



Dorman High School Physical Education

Badminton

The game of badminton is an ideal sport for everyone. Badminton is a game that was very popular in England during the late 1800's. In 1925, the game spread to Canada and then to the United States. Today, there are over 45 countries who belong to the International Badminton Federation.

Badminton is one of the few sports that does not use a ball. Instead of a ball, shuttlecocks or birdies are hit back and forth over the net. When a birdie is gently tapped, it will fly in a slow arching pattern. But when it is hit hard, the birdie can leave the racquet at speeds over 110 miles per hour! However, the shape of the birdie quickly slows down its speed, making it possible for the defender to return some of these hard hit shots. Due to the fact that the birdie will fly slowly, beginners are usually able to keep it going back and forth across the net for several shots.

Basic Rules of the Game:

*15 points constitutes a game. The game must be won by 2 points.

*A birdie that lands on the line is considered good or playable.

*A let serve is one in which the bird touches the top of the net and lands in the proper service court. A let serve constitutes a reserve.

*Only one service is allowed per turn.

*The server must serve underhand in badminton.

*You must serve diagonal. You start the game by serving from your right side service court. Next serve is from the left side. If your score is even, you serve from the right side, if your score is odd, you serve from the left side.

It is a Fault if:

*the service is illegal.

*the server misses the birdie completely.

*the serve lands outside of the designated playing court.

*a person reaches over the net to play a shot.

*a player touches the net with the racquet or any part of the body.

*a player hits the birdie twice or momentarily holds or throws it with the racquet.

*a player fails to return the birdie to the opponent.

The racquet has three parts:

1. head
2. neck
3. grip

Badminton Terminology:

Ace: A point scored using a hard drive into your opponent's court.

Birdie: Another name for the shuttlecock.

Backhand: Any shot made on the side of the body opposite the racquet side.

Carry: An illegal stroke occurring when the birdie is carried by the racquet.

Clear Shot: A high, arching shot that is hit deep in the opponents court.

Double Hit: An illegal hit. Hitting the birdie twice to get it over the net.

Drop Shot: A shot that barely clears the net and falls to the opponent's front court.

Fault: Any infraction of the rules where the result is a loss of serve or point.

Forehand: Any shot made on the racquet side of the body.

Game Point: The point that causes the server to win the game.

Let: A bird that touches the top of the net but falls good.

Long Serve: A serve hit into the back alleys.

Racquet: The equipment used to hit he birdie.

Rally: Hitting the birdie back and forth over the net.

Server: The player who puts the birdie into play.

Short Serve: A serve that barely clears the net and lands inside the opponent's front service line.

Smash: An overhead stroke hit downward with force. The main attack stroke in badminton.

Underhand: A shot that is hit upward when the birdie is below shoulder height