Brookfield East Physical Education: Badminton

Health / Skill Component:
**Agility** is the skill that will require most of your energy. You will need to move quickly about the court stopping and starting while anticipating each move. Badminton and enthusiasm go hand in hand. You can't have one without the other. The health benefit from playing Badminton is **cardiovascular endurance** plus you can burn over 200 calories in a 1 hour session of playing.

Badminton is a game played with rackets on a court divided by a net. It is distinguished from other racket sports, all of which use a ball of some size, by two intriguing features: a shuttlecock and the fact that the shuttlecock must not touch the ground during a rally. The equipment used is a racket, a shuttlecock, court (see below) and net set at 5'1" at the standards and 5'0" at the center.

This is the court for Badminton

Rules of Play for Badminton

**Serving**
1. The serve must be underhand, diagonal, and feet must be stationary.
2. You get one chance to serve in singles and doubles
3. Singles – If your score is even you are serving from the right service court, if your score is odd you are serving from the left court.
4. Doubles – If your score is even the player in the right court will serve. If your score is odd, the player in the left court will serve. If your team wins the point after the serve, the person serving continues to serve until there is a loss of serve.
5. In **traditional scoring** - You get one chance to serve in singles, and 2 servers in doubles (except the first team to serve will start with only 1 server).
6. In **traditional scoring** - When the shuttlecock goes across the net to a new team to serve follow these steps: the person on the right court will serve first, and you never serve to the same person twice in a row.
7. The shuttlecock may hit the net during a serve and is in play if it falls within the correct service court.
8. Singles serving and point play will use the narrow and long court.
9. Doubles serving will use the wide and short court, however, after the serve the doubles point will be played on the entire court (wide & long).
10. Shuttlecocks that land directly on a line are considered in-bounds.

**Scoring**
1. **Rally Scoring**, a point is scored on every service. Games are to 21 points and you have to win by 2, with the score capped at 30.
2. **Rally scoring** - A win consists of beating an opponent best 2 of 3 games.
3. In **traditional scoring** - You must serve to score, games are to 15 points and you DO NOT have to win by 2.
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4. In **traditional scoring** – the score is set if the score is 13 – 13 or 14 – 14. The team that gets to 13 or 14 first can set the score. If the score is set at 13, then the game is played to 5 more points. If the score is set at 14, the game is played to 3 more points.

5. A point is scored if the receiving team fails to legally return the shuttlecock over net within the boundary lines.

6. Service is lost if the server(s) fail to make an accurate legal serve or the server or serving team fails to legally return the shuttlecock over net within the boundary lines during the rally.

**Proper Play for Badminton**

1. Foul language is inappropriate.
2. No body or racket may contact the net.
3. Racket is prohibited from making contact with the birdie on the other side of the net.
4. Shake hands after playing a game.
5. Take care of your racket and shuttlecocks.

**Glossary of Terms for Badminton**

- **Alley** – the extended space on the sides of the court between the singles sideline and the doubles sideline.
- **Birdie** – nickname for the shuttlecock.
- **Doubles** – a game of 2 against 2.
- **Singles** – a game of 1 against 1.
- **Court** – the official area of play.
- **Double hit** – hitting the shuttle twice in succession before it travels across the net. This is illegal.
- **Ready position** – hands and racket are in front of you, knees and hips are slightly flexed, weight is positioned on the balls of your feet, feet are shoulder width apart, body is properly centered on court.
- **Game** – Game winning point.
- **Flick** – a shortened stroke that speeds the shuttle up with a quick wrist action.
- **Let** – to replay an incident of play.
- **Match** – best 2 out of 3 games.
- **Rally** – extended exchange of strokes.
- **Wood shot** – stroke where the shuttlecock strikes the shaft of the racket rather than the strings.

**Strokes for Badminton**

A) Smash
B) FH/BH Drive
C) Drop shot
D) Clear
E) Hairpin
F) FH/BH Net Flick