**Badminton History and Fun facts**

* Began 3000 years ago in China… sometimes using a foot instead of a racket.
* The first rules were adopted by the English Badminton Association in 1905.
* Former names were Poona in India and Battledore in China
* The game was brought to America in the 1890’s
* Badminton came from the summer home of the Duke of Glouchester in England
* Tem championships for men- Thomas Cup
* Team championships for women- Uber Cup
* Became an Olympic sport in 1992
* It is the worlds fastest racket sport. A shuttle can travel approximately 200 mph.
* Best shuttles are made of feathers. These come from the left win of a goose.
* 16 feathers make a shuttle
* Shuttles are also made of plastic and nylon
* Shuttlecocks may be purchased in slow, medium or fast play
* Largest shuttle is in Kansas City 18 feet tall and 5000 pounds
* Main countries- China, Indonesia, Malaysia
* During a typical match lasting 45 minutes, the player can make at least 350 changes of direction and strike the shuttle about 400 times.

**Benefits of playing:**

* By playing badminton you can burn .214 calories per minute per pound of your body weight. So, for example, if you weigh 120 pounds and you play badminton at a vigorous pace of 30 minutes, you will burn 770.4 calories (.214 x 120 x 30).
* Badminton is a lifelong sport. You can play it when you are 5 or 75!
* You only need one other person in order to play.
* A badminton player may cover more than one mile in a single match.
* It’s fun!
* The rules are simple.
* Strengthen the wrist, arms and legs.
* Build endurance
* Improve agility and coordination.
* Reduce tension and Improve social relationships

**Scoring:**

**Scoring System**

* A match consists of the best of 3 games of 21 points.
* Every time there is a serve – there is a point scored.
* The side winning a rally adds a point to its score.
* At 20 all, the side which gains a 2 point lead first, wins that game.
* At 29 all, the side scoring the 30th point, wins that game.
* The side winning a game serves first in the next game.

**Singles**

* At the beginning of the game (0-0) and when the server’s score is even, the server serves from the right service court. When the server’s score is odd, the server serves from the left service court.
* If the server wins a rally, the server scores a point and then serves again from the alternate service court.
* If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

**Doubles**

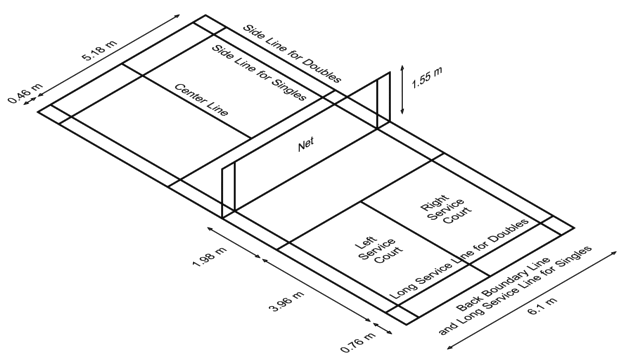
* A side has only one ‘service’.
* The service passes consecutively to the players as shown in the diagram.
* At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
* If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
* If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
* The players do not change their respective service courts until they win a point when their side is serving.
* If the serving team loses the serve, it is the opponents serve.

If players commit an error in the service court, the error is corrected when the mistake is discovered.

**Other Game Play Information**

* Server calls score, server’s score first.
* Toss to decide serve and/or side
* Hits net it is good and on line is in
* The racket may not touch the net.
* Follow through may go over the net but not touch the net.
* Server must stand inside the service court, serve diagonally
* The shuttle must be contacted entirely below the waist when it is contacted on a serve.
* The serve may hit the net and still be in play.
* A serve is lost if he/she misses the shuttle.
* Server serves until he/she loses a rally rotating right and left
* Must keep feet on ground during serving
* May not “carry” a shuttle

Court



Serving Information

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Course of action / Explanation** | **Score** | **Service from Service Court** | **Server & Receiver** | **Winner of the rally** |  | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Love All | Right Service Court. Being the score of the serving side is even. | A serves to C A and C are the initial server and receiver. | A & B | rules-dir1 |
| A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts. | 1-0 | Left Service Court. Being the score of the serving side is odd | A serves to D | C & D | rules-dir2 |
| C & D win a point and also right to serve. Nobody will change their respective service courts. | 1-1 | Left Service Court. Being the score of the serving side is odd. | D serves to A. | A & B | rules-dir3 |
| A & B win a point and also right to serve. Nobody will change their respective service courts. | 2-1 | Right Service Court. Being the score of the serving side is even. | B serves to C | C & D | rules-dir4 |
| C & D win a point and also right to serve. Nobody will change their respective service courts. | 2-2 | Right Service Court. Being the score of the serving side is even. | C serves to B | C & D | rules-dir5 |