BADMINTON STUDY GUIDE
(revised 07/05)

I. History
A. Badminton evolved from a similar game called battledore played in 5th-century BC China.
B. A variation was played in England in the 14th century.
C. English officers played Poona in India during the 17th century.
D. Poona was later played at Badminton, the home of the Duke of Beaufort, in 1873.
E. English settlers brought badminton to America and it was played at historic Williamsburg.
F. The first U.S. badminton club was opened in New York in 1878. During the late 1800’s players wore tuxedos and gowns to play.
G. Badminton has become a highly skilled, competitive sport.
H. Badminton was introduced as a full medal Olympic sport in 1992.
I. FYI (for your information): www.usabadminton.org

II. Basic Rules of Badminton
A. Games are played between individuals or pairs.
B. Players spin a racket or toss a coin to determine who gets serve or side.
C. The serve is made from within the serving player’s court.
D. The shuttle must be hit underhand, below the waist into the service court diagonally opposite the server.
E. Any shuttle hitting the line is in bounds.
F. The server is only permitted one attempt to make a good serve (or put the shuttle in play).
G. In singles, the serve in made from the right side of the court when the server’s score is an even number.
H. In doubles, the first serve is always started from the right court whenever a team acquires the serve from its opponents.
I. The server will alternate service courts each time a point is made until the serve is lost.
J. All returns must be made before the shuttle hits the ground (it’s not allowed to bounce).
K. The server must call the score after each point.
L. A match is the best of three games.

III. Badminton Faults and Lets
A fault is any error that ends play, whether occurring during the serve or the rally. A fault committed by the serving team gives the serve to the opponent. A fault committed by the receiving side gives the point to the server.

A. Service Faults:
- The shuttle does not cross the net.
- The shuttle lands in the wrong court.
- The shuttle is above the server’s waist when hit.
- The shuttle is hit in an overhand motion.
- The server steps on a line during the serve.
- The server swings and misses the shuttle while serving.

B. Receiving Faults:
- The receiving player is not standing in the correct service court.
- The receiving player moves before the serve is made.
C. Faults that can be Committed during Rallies:
   - The shuttle touches the ground inbounds.
   - The opposition does not return the shuttle.
   - The shuttle falls outside the playing court.
   - The player and/or partner hits the shuttle more than once before returning it over the net.
   - A player touches the net with his/her body or racket.
   - A player reaches over the net to play the shuttle.
   - A shuttle hits a player.

A let occurs when a point does not count and must be replayed.
A let occurs when:
   - Serves are taken out of turn
   - Serves are taken before the receiver is ready.
A rally is the exchange of hits that decide a point.

IV. Badminton Playing Courtesies
The sport of badminton emphasizes good sportsmanship and playing courtesies.
   - The server should always call the score: server’s first prior to each serve.
   - If a player is unsure of whether the shuttle is in or out, the point should be awarded to the opposition.
   - Opponents calls should never be questioned.
   - Return shuttles to the server as a courtesy.
   - An opponent’s exceptional shots should be complimented.
   - Equipment should never be thrown.
   - Always shake hands with your opponent after the match.

V. Badminton Terms
1. Backhand: Stroke made on the nonracquet side of the body.
2. Bird (Birdie): Alternative name for the shuttlecock.
3. Clear: High shot that goes over an opponent’s head and lands close to the baseline.
4. Crosscourt: Shot hit diagonally into the opposite court.
5. Drop: Shot that just clears the net.
6. Forehand: Stroke made on the racquet side of the body.
7. Inning: Time during which a team or player retains the service.
8. Shuttlecock (Shuttle): Feathered plastic or nylon object that is volleyed back and forth over the net.
10. Server: Player who puts the shuttle into play.

VI. Playing Strategy
There are two basic formations for playing doubles: side-to-side and front-to-back.
A. Side-to-side: The court is divided equally by using the center service line as the dividing line.
   Each partner is responsible for his/her half of the court.
B. Front-to-back: The court is divided at the short service line. One player takes everything in the forecourt area and plays the net, while the other plays everything that gets pass his/her partner.
C. Doubles Tactics:
   - Always play for your partner, meaning to make shots to set your partner up for his/her best shot.
   - Call for the birdie, do not “hog” the court. Cooperate with each other.
   - Make most serves short and low, serving to your opponents’ backhand.