

Badminton Study Guide

History

A game similar was played in China as early as the fifth century A.D. and there is mention of a game as long ago as twelfth century in the Royal court records of England.

The American Badminton Association was founded in 1936, and in 1977 changed its name to the United States Badminton Association.

The second organized badminton club was founded in Ireland in 1899. The organization was a founding member of International Badminton federation in 1934. The first international badminton match was between England and Ireland in Dublin in 1903.

Badminton was a demonstration sport in the 1972 Olympics and an exhibition sport at the 1988 Olympics. In 1992 it was a full medal sport for the first time at Barcelona, Spain.

Equipment

- The Racquet
- Shuttlecocks (birdies):
 - Made of goose feathers or nylon
- Nets and Standards:
 - Net is 5ft 1 inch in height
 - Posts are placed on the side of the boundary lines

Court - The court for doubles is 44 feet long by 20 feet side and for singles it is 44 feet by 17 feet wide.

Rules:

The game is started by a toss or spinning the racquet. The winning side has the option of choosing (a) sides of the court or (b) serve, or (c) to receive.

Scoring:

Doubles consist of 15 points. In doubles play, the first serve is always started from the right side of the court. The bird is served diagonally over the net to the opponent's right court. If the serving teams win the rally, then the server moves to the left side of the next serve. The partner of the serving team moves to the opposite side from the serves as long as they continue to score points. When the serving team makes a fault, the serve is then begun by their opponents on the right side of the court. Each time a point is scored, the players on the serving team exchange courts. Points are only scored by the serving team.

Faults

- Serving the shuttle higher than the servers waist
- Shuttle falls in the wrong service court after the serve.
- If the servers feet are not in the proper service court
- If in service or during play the shuttle is hit outside the boundary lines
- If the shuttle is struck before it crosses to the striker's side of the net
- If, when the shuttle is in play, a player touches the net or its supports with the racquet in the course of a stroke
- If the shuttle is held or caught on the racquet during the execution of a stroke
- Of a player obstructs an opponent

Grips

Forehand: shake hands with the racquet

Backhand: similar to forehand but hand is rotated slightly left

Striking the Bird

Badminton strokes may be classified according to the flight of he bird. The patterns and names are as follows:

Terms

Alley: the 1.5 ft wide area on the sides of the court between the singles and doubles sidelines

Backhand: Strokes hit on the side of the body opposite to the racquet hand

Base: ready position to which players return after each shot

Birdie: slang term for the shuttle cock. The object hit back and forth over the net

Clear: (lob) a shot hit high and deep to the opponents back court

Drop Shot: a shot hit from any position that passes close to the net and lands in the opponent's front court

Even Court: the side of the court corresponding to the right service court

Fault: violation of the rules

Forehand: strokes hit on the racquet side of the body

Game: played to 15 for men and doubles, and 11 for women's singles, unless the games are set

Odd Court: the side of the court corresponding with the left service court

Service: the act of putting the shuttle in play to begin a rally

Service Court: the singles and doubles court boundary into which the service must be delivered

Shuttlecock: birdie or shuttle- the object hit back and forth over the net

Smash: a hard overhand shot hit with a downward angle

Underhand: a stroke in which the shuttle is contacted below the waist in front of the body