



Badminton

Court: 20 feet wide by 44 feet long.

Net: 5 feet off the ground, spanning the width of the center of the court.

Basic Play:

1. The first serve of the game is from the right half court to the half diagonally opposite.
2. If the receiving side commits a fault, the serving side gets a point and continues to serve. If the serving side commits a fault the receiving side gets a point.
3. In singles and in doubles the serve shifts to the opponent when a fault occurs.
4. In both singles and doubles, the serve is made alternately from the right half and the left half sides of the court.
5. Game is played to 21 points. If a score becomes 20-20, the side which scores 2 consecutive points shall win that game
6. Opponents change court ends after each game. The winning side serves first. A match consist of best of three games.

Serving and Receiving Position:

According to the Badminton World Federation's Laws of Badminton, you must serve from the right service court when your team has no points and when it has an even number of points in the game in progress. You must serve from the left service court when your team has an odd number of points in the game in progress. On each side of the court, the left and right service courts lie behind the short service line and on either side of the center service line.

The player on the receiving team standing in the service court diagonally opposite the server must receive the serve. When the serving team loses a point and becomes the receiving team, it should not switch sides of the court to receive. Players switch sides only when they win a point on their own serve.

Faults: result in loss of point and/or loss of serve

Faults on a serve:

- a) strikes the shuttlecock at a point higher than the waist
- b) holds the racket head higher than the hand
- c) fails to serve the shuttlecock in the proper court.

Faults During Play:

- a) shuttle passes through or under the net
- b) shuttle lands out of bounds or hits ceiling
- c) player or racquet hits the net
- d) the shuttlecock touches the clothing or body of a player.

Striking the shuttle: variety of strokes, the main strokes, however, are done in forehand and backhand

Striking the shuttle consists of three parts: the backswing, the forward swing and hit, and the follow-through. Regardless of which stroke is used, the shuttle should be hit high and early. Once you are able to hit the shuttle using the basic swings, you can start perfecting the basic badminton shots: clear, drop, smash and drive.

- Clear: This shot is the most common and can be offensive, moving your opponent back from the net or defensive, gaining time to improve your own position.
- Drop: This shot is a slow, gentle shot that falls just over the net into the opponent's forecast.
- Smash: This shot is a powerful overhead shot used to put away a shuttle that is above the height of the net.
- Drive: This is a line-drive shot that travels parallel to the ground, passing close over the net.

Strategy of badminton:

As you perfect your badminton game, your strategy will naturally mature. However, beginners should adopt a basic strategy of alternating clear and drop shots and adding smashes and drives as the opportunity develops. Try to keep your opponent on the defensive, and remember the following simple points:

1. Always return to the "stance of readiness" position after each shot
2. Be prepared to move in any direction at all times
3. In most cases, overhead shots are the best choice
4. Move the shuttlecock around the court to keep your opponents running
5. Have a purpose with each shot

And, finally, and perhaps most important in any game of skill and strategy, discover your opponents weaknesses and play to it as much as possible.

Scoring

Before the 2006 Thomas/ Uber Cup, the official scoring format was the 15 points format. The IBF (International Badminton Federation) then tested a new scoring format which is the 21 points rally format in the 2006 Thomas/Uber Cup. **This 21 points rally format has since become the official one replacing the 15 points format.**

21 points Format

Currently, this is the official format used by the IBF. Here are the basic badminton rules for this format.

- To win a match, you have to win 2 out of 3 games.
- To win a game, you have to score 21 points.
- If a score becomes 20-20, the side which scores 2 consecutive points shall win that game.
- If the score becomes 29-29, the side that scores the 30th point shall win that game.
- There are no "service over", meaning you can score a point no matter who serves.
- One service only for doubles.
- Other rules shall remain the same.

http://www.badminton-information.com/basic_badminton_rules.html