



BADMINTON HANDOUT

HISTORY

Badminton has a long history with records going back to ancient China when they played with wooden paddles and a shuttlecock. In the 12th century it was played on the royal court of England. It later moved to Poland and India known as "battledore" and "shuttlecock." It was played in a great hall called The Badminton House in Gloucestershire, England during the 1860s where the name badminton soon replaced the other two names. The court was shaped like an hourglass. The rules and game changed gradually over the next 100 years with the last major change to the rules happening in 1905. These rules still govern the game today.

BADMINTON TERMINOLOGY

- Backhand:** Any stroke or return hit made from the non dominant side of the body with the back of your hand parallel to the net.
- Birdie:** The object struck with the badminton racket also known as "birdie" or "shuttlecock."
- Clear:** A return shot that is carried high and deep to the opponents' court.
- Doubles:** Two people play on each side of the net using the doubles' boundaries of the court to play.
- Double hit:** When the birdie is hit twice before crossing the net.
- Drive:** A shot hit from a side arm swing with the birdie traveling low to the net and fast landing mid court on the opposite side.
- Drop shot:** A return or stroke that barely clears the net and falls toward the floor, hit underhand or overhand from the net or the backcourt.
- Fault:** Any violation of rules.
- Flick serve:** Similar to a short serve, the flick serve is executed by quickly unsnapping the wrist sending the birdie higher than your opponent can reach but not high enough for them to have time to move back for their return.
- Forehand:** Any return or stroke hit on the dominant side of your body with your arm and body open to the net.

- Game:** A competition that has a goal of a specified number of points. All games are played to 15 points with the exception of women's singles that are played to 11 points.
- Inning:** An individual's or team's turn at serving.
- Let:** When there has been interference in play and the point is re-played.
- Match:** A competition that is usually the best two games out of three.
- Mixed doubles:** Male and female partners form to make a teams.
- Net Shot:** Any return that strikes the net and continues over the net into your opponent's court.
- One Hand Down:** This team is used when playing doubles. When one partner loses their turn at serving that team is now "one hand down."
- Overhead:** Any stroke executed from a point above the head.
- Rally:** The continuous play back and forth across the net between opposing players during any particular point.
- Ready position:** The basic waiting position, near the center of the court when playing singles and a point equidistant from your partner when playing doubles. The player stands with a bend in your knees, one foot slightly in front of the other, body leaning forward and holding your racket in the air to signal your readiness to your opponent.
- Setting:** Setting the score is a method of extending a tie game in badminton. In women's singles' games, game points are increased to 12 when the score is 9-all or 10-all. In all other games, points are increased when the score is 13-all or 14-all. When setting the score at 13-all, five points can be added for play to 18 points. When setting the score at 14-all, three points can be added for play to 17 points.
- Smash:** An overhead return or stroke hit down into your opponents' court with great speed and power.
- Stroke:** The act of hitting the birdie or birdie with your racket.
- Two Hands Down:** When playing doubles, this term refers to when both partners have had the opportunity to serve and have lost that opportunity, they are two hands down.

STRATEGIES

Singles and Doubles Play

- Badminton is a game of speed, always be ready and always try to be quick
- Maintain a ready position on the court and be prepared to move in any direction
- Return to a good base position following every stroke made.
- When possible, hit every birdie overhead (while it is still above the level of the net)
- Mix up your shots and serves: drives, drops, clears, and smashes.
- Clears should always land close to your opponent's base line or you could set them up to smash on you.

Singles Play

- Keep your opponent as far from the net as you can. Push them back with long serves and clears.
- Hit most returns to your opponent's weaker side, usually their backhand.
- Move your opponent around their court by hitting the bird side to side and up and back.

Doubles Play

- Always try to hit the birdie downward
- Serve most serves low and short
- When serving, play aggressively toward the net. Absolutely prevent your opponents from hitting drop shots.

ETIQUETTE

- Before starting play, the server calls the score and "service."
- Other players or spectators wait until a rally is over before walking behind the baseline or recovering a birdie in their neighbor's court.
- If there is question of where a birdie landed, it is considered "good" or "fair." The benefit of the doubt always goes to the opponent.

BADMINTON COURT DIAGRAM



