

SIMPLIFIED RULES OF BADMINTON

TO START A GAME

Toss a coin or spin the racket

The winner has one of the following choices and the loser the other

1. Serve first
2. Receive first
3. Side

POSITION ON COURT AT START OF GAME

Server stands inside service court on the right side. Receiver stands inside service court on the opposite right side. Partners may stand anywhere on either side providing they do not block the view of the receiver.

POSITION THROUGHOUT THE GAME AT TIME OF SERVE

SINGLES – If server's score is even, server is on right side. If server's score is odd, server is on left side (even score 0, 2, 4, etc. Odd 1, 3, 5, etc.)

DOUBLES – When a team's score is even, that team is in their starting positions, when odd, reverse positions.

TO START THE PLAY

The server on the right side serves to the receiver on the opposite right side. The receiver must not move until the server hits the shuttle.

SERVERS MUST...

1. Keep some part of this feet on the floor (e.g. do not walk into the serve)
2. Hit the base of the shuttle first
3. Hit the shuttle with all of it below the server's waist
4. Hit the shuttle with all of the head of the racket clearly below the hand that holds it
5. Have the racket move continuously forward (no fake allowed)

SCORING

You score only on your side's service.

DURING PLAY

SINGLES – If the server wins the rally he scores a point, changes court sides, and continues to serve. If he loses, his opponent serves.

DOUBLES – In doubles, if the team serving wins the rally, the server switches court position with his partner and continues to serve. If they lose the rally, the partner serves. This is called a 'down' or 'inning'. After the team loses two rallies, the serve goes to the opponents.

EXCEPTION:

At the start of the game in doubles, the side, which begins the serve, has only one team member who serves during the first inning.

SERVER OR RECEIVER ON WRONG SIDE

Play a let if it is discovered before the point is over or if the person who made the mistake wins the rally. The score stands if the person who made the mistake loses the rally in which case the players will remain on the "wrong" side. If the next serve has been made, the score stands and the players remain on the "wrong" side.

FAULTS DURING PLAY

1. Shuttle landing outside the court boundaries during service or play (shuttle landing on line is not a fault)
2. Player, his racquet or his clothing touches the net while the shuttle is in play
3. Player hitting the shuttle on the opposite side of the net, however, when it is hit on player's side follow through over net is legal
4. Player holding up his racquet close to the net when the opponent has a chance to hit the shuttle down close to the net on the other side
5. Shuttle hit with two strokes by one side. (Player hitting the shuttle with two kits on one stroke is legal)
6. Shuttle clearly carried on the racquet and thrown over
7. Shuttle hitting the ceiling, player, or the player's clothing
8. If the receiver's partner hits the serve
9. Interfering with the shuttle, or misconduct after one warning (lose serve or give opponents a point)
10. Stalling – no time allowed for injury, regain strength or wind (penalty – lose serve or give opponent a point)

SHUTTLE IS IN PLAY

From the time hits the server's racquet until:

- (1) hits the floor
- (2) hits the ceiling
- (3) hits the person or clothing
- (4) hits net on hitter's side and start to drop on hitter's side

LETS (REPLAYS)

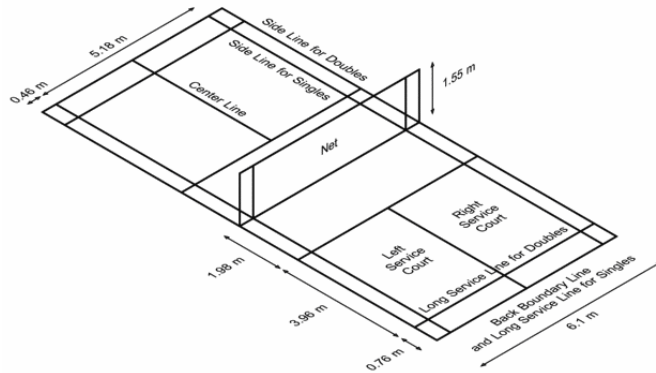
1. Server swings and misses the shuttle.
2. Server or receiver on the wrong side and wins the rally.
3. Shuttle goes over the net, catches in the opposite side and does not hit the floor.
4. Outside interference (e.g.: shuttle from another court lands on or near the play area.)

NOTE: a shuttle hitting the net on the serve and going over is a good serve provided the shuttle lands in the service court shown in the diagram above.

END OF GAME

For ladies' singles first to eleven points wins. At nine all first player to reach nine has option to set or not to set. No set means play to eleven. Set means the score goes back to love all and the first to get three points wins. (It is not necessary to win by two points.) If play continues without set and the players reach a score of ten all, the first player to reach ten has the option to set or not to set. If game is set, the score goes to love all and the first to two points wins. All other games are fifteen points. At thirteen all set is five, at fourteen all set is three. If game is not set at thirteen all, it may be set at fourteen all. Match is two out of three games. The winner of the first game serves first from the other side in the new game. Winner of second game in a three game match changes sides and serves. In third game, change sides and continue serving at six in ladies' singles and at eight in all others.

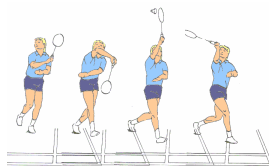
COURT DIAGRAM AND COURT SERVICE RECEIVE AREAS



<http://badminton.chorwong.com/badmintontechniques.html>

SHOTS AND SERVES

1. **High Serve:** The high serve is an underhand stroke used to put the shuttle into play. It should be high and deep to be used as a practice tee or Single's serve.



2. **Short Serve:** The short serve is used mainly in doubles to force opponents to hit shuttle upward.

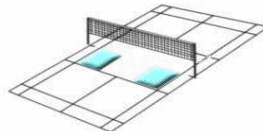


3. **Overhead Clear:** The clear is used to hit the shuttle high and deep from one end of the court to the other. It is mainly a Singles shot to push the opponent to the back court.

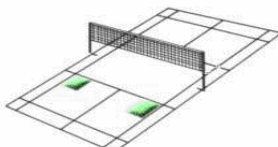


4. Drop Shots

- a) **Racquet below the net:** net shots are played very near and just the net.



- b) **Racquet above the net:** this shot is taken at or above net height. It is a dab, blocking shuttle so it quickly drops or in front of, the short



5. A. **Overhead Drop Shot**
- Drops between net and service line
B. **Smash**
- Hit hard and straight opponents feet.



Please view this link for examples of shot trajectory:

<http://www.usabadminton.org/pdf/USAB-Coaching-L1.pdf>