



Badminton

History

Badminton is believed to have evolved from a 5th century Chinese game in which a small feathered object (shuttlecock) was kicked.

In the 19th century British officers returning from India brought the game Poona to England. The game gained in popularity and by 1873 became known as badminton. The name comes from the country home of the Duke of Beaufort where it was first played.

In 1878 New York was the site of the first U.S. badminton club. In 1992 badminton became a full-medal Olympic event.

Rules and Information

Doubles Rules:

1. To begin - players spin the racquet or toss a coin - winner has choice of serving first or court.
2. Game = **15 points**. (When the game is tied at 13 or 14 the first player to that score has the option of **setting** the game. This extends the game by 5 pts at 13 to a total of 18 pts to win or 3 pts. at 14. needing 17 pts. to win.

Serving:

1. Serve must be underhand
2. Always begin in the right hand service court. The serve goes diagonally to opponent's right hand court.
3. The server alternates courts on each point scored - the receivers do not switch.
4. If the score for your team is **even** - you serve from the **right** hand court.
If the score for your team is **odd** - you serve from the **left** hand court.
5. If your team (A) begins the game by serving, only one partner serves until losing the serve.
6. The opponents (B) begin serving - both partners will serve before the serve goes back to team (A).
7. Only the player to whom the serve is directed may return it.

8. A serve that touches the net is legal as long as it enters the proper court.
9. You only score points when serving

Faults - errors that end play (fault by the server = loss of serve; fault by receiver = point)

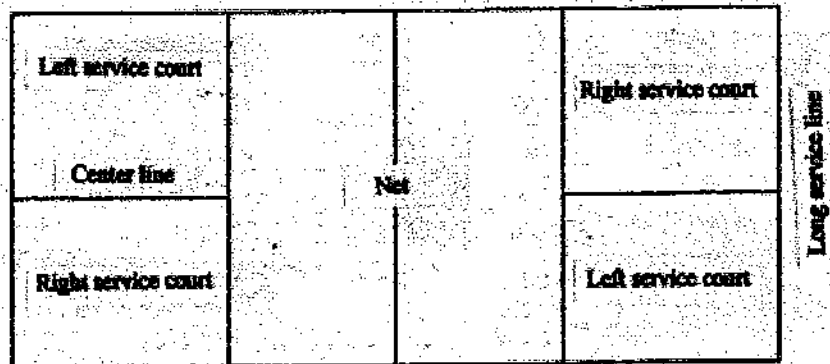
Service Faults:

1. The birdie is struck higher than the server's waist or the racquet is higher than the wrist.
2. The birdie is served in an overhand manner.
3. The birdie falls into the wrong service court.
4. The server's feet aren't in the service court at the time of the serve.
5. If both feet are not in contact with the floor.

Rally Faults:

1. The birdie falls to the court in bounds or is not hit back over the net.
2. The birdie is hit out of bounds, into the net, hits a player or any other obstruction outside of the court (ceiling, beams, posts, etc.)
3. A player reaches over the net to play the birdie.
4. A player touches the net or its supports while the birdie is in play.
5. If the birdie is played twice on a side before being sent over the net.
6. If the birdie is caught , held or lifted on the racquet face.
7. If the birdie is hit into the net.

A birdie that lands on the line is in bounds. This is where the birdie first makes contact with the floor.



Benefits:

1. Lifetime activity
2. Gender equitable
3. Enhance eye/hand coordination
4. Coed social interaction

Fun Fact

Originally a participant's servant would hit the birdie over the net to begin the play
This is the origin of the term service.