

BADMINTON

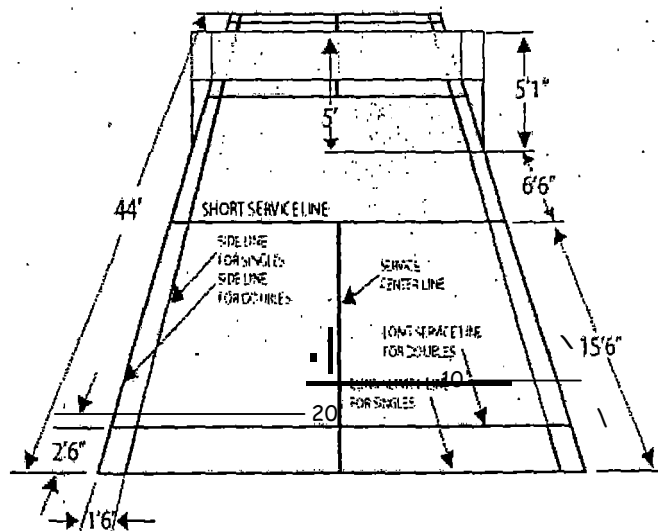
HISTORY

Badminton's roots are in fifth century b.c. China. It evolved from a game of kicking a small-feathered object, a shuttlecock. A variation was played in England in the 14th century. The game was played in Badminton, the country home of the Duke of Beaufort, in 1873. The game took its new name from that estate. English settlers brought the sport to America. Today, badminton is one of the world's most active participation games and was introduced as a full-medal Olympic sport in 1992.

OBJECT OF THE GAME

Two or four players using racquets try to hit a feathered object (birdie) over a high net (5' 1") so it lands inside the opposite court and cannot be hit for a successful return. The high score wins.

PLAYING FIELD



EQUIPMENT

The racquet should have crossed strings and a flat hitting surface, and the maximum length of 26.75 inches. The birdie contains 14 to 16 feathers or a plastic mesh extending 2.75 inches from a cork or synthetic base. It weighs approximately 1/5 ounce. Dress is formal, similar to tennis.

GENERAL RULES

Games are played between individuals or pairs. The serving team is called the inside; the other side is out. Only the serving side can score. The server earns a point if the receiver is unable to return the birdie within the boundaries.

GAME LENGTH

Men's singles and all doubles are played to 15 points. Women's singles are played to 11 points. One-game matches of any type are played to 21 points. A match is the best of three games.

STARTING THE GAME

Players spin a racquet or toss a coin to determine the start of play. The winner chooses between serving first or the end of the court from which to receive. Players change ends after each game and halfway through the third game.

SERVING / RETURNING

Service is made from within the serving player's court, not from behind the back line. The birdie must be hit underhand into the service court diagonally opposite the server. The server and receiver must both be in the service courts and the receiver must be ready. All returns must be made before the birdie hits the ground. A birdie that lands on the marking line- is considered in-bounds. The server calls the score after each point.

FAULTS

A fault is any error that ends play, whether occurring during service, the receipt of service or the rally (an exchange that decides a point). A fault committed by the serving side gives the serve to the opponent; a fault by the receiving side gives the point to the server.

Service faults include the following violations:

- The birdie does not cross the net or lands in the wrong service court
- The birdie is not hit on its base
- The birdie is higher than the server's waist when hit
- The birdie is hit in an overhead motion
- The server is outside the service court, has a foot or feet off the ground, or steps on any line

- The server misses the birdie while attempting to serve

A receiving fault occurs when:

- The receiving player does not stand in the correct service court or moves before the serve is made

Faults that can be committed during rallies include the following

- The birdie touches the ground inbounds
- The birdie does not go back over the net
- The birdie falls outside the court
- The birdie is hit more than once by a player and or partner before it is returned over the net
- A player touches the net with his/her racquet or body
- A player reaches over the net to hit the birdie
- A player is hit by the birdie
- A player blocks the opponents play
- **It** is not a fault if the birdie is played around a post.

Let

A let occurs when a point does not count and must be replayed. It is called by an umpire or agreed upon by the players.

A let includes the following violations:

- Serves taken out of turn
- Serves taken before the receiver is in place
- Rallies won after serving from the wrong court
- Simultaneously faults by both sides
- The birdie becoming stuck in the net after crossing

Note: **It** is not a let if the birdie hits the top of the net while passing over it: play continues.

VOCABULARY:

Serve

A shot that initiates play and must be contacted below the waist

Drive shot

A fast and low shot that makes a horizontal flight over the net

Overhand clear shot

A shot that sends the birdie high and deep

Drop shot

A shot that causes the birdie to pass low over the net and drop close to net on the opponents side

Smash/kill shot

A shot whereby the birdie is hit forcibly downward with overhead power

Backhand Grip

Rotate the racket a quarter-turn clockwise so that the "V" is over the top left level

Carry/Throw

An illegal act where the shuttlecock is held on the racket and thrown during the shot

Doubles

A game played with four people, two on each side, ending when one side reaches 15 points; The playing area uses the outer sidelines and back boundary lines.

Forehand Grip

A method of holding the racket; Shake hands with the racket, form a "V" with the thumb and forefinger while gripping the racket.

Rally

A series of successful shots between two opposing players, starting with a serve and ending when the point is won

Shuttlecock (birdie)

The official name for the object that the players must hit; also known as the birdie

Singles

A game played with two people, one on each side; Men's singles are played to 15 points and women's singles are played to 11 points using the inner sidelines and back boundary lines.

