

Badminton Rules

History of Badminton:

Badminton was historically played with a shuttlecock made of a small cork hemisphere and 16 goose feathers, but is now usually played with a synthetic substitute. The origins of the game can be traced to ancient Greece, China, and India, while the modern-day game is directly derived from a game called *poona*, played by British army officers stationed in India in the 1860s. The game is named for Badminton, the country estate of the dukes of Beaufort in Gloucestershire, England, where the first recorded tournament was played in 1873. Badminton first became a full-medal Olympic sport in 1992 with events for both men's and women's singles and doubles. Mixed doubles was introduced to the Olympics in 1996.

Terminology & Definitions:

1. **Alley:** The extensions on each side of the singles court are for doubles play.
2. **Balk:** Any feinting before or during the serve; this is illegal. (In other words, you cannot try to "trick" or "fake out" your opponent about the start of the serve.)
3. **Carry:** When the feathers of the shuttle are "carried" on the racket strings.
4. **Match:** When a team wins two out of three games.
5. **Rally:** A round of hitting the shuttle back and forth across the net.
6. **Serve:** This is used to begin play. There are two basic types of serves in badminton: short & long.
7. **Shuttle:** The projectile used in badminton, also called the "bird" or "birdie."

Serving Regulations:

1. The server and receiver must stand with both feet in contact with the floor until the serve is delivered.
2. At the point of contact on the serve, the head of the racket must be below the wrist of the server's racket arm. The shuttle must be below the server's waist at the point of contact with the shuttle.
3. The serve may not be delivered until the receiver is ready. The receiver is considered ready if he/she attempts to return the serve.
4. A serve must fall/land in the proper service court (opposite/diagonal court) to be considered a legal serve. If the birdie falls out-of-bounds or in front of the short service line, it is a service fault. The birdie must be in-bounds and beyond the short service line to be considered in play.
5. A serve that touches the net as it travels over and into the correct service area is considered a good serve. A balk or fake move by any player is illegal.
6. When a player serves out of turn or from the wrong service court and wins the rally, a **let** is called. The let is called only if the mistake is discovered before the next serve. When a player receives the serve in the wrong service court and the receiving side wins the rally, a let is called.
7. The server and receiver must stand within the serving and receiving courts. Partners of the server or receiver may stand anywhere within their respective court, but may not block view of the serve or server. In doubles, the receiver is the only person to receive the shuttle.

Other rules:

1. The shuttle may not be contacted before it travels into the receiver's court. A player may follow through across the net on a stroke as long as the shuttle was first contacted on the player's side of the net.
2. It is illegal for a player to touch any part of the net with the racket or body.
3. A shuttle that is not clearly HIT and which is CARRIED on the racket is illegal.
4. No player/team can hit the shuttle two times in a row on their side.
5. A play may not contact the shuttle with any part of the body. The shuttle can only be hit with the racket. The shuttle can be hit (but not carried) by the shaft, the handle, or frame without penalty.
6. A player cannot obstruct the flight of the shuttle by putting the racket up to the net, but a player can protect his or her face with the racket.

Fouls:

When any infringement of the badminton rules occur, the following penalties are assessed against the side that committed the foul: a point down, let, or side out.

The game:

1. Scoring: Games are to 21 points, whether doubles or singles. "Rally" scoring is now the rule. This means a point is scored by the player/team who wins each rally. Games must be won by two points, to a maximum of 30 points. In the third game, players change sides at 11 points (similar to volleyball).
2. Singles: Play is started with a coin toss, with the winning side choosing one of the following: to serve or receive or pick side of the court. The first serve is from the right side of the service court to the opposite service court. Each time a point is scored the server switches courts. Thus, when the server's score is zero or an even number, he or she will serve from his/her right. When he/she has an odd number then he/she will serve from his/her left. "EVEN-RIGHT, ODD-LEFT"
3. Doubles: The team that serves first is determined by a toss. The first serve is taken from the right side of the court. The shuttle is served diagonally across the net to the right court opponent. If the serving team wins the rally, the server serves again but from the left court. If the receivers win the rally, they score a point but do not switch courts (you only switch sides of the court when your team is serving and wins the rally). If a team's score is odd, the player on the left serves; if a team's score is an even number, the player on the right serves.