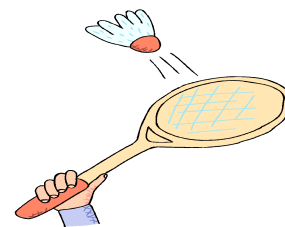


# BADMINTON STUDY GUIDE



## HISTORY

Badminton evolved from a similar game called Battledore played in the fifth century B.C. China. During the 17<sup>th</sup> century the game was played in India and there it was known as Poona. British army officers brought the game back to England around 1873. There the Duke of Beauford became interested in the game and since it was played regularly at his country estate, Badminton, his name became associated with the game. The first U.S. badminton club opened in New York in 1978. In 1992, the game of badminton became a medal sport in the Summer Olympic Games.

## SERVING AND SCORING

- Always start serving from the right side of the court first.
- The serve must go diagonally opposite service court and must go past the short service line.
- When the serving side loses a rally, the serve immediately passes to their opponent.
- The serve must be underhand and below the waist.
- Rally scoring means that every time the birdie is served there will be a point scored.

## DIFFERENT BADMINTON STROKES

- Serve – underhand stroke to start game play
- Overhead Clear – overhand stroke driving the birdie high and deep into the opponent's court
- Drop – a short shot in which the birdie just clears the net and falls close to the net on the opponent's court
- Smash – an overhead stroke in which the birdie travels at a downward angle at high speeds (spike)

## OTHER KEY POINTS TO REMEMBER

- The doubles court is wider than the singles court, but both are the same length.
- On the line is in.
- A player must not touch the net with the racquet.
- If the birdie hits the ceiling, it is a fault.
- If more than one hit is made on a side, it is a fault.
- Another name for birdie is shuttlecock.