

BADMINTON



HISTORY

Games similar to badminton have existed throughout history, from ancient Greece to medieval Japan and colonial India, where a form of the game called "Poona" was played. British Army officers posted to India became interested in "Poona" and took the game home to England, where the rules of badminton were set out. This sport was definitively launched in 1873 at the Badminton House, where the Duke of Beaufort introduced the game to his guests. The sport was then known as "The Game of Badminton" for a number of years, until the name was shortened to BADMINTON.

EQUIPMENT

RACKET AND SHUTTLECOCK

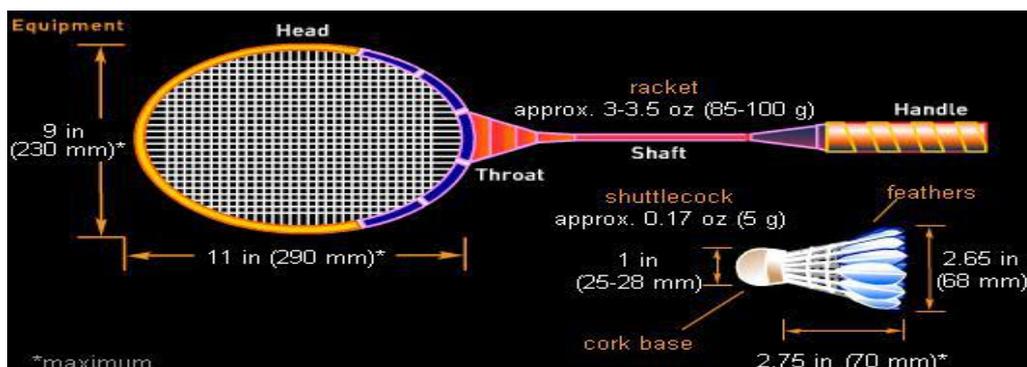
There are several racket types made of different materials. Example: metal, graphite , carbon or ceramic.

A shuttlecock (often abbreviated to shuttle and also commonly known as bird or birdie) is a projectile with an open conical shape.

There are different types of shuttles:

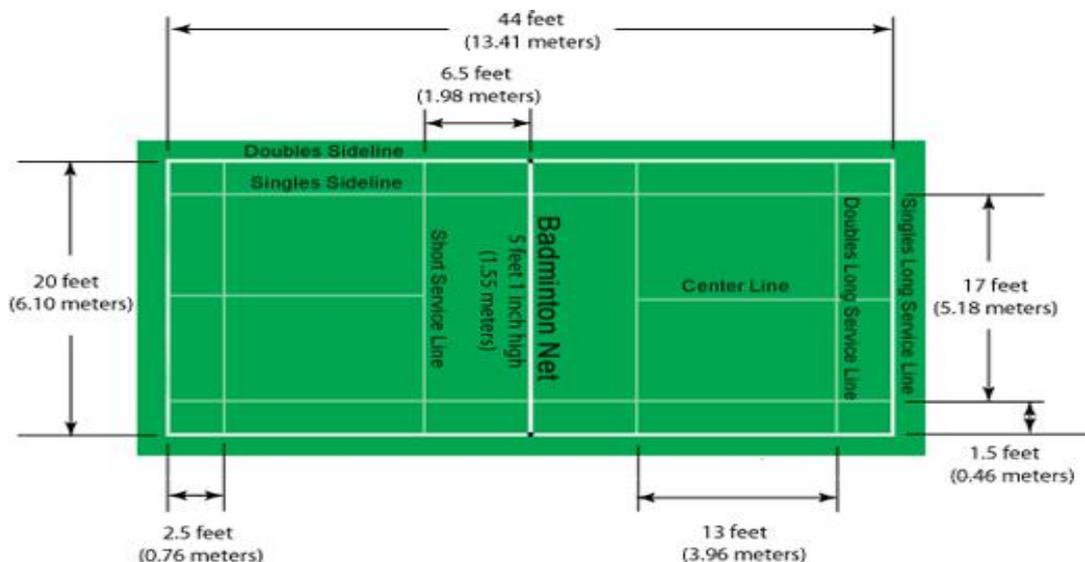
- *Shuttlecocks with feathers*. They are often used by high level players. The cork is covered in goat skin (usually).
- *Synthetic shuttles* (nylon shuttles). They are often used by recreational players and beginners.

Feathered shuttles are more expensive and break more easily than nylon shuttles.



THE COURT

The doubles court is wider than the singles court, but both are the same length. The exception, which often causes confusion to newer players, is that the doubles court has a shorter serve-length dimension



SCORING

- To win a match, you have to win 2 out of 3 games.
- To win a game, you have to score 21 points.
- When the score is 20-20, the side that scores 2 consecutive points wins the game.
- When the score is 29-29, the side that scores the 30th point wins the game.
- A point is scored whenever a player or a team wins a rally.

BASIC RULES

Serve

- The racket must make contact with the shuttle below the waist on a serve.
- The shuttle cannot touch the net on a serve.
- The serve must travel diagonally (cross court) to be good.
- The server and receiver stand within their respective service courts until the serve is made.
- When the server's score is an even number, the serve is from the right service court. The receiver receives the serve in the right service court on the opposite side of the net.
- When the server's score is an odd number, the serve is from the left service court. The receiver receives the serve in the left service court on the opposite side of the net.
- If a shuttle lands on a line, it is in bounds.
- A player or team earns 1 point each time it wins a rally (when the opponent cannot return the shuttle).
- When the serving player or team loses a rally, the serve passes to the opponent.

- A player may not touch the net with the racket or body during play.
- A shuttle may hit the net on its way across during play.
- A player may not reach over or below the net to hit the shuttle.
- A player or team may hit the shuttle only once to send it over the net.
- The shuttle is allowed to touch the net, but the racket is NOT.
- A shuttle that lands on a line is considered IN.

TECHNIQUES

THE SERVICE

- *Long forehand service*: the trajectory is very high and the shuttlecock lands near the long serviceline on the opposite court. Hold the shuttlecock out in front of your body. When letting go, bring the racquet forward to hit it when it is between your knee and hip. The shuttlecock traces an upward parabolic path.
- *Backhand service*: It is shorter than the forehand service. the shuttlecock lands close to the short service line.

CLEAR: It is a hit played with the racquet above the head. The clear is used to move your adversary away from the net. The shuttlecock is hit when it is at maximum height, in front of the body, with the racquet above the head, and traces a high trajectory reaching the long service line on the other side of the court.

DRIVE: In the drive, the shuttlecock is hit at shoulder height and traces a long trajectory parallel to the ground. It is more common in doubles than in singles it is useful to create surprise and speed, and should therefore be used at the right time.

LOB: The lob is a defensive shot. It is played when the player is at the back of the court and in a forced position. It is an underarm stroke. The movement of the body and the path of the shuttlecock, which is high and to the back of the opposite court, are similar to those of the long serve. The racquet foot moves forward while swinging the arm around in a circle.

DROP SHOT: It could be overhead or underarm shot. Hitting the shuttle so that it falls softly downwards into the opponents' forecourt, very close to the net).

THE SMASH: The smash is the fastest way to hit the shuttlecock into the opponent's court. The shuttle is hit hard and traces a tight, oblique path with respect to the ground.

