

## LIFETIME SPORTS

# BADMINTON

### HISTORY

Badminton is believed to have originated many centuries ago in China. There are even records of the game being played in the twelfth century (1100's A.D.) in England. Yet the more modern version of the game is believed to have been brought to England in 1873 by a group of British army officers home on leave from India. In 1878 the New York Badminton Club was founded. It is considered to be the oldest organized club in the world. The greatest American interest did not come until the 1920's. However many tournaments are held each year in the United States (The Thomas Cup for men. The Uber Cup for women).

### RULES

Badminton can be played as either singles or doubles. The object of the game is to hit the shuttlecock or bird back and forth across a net that is five feet high. You will try to place the birdie so your opponent cannot return it.

**Serving in singles-** when the score of the server is even, the server serves from the right court to the opponent's right court. When the server's score is odd, the server serves from the left to left. (diagonally); the server continues to serve as long as points are being won

**Serving in Doubles-** When the serving team's score is an even number, the serve is made from the right service court diagonally to the receiver on the right service court; when the serving team's score is an odd number, the serve is made from the left service court diagonally to the receiver on the left service court; if the point is won by the serving team the server and partner change service courts and the same server continues to serve; this rotation continues until the serving team loses the point; receivers do not change service courts; when there is a side-out, the serve begins on the right if the score is even and left if the score is odd

**Scoring-** A game is to 21 points with a 2 point lead; **rally scoring**; if the score is tied at 20-20, the team which scores 2 consecutive points shall win the game; if the score becomes tied at 29-29, the team that scores the 30<sup>th</sup> point wins the game

#### **Faults and Errors:**

- 1.) If the service is made overhand.
- 2.) If the service does not land in the court diagonally opposite.
- 3.) If the server or receiver steps out of his respective court. The server may not take a step or walk into the serve.
- 4.) If in service or play the shuttle falls out of bounds.
- 5.) If during play, a player touches the net with the racket, his body, or his clothing.
- 6.) If the shuttle is hit twice in a row by the same player or by players on the same team.

**A shuttlecock or bird hitting a line is "good"**

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### TERMS

- 1.) BACKHAND--strokes played with the reverse side of the racket, the back of the hand facing the shuttle at the moment of contact.
- 2.) BLOCK or DROP--a forehand or backhand stroke used to return a smash.
- 3.) DOUBLE HIT--a fault called if a player hits the shuttle twice before it crosses the net or if a player and partner both hit it before it crosses the net.
- 4.) FAULT--an infringement of the laws. If made by the receiving side, it results in a point to the server; if made by the server, he/she loses the serve and the receiver wins a point
- 5.) FLICK SERVE--a deceptive serve used mostly in doubles to clear the receiver.
- 6.) FOREHAND--a stroke played with the front of the racket and with the forearm facing the shuttle at the moment of contact.
- 7.) GAME--a series of serves and rallies until one player or side reaches a predetermined score.
- 8.) IN SIDE--the player or side which has the advantage of serving.
- 9.) INNINGS--one player's or side's turn at serving.
- 10.) KILL --to win a rally with a decisive scoring stroke, usually a smash.
- 11.) LOB or CLEAR--an underarm forehand or backhand stroke to the back of the opposition's court.
- 12.) MATCH--the best of three games.
- 13.) OUT SIDE--the player or side receiving service.
- 14.) SCOOP--to sling the shuttle off the racket rather than hitting it cleanly. It is a fault.
- 15.) SMASH--an attacking forehand stroke played with the racket overhead.

**Most common shots: serve, clear, drive, drop, smash**