

BADMINTON STUDY GUIDE

History:

Badminton was invented a long time ago in Egypt or Ancient Greece. It was called Battledore and Shuttlecock but was officially introduced as Badminton in 1873 at a lawn party held by Duke of Beaufort. In 1895 the Badminton Association of England took over and made the rules we use today.

Service:

1. Only the server or serving team can score a point.
2. Must be an underhand stroke.
3. A player's feet, must be stationary upon the delivery of the serve.
4. Serve only when the receiver is ready.
5. If a server's score is even, he/she serves from the right service box. If a server's score is odd, he/she serves from the left service box.
6. In doubles, 1) the server serves; 2) the opponent in the right service box; 3) the opponent's partner; 4) the server's partner.

Net Violations:

1. A player cannot reach over the net to contact the shuttle.
2. A player can contact the shuttle on their side of the net and follow through over the net but cannot touch the net.

Faults:

1. A shuttle is hit twice in a row by the same team.
2. A carry – when a shuttle rests momentarily on a racket
3. Shuttle is caught in the net
4. A player cannot step on the opponents' side of the net.

Offensive Strokes (downward):

1. Smashes
2. Drop shots (overhand)
3. Drives
4. Low serves

Defensive Strokes (upward):

1. Clear
2. Drop shots (underhand)
3. Drives
4. High serves

Scoring:

Doubles and men's singles – 15 points

Women's singles – 11 points

A match is best out of 3 games.

