

Badminton Study Guide

History:

Badminton originated from the ancient game "Battledore and Shuttlecock" played in Siam and China over 2,000 years ago. A modified version of this sport known as "Poona" in India caught the attention and enthusiasm of British Army officers stationed there, who later brought the game home to England around 1870. The Duke of Beaufort gave real momentum to the game at his estate, Badminton House, in Badminton, Gloucestershire. The game spread rapidly throughout the world and reached America via Canada.

Scoring

Simplified new rally scoring system.

1. A game, singles or doubles is played to 21.
2. At 20 all, the team that gets two consecutive points wins the game.
3. If neither team is ahead by two points at 29-29 the team that wins the rally wins the game with a score of 30-29.
4. The side winning a rally adds a point to their score.
5. The team that wins will serve first the next game.
6. A match consists of 2 out of 3 games.

Singles

If the server's score is even they will serve from the right side, if it is odd they will serve from the left side.

Doubles

There is only one serve per team per inning. When the team wins a rally the team will add a point and the person on that side-(right score is even, left score is odd) will serve until there is a side out.

For example the score is Team A has 3 and Team B has 3, Team B won the rally they now have 4 points the person on the right will serve and keep serving until they stop earning points.

Serving

1. The serve must be contacted below the waist and the whole head of the racquet must be below the wrist. This assures you that the serve is an underhand serve.
2. A serve may not be delivered until the receiver is ready. If the receiver plays the serve, the receiver is considered ready.
3. During the serve it is a fault if:
 - a. The shuttle is contacted above the server's waist or the racquet head is above any part of the hand.
 - b. The shuttle does not fall into the diagonally opposite service court.
 - c. Some part of both feet of the server and receiver are not in contact with the appropriate court.
 - d. Either the server or receiver fakes or balks

General Play

- A shuttle landing on the line is considered good.
- A shuttle which touches the net and passes over the net is in play whether it's on the serve or any other shot.
- *It is considered a fault if:*
 1. The shuttle fails to pass over the net or lands outside the boundary lines.
 2. The shuttle contacts the wall, ceiling, player, or player's clothing.
 3. The shuttle passes through or under the net.
 4. The shuttle is hit more than once or is momentarily caught and slung.
 5. The player touches the net.
 6. The player reaches across the net to contact the shuttle.
 7. The player obstructs an opponent or invades an opponent's court.

Etiquette

- Do not retrieve birds while game is in session, wait until play has stopped.
- Play only in your area; don't be a "bird hog".
- Keep calling out the score every time you serve.
- Keep your vocabulary clean and within the rules of public use.

Strategy

- Play to your opponents weaknesses
- Hit the bird away from your opponent into the open court areas
- Keep your opponent running by placing your shots
- Vary your serve placement
- Use hard smashes directed at the body, or use cross court smashes
- Deception is the key to winning

Doubles Strategy

Doubles play requires skill, wit, and cleverness. It is exciting, fast, and demands excellent teamwork. The low serve, the driven serve, the drive, the half-smash, the smash, and the various net returns are all used effectively in doubles. Partner's unequal in ability can work out a combination that is unusually stable and effective. Three systems of doubles play are used more often. They are side-by-side, up and back, and a combination of the two.

Side-by-Side or Defensive Formation

A team using this formation divides the court down the middle from the net to back boundary line. Each player converts his/her half of the court, front, and back. The basic serving and receiving positions for the side's team place each player in the middle of his/her half of the court. These positions are defensive positions. The "down the middle" shots, those shots directed between the two players, are usually played by the player on the left side since it is his/her forehand side. A team with a left handed player will discover some interesting advantages and disadvantages in doubles play that will require some sorting out. It could be agreed that the stronger player is to play the middle shots regardless of which is his/her forehand side.

The *advantage* is using the "sides" system is that each player's area to defend is will defined and there is little confusion as to which player is to cover which shots. Another advantage is the best system when you have been forced to hit the shuttle upward giving your opponents to the opportunity to smash. With both players back from the net, they have more time to defend against the smash and to cover the areas where a smash can be directed.

The *disadvantage* of the system is that the opposing team can play all the shots to one side, up and back, and tire one player. If one player is weaker than the other, the opponents will naturally launch their attack on him/her.

Up-and Back or Offensive Formation

In this formation the court is divided in such a way that when a team is in the attack, one player plays the forecourt and the other player plays the backcourt. The dividing line is about mid-court, depending upon the agreement made by the two partners.

The *advantage* of the up-and-back system lies in the fact that there is always a player at the net to “put away” any loose returns which keeps the pressure on the opponents. For example, as soon as one player can smash or drop shot from the backcourt, his partner moves forward to the net position to cut off any weak returns. Crosscourt shots can be more easily blocked with the player at the net. This formation makes it easier to protect weaknesses, and for each player to cover the part of the court to which his/her game is best suited.

The *weaknesses* of the up-and-back system lie in the mid-court area along the sidelines. The shot that is played just behind the net player and just in the front of the backcourt player tends to cause confusion as to which player is to hit the shuttle.

Combination

The combination system is a way of rotating from up-and-back to side-by-side depending on whether a team is defending or attacking. The aggressive team will have to relinquish the up-and-back formation when either player is forced to hit the shuttle upward (defensive); therefore, when on defense, this team reverts to the side-by-side formation until it can regain the attack.

The up-and-back formation is an inadequate defense against the smash because the player at net will not have time to defend, and his partner cannot protect the entire backcourt against a smash. The net player backpedals quickly to either side, preferably the closer, and his partner adjusts accordingly.

Terminology

ALLEY: The area on each side of the badminton court between the doubles sideline and the singles sideline; about one and a half feet wide.

BACKCOURT: The playing area between the front service line and the baseline

BACKHAND: A stroke on the left side of the body executed with the right arm and racket across the body

BACK LINE: The boundary lines farthest from the net

CARRY: An imperfect shot in which the racket “carries” the shuttle instead of striking it sharply

CLEAR: A stroke that sends the shuttle high and deep into the opponent’s backcourt, a lob

CROSS-COURT: A stroke that sends the shuttle on a diagonal flight

DRIVE: A sharply hit stroke that sends the shuttle low over the net and on a horizontal flight

DROP: A shot that skims the net and then quickly drops into the opponent's forecourt

FAULT: Any playing error or violation of the rules

FORECOURT: The playing area between the short service line and the net

FOREHAND: A stroke executed on the right side of the body

LET: A serve that touches the net and drops into the proper service court, considered a good serve

NET SHOT: A shot that skims over the net and falls sharply

RECEIVER: The player who is to receive the serve

SERVICE OVER: Serve going to the other side when the right to serve is lost

SETTING: To add additional points when a game is tied

SHORT SERVICE LINE: A line on the court which runs parallel to the net at a distance of 6 and half feet from it; also called the front service line. All serves must cross the line.

SMASH: A powerful overhead stroke in which the shuttle is hit sharply downward.

DOUBLE HIT: Hitting the shuttle twice in succession on the same stroke. This is illegal.