has one player covering the front half and the other covering the back half of the court. The base point for both players will be somewhere along the center line.
- **Side-side (defensive):** In this formation, you and your partner will be responsible for each half of the court divided by the center line.

Serving:

- Played with a forehand underarm action.
- 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 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.

The Forehand Shot:

- Adopt the forehand grip:
- 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.
- Turn your body and stand sideways to the net with your non-racket shoulder facing the net.
- Shift your weight on to your rear foot.
- Bend your elbow and lock your wrist preparing to swing forward.
- Raise your non-racket hand and point at the shuttle to improve timing and balance.
- Contact the shuttle as high as possible and out in front of your body.
- Straighten your elbow as you hit the shuttle.
- Slice or tap the shuttle as you hit it, reducing the speed of the racket head.
- The angle of the racket face will determine the direction of your shot.
- Follow through with your racket and shift your weight from your rear foot to your front foot.
- Move back to your base position.

The Backhand Shot:

- Adopt the 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.
- Turn your body so that your back is facing the net.
- Lead and shift your weight to your racket foot.
- Lift your arm from the shoulder with the forearm parallel to the floor.
- Hold the racket across your body with the racket head pointing down.
- Keep the racket arm and elbow close into your body.
- Contact the shuttle in front of your body and as high as possible.

- Slice or tap the shuttle as you hit it, reducing the speed of the racket head.
- The angle of the racket face will determine the direction of your shot.
- Push your body back to your base position.

The Lob Shot:

- As you approach the shuttle move your racket forward with the wrist cocked so that your palm is facing forwards.
- Move towards the shuttle and take a lunge step with the dominant foot towards where the shuttle is due to land.
- As the shuttle drops swing the racket forwards underneath the path of the shuttle, striking it upwards while straightening the wrist. The follow through should continue up and finish above the non-racket shoulder.
- Recover back with the dominant foot first and go back to the mid-court.
- The lob can be played very high and deep as a purely defensive shot. It also can be played as a building shot when it is taken earlier (higher up the net) and this shot would be played with only just enough height to go beyond your opponents reach.