Badminton Unit

Object of game: Hit the shuttlecock back and forth over the net while trying to have it hit the floor in your opponent’s court.

History: The earliest written records show that it was played in China in the 12th century. The game as we know it today was first played in England in 1873 by soldiers returning from India. It is currently played in the Olympics by men and women, singles and doubles.

Court and Equipment:

- Court size singles – 44’ X 17’
- Court size doubles – 44’ X 20’
- Net height – 5’
- Shuttlecocks – Also known as birdies. They can have feathers and a cork bases, or be made of rubber and plastic.
- Racquets – made of lightweight materials – smaller than a tennis racquet.

General Rules:

1) A player may not touch the net with a racquet or their body.
2) A birdie may not come to rest or be carried on the racquet.
3) A birdie may hit the net during play and the rally can continue.
4) A player may not reach over the net to hit the birdie.
5) A birdie may be hit only once per side.
6) A loss of serve is called a sideout.

Serving/Scoring

1) The server must have both feet in contact with the ground and not step.
2) The racquet head must be below the handle.
3) The contact with the birdie must be below the waist.
4) Fakes may not be used when serving.

Singles:
1) At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left service court.
2) If the server wins a rally, the server scores a point and then serves again from the alternate service court.
3) If the receiver wins a rally, the receiver scores a point and becomes the new server.

Doubles:
1) There is only one serve in doubles. The service passes consecutively to the players.
2) At the beginning of the game and when the score is even, the server serves from the right
court. When it is odd, the server serves from the left court.

3) The serving side wins a rally, the serving side scores a point and the same server serves again from the alternate serving court.

4) If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.

5) The player of the receiving side who served last stays in the same service court from where (s)he served last. The reverse pattern applies to the receivers partner.

Types of shots:

1) Clear – Both underhand and overhead. May be offensive or defensive. Used to drive opponent deep in the court.

2) Smash – Use to score points. Attacking shot that goes down quickly.

3) Drop – Used when players are deeper in court.

4) Drives – Forehand and backhand. Used when birdie is too low to smash.