



Badminton Fact Sheet

While Badminton can be enjoyed as a physical activity it can also enhance the overall wellness of the player. The social, mental and physical aspects of Badminton are incorporated in someone's wellness. Socially and mentally the player experiences the need to focus on team work (doubles play), strategy (using a variety of shots and shot placements), sportsmanship (playing fairly), etiquette (proper behavior for a specific sport or activity), and cooperation. Physical aspects of wellness would include eye-hand coordination, agility, reaction time, cardiovascular fitness, and muscular fitness. It is easy to look at a sport and focus on the basic skills of the sport. It is important to identify other avenues that the sport promotes for a better overall well-being.

History

The modern game of Badminton was created in England in the 1870's. Badminton is governed by the Badminton World Federation or BWF – 9/2006. (formerly known as the International Badminton Federation which was founded in 1934) Badminton was added as an Olympic Sport in 1992.

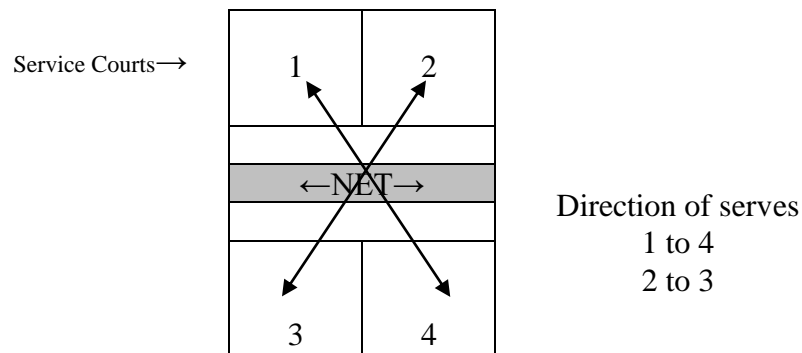
Definitions

Backhand Clear	a shot from the non-dominant side of a player's body hitting the shuttle from the back of your court, high into the other players back court
Doubles	game played with two players per side
Drive	a fast and low shot that makes a horizontal flight over the net
Drop shot	a shot hit softly and with finesse to fall rapidly and close to the net in the opponent's court.
Fault	any violation of the rules: <ul style="list-style-type: none">• Serving overhand (Service Fault)• Receiver moving before server strikes shuttle• Receiver with one or no feet in the service court (Receiving Fault)• Hitting shuttle into the roof, lights, flag, etc...• Hitting through the net• Hitting the shuttle more than once per side• Reaching/hitting the shuttle over the net• Shuttle hitting player's body• Unsportsmanlike conduct- intentionally distracting opponent• Clothing, the racquet and/or a player's body contacting the net NOTE: the shuttle may hit the net without a fault being called
Forehand Let	a shot from the dominant side of a player's body A point that is replayed. It can occur because of outside interference (an example of proper etiquette) OR when a serve hits net and continues into correct service court
Lift	a shot where the shuttle travels upwards towards the back of your opponent's court.

Love All	the score at the beginning of the game
Net	5' high, separates the court in half, connected to 2 posts
Point	point scored when either team wins a rally
Racquet	equipment used to play the game of badminton
Rallying	when the two opponents hit the shuttle back and forth to each other
Serve/Service	an underhand shot sent diagonally from the server's service court into the opponents service court, player's may move anywhere after the serve
Shuttle/Birdie	small feathered object (sometimes plastic), with a cork or rubber end
Singles	game played with one player per side
Smash	a hard-hit overhead shot that forces the shuttle sharply downwards into the opponent's court.
Stroke	any shot used to direct the shuttle over the net
Spinning the Racquet	determines the player that has the first serve of the game

Serving

- While serving you stand in the service court, not behind the line
- In doubles, only 1 player per team serves each time you win the right to serve.
 - The player who serves is determined by your team's score:
 - If your team's score is even, player 4 serves to player 1 (or 1 to 4)
 - If your team's score is odd, player 2 serves to player 3 (or 3 to 2)
- In singles, your score will determine from which box you serve:
 - If your score is even, you serve from 4 to 1 (or 1 to 4)
 - If your score is odd, you serve from 2 to 3 (or 3 to 2)
- The serving team will switch serving sides only after they score a point; the receiving team does not alternate
- **Court Dimensions** 44' X 17'; lines are considered "in"



Serving Faults

- Server hits the shuttle above the waist
- Both feet are not in the proper service court
- If un-hit by the receiving team, the shuttle does not land in the correct service box.

Scoring

- The server must call their score first and then the opponents before serving
- Badminton is rally scoring (either side can score a point)
- A regulation game is played to 21. You must win by 2 (if the score gets to 29 all the player/team that wins the 30th point wins the game).
- In tournament play, matches are a best of 3 games.