Badminton/Table Tennis Review

Badminton

Badminton was introduced in America in the 1870's, grew in popularity in the 1920's and 1930's and became a full-medal Olympic Sport in 1992.

RULES

- The object of Badminton is to score points by hitting the shuttlecock over the net and into the opponents' court so that the opponent cannot return it over the net in bounds.
- A match consists of THREE games.
- To win a match, you must win two out of the three games.
- A player must win by TWO points.
- A point may be awarded on each play – this is called RALLY scoring.
- A game can go up to 11, 15 or 21 points.
- The birdie may only be hit ONE time before it goes over the net.
- A player MAY NOT reach over the net to hit the birdie at any time.
- It is ILLEGAL for your racket, body or clothing to touch the net.
- It is LEGAL for the birdie to hit the net and go over.
- A DOUBLES match consists of two players on each side.
- Any type of error that ends play is called a FAULT.

SERVING

- Serving must be diagonal to an opponent.
- The racket must be located BELOW the waist in order to be legal.
- The receiving player MUST stand still until their opponent contacts the birdie on a serve.
- Serving the birdie OVERHAND is illegal.
- If the birdie hits the line, it is considered IN.
- To start a game, a player must serve from the right hand service box.
- It is important that the score is said before EVERY serve.
- A loss of serve occurs when a player steps over the service line.

SKILLS

- **Clear:** A hit that is high and deep and sends the opponent to the back of the court.
- **Smash:** A very forceful overhand shot like a spike in volleyball.
- **Drop:** A hit that is lightly tapped over the net and lands softly in the opponents' court.
- **Shuttlecock:** Another name for the birdie that is used in badminton.
- **Fault:** An error the ends play.
- **Match:** Winner of 2 out of 3 games.
- **Let:** When a play is replayed.

Table Tennis

- A game shall be won once a player or team reaches 21 points.
- A player or team must win by two points.
- A let is a pause in play during which no points are awarded.
- A volley occurs when a player strikes the ball and play continues back and forth.
- A point shall be lost if a player attempting to serve the ball, misses the ball.
- Only one attempt to serve is allowed.
- After 5 points, the receiver shall become the server.
- In doubles play (which is two people playing on the same team), the serve must be diagonal.
- In doubles play, you must alternate hits with your partner.
- It is illegal to hit the ball twice before it goes over the net.
- The ball does not need to bounce during play, unless it is on a serve.
- The moment the ball leaves the server's hand, the ball is considered to be in play.