

# 8<sup>TH</sup> GRADE BADMINTON STUDY GUIDE

## History

- Badminton originated as an old children's game in England known as battledore and shuttlecock. British Army officers in India played a grown up version of this game. Known in its early days as 'poona', it was played with many people who tried to keep the 'bird' in the air. A net came to be added later badminton in its present form was born.
- The International Badminton Federation (IBF) was started in 1934. Badminton in the U.S. began as a weekend meeting place for New York's society leaders with the formation of the *Badminton Club* of New York in 1878.

## Equipment

- Racquet - the equipment used to hit the shuttle. Typically weighs about 5 ounces.
- Birdie or shuttle - the plastic, feathered, or nylon bird' that is hit back and forth in badminton.



## Game Play

- The side that wins the rally wins the point.
- On the line is IN.

## Faults

- Serve is made above waist level.
- Serve goes to wrong serve/receive court.
- On a serve, the birdie fails to go over the net.
- On a serve, the birdie hits the net but does not land in the diagonal serve/receive court.
- Serve is made when standing in the wrong serve/receive court.
- Wrong player returns the birdie on the serve.
- Birdie lands out of bounds.
- Birdie fails to go over the net.
- Birdie hits the ceiling
- More than one hit is made on the same side of the net.

- Birdie is returned before it crosses the net.
- A player or racquet touches the net.

### Doubles and Singles

- The serve must be delivered so that the birdie is hit below the waist.
- The birdie must travel into the diagonally opposite serve/receive box.
- If the birdie touches the net of the serve, "side out" is called.
- If the server misses the birdie completely on the serve, the server may try again.
- At the beginning of the game and when the score is even, the server serves from the right serve/receive box. When the score is odd, the server serves from the left serve/receive box.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate serve/receive box.
- If the receiver wins a rally, the receiver scores a point and becomes the new server.

### Doubles

- The player of the receiving side who served last stays in the same serve/receive box from where they served last. The reverse pattern applies to the receiver's partner.
- The players do not change their respective service boxes until they win a point when their side is serving.
- The service passes consecutively to the players as shown in the [attached diagram.](#)

### Scoring

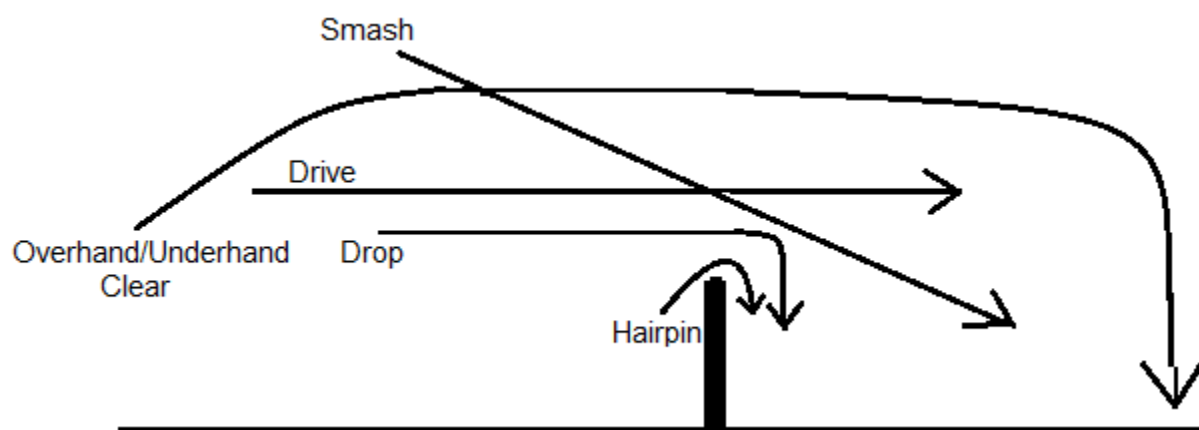
- A match consists of the best of 3 games of 21 points.
- The side winning a rally adds a point to its score.
- When the score is tied at 20, the side which gains a 2 point lead first, wins the game.
- When the score is tied at 29, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

## Strategies

- Learn to serve well.
- Know how to hit the birdie high and far, short and low.
- Always be ready and in an athletic position.
- Try to hit the birdie so your opponent has to run to get it.
- Hit an overhand clear if your opponent is close to the net.
- Hit a drop shot if your opponent is far from the net.
- Use a smash if the birdie is high and close to the net.
- Mix up your shots in the game.
- Court coverage - up/back system and side/side system.

## Strokes

1. Serve - underhand stroke used to start the game.
2. Overhand Clear - overhand stroke driving the birdie high and deep into the opponent's court.
3. Underhand Clear - underhand stroke driving the birdie high and deep into the opponent's court.
4. Drop - a short shot in which the birdie just clears the net, and falls close to the net in the opponent's court.
5. Smash - an overhead stroke in which the birdie travels at a downward angle (spike).
6. Drive - a hard, horizontal stroke that just clears the net.
7. Hairpin - a type of drop shot or also called a net shot that is directed to the corner opposite opponent. It passes very close to the net and crosses diagonally across the net. It is used when the opponent is in the back court, or in the opposite side of the court.



## Terminology

- Ace - a point; often used to indicate an opponent's failure to return a serve.
- Backhand grip - the grip used to hold the racquet when swinging at the bird on the non-racquet side of the body.
- Birdie - another term for shuttle.
- Carry - an illegal stroke occurring when the birdie is carried by the racquet. Similar to the "carry" in volleyball.
- Double Hit - an illegal hit. Hitting the birdie twice to get it over the net.
- Fault - means the rally has ended due to an error by the serving or the receiving team resulting in a point or side-out.
- Forehand grip - the grip used to hold the racquet when serving or swinging at the bird on the racquet side of the body.
- Inning - a side's turn at serving.
- Side-out - a loss of serve, point for receiving team.

