



## NEW MEMBER HANDBOOK

- Simplified Rules of Badminton
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- Basic Badminton Etiquette
- Glossary of Badminton Terms
- Beginner Player Hints

Website: <http://cambridgebadmintonclub.com>

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# Simplified Rules Of Badminton

## Toss

Before beginning to play opposing sides toss a coin (or shuttle). The winning side chooses either to serve or to receive or to play at a particular end of the court (there may be an advantage to a particular end due to differing backgrounds). The losing side may make the remaining choice.

## General Scoring

Only the serving side can add a point to its score. The game is won by the first side to score 15 points (except in girls'/women's singles in which 11 points constitutes the end of a game). The right to serve is decided by the previous rally. If the server wins the rally he/she scores a point and he/she will serve again. If he/she loses the rally no point is scored and in singles, the opponent will serve next.

The shuttle is hit alternately by the serving and receiving side (once only per side) until a "fault" is made or the shuttle ceases to be in play. The side winning a game serves first in the next game. A match consists of the best two of three games. A five-minute rest interval is allowed between the 2nd and 3rd games.

## Service

The server and receiver stand within diagonally opposite service courts. The shuttle is hit below the server's waist the whole head of the racquet shall at the instant of hitting the shuttle be discernibly below the whole of the server's hand. The shuttle falls in the receiver's service court.

### SERVER **MUST:**

Keep part of both feet in a stationary position on the floor.

Hit the base of the shuttle first.

Hit the shuttle below the server's waist.

Hit the shuttle with all of the racket's head clearly below the hand that holds the racket.

Have the racket move continuously forward (no fake allowed).

## Serving in Singles

Play always begins with both server and receiver in their right service court. If you have an even number of points you serve from the right service court. If you have an odd number of points you serve from the left service court. This also applies for setting where the server's total score determines where to stand.

The receiver stands in the diagonal court from whichever service court the server is in.

## Scoring in Singles

Only the serving side can add a point to its score. The game is won by the first side to score 15 points (except in girls'/women's singles in which 11 points constitutes the end of a game).

The right to serve is decided by the previous rally. If the server wins the rally he/she scores a point and he/she will serve again from the other service court. If he/she loses the rally no point is scored and the opponent will serve next.

The shuttle is hit alternately by the opponents (once only per side) until a "fault" is made or the shuttle ceases to be in play. The side winning a game serves first in the next game. Opponents change ends after the completion of each game.

A match consists of the best two of three games. If a third game is necessary, opponents change ends when the first person reaches 8 points for boys'/men's singles or 6 points for girls'/women's singles in the third game.

## Setting in Singles

If boys'/men's singles opponents become tied at 14-all in a game, the person that reached 14 points first has the option of extending the game to 17 points (i.e. setting 3 points from 14-all).

If girls'/women's singles opponents become tied at 10-all in a game, the person that reached 10 points first has the option of extending the game to 13 points (i.e. setting 3 points from 10-all).

After the setting the score is called "Love-All" (0-0).

## Serving in Doubles

In doubles the players must first decide who will serve and receive the first service from the right service court. Whichever partner begins in the right service court will always be in that court when the team's score is even, and their partner will be in the left service court. The opposite applies when the score is odd. This also applies for setting where the serving side's total score determines where to stand.

Except on the first service opportunity, each team receives two service opportunities. If on the start of their team's service opportunity, the team fails to win a point, it falls to the partner who did not serve to try to win a point. If the team again fails to win a point, the service opportunity goes over to their opponents. The first service opportunity always begins on the right side. If the team wins a point, the partner who delivered the serve continues to serve but from the other side of the court (e.g. If he/she served and won a point from the right service court, the next service is delivered from the left service court).

Although the server and receivers must remain in their appropriate service courts, their partners may take up any position that does not obstruct view to the opposing server or receiver.

## Scoring in Doubles

The shuttle is hit alternately by the serving and receiving side (once only per side) until a "fault" is made or the shuttle ceases to be in play.

Only the serving side can add a point to its score. The first side to 15 points wins the game.

If the server wins the rally he/she scores a point and he/she will serve again. If he/she loses the rally no point is scored. If it is the team's first service opportunity ("First Serve"), the partner is allowed a second service opportunity ("Second Serve"). Once the second service has been lost, the right to serve passes to the opponents ("Service Over").

No player shall receive two consecutive services in the same game.

If an error (e.g. serving out of turn or receiving from the wrong service court) is discovered before the next service, it is a "let" unless only one side was at fault and lost the rally. If the error is discovered after the next service, players remain in their new positions for the remainder of the game.

The side winning a game serves first in the next game and team change ends. If a third game is necessary, teams change ends when the first team reaches 8 points in the third game.

## Setting For Doubles

If teams become tied at 14-all in a game, the team that reached 14 points first has the option of extending the game to 17 points (i.e. setting 3 points from 14-all).

## **Faults**

It is a fault: if a service is not correct

If a server in attempting to serve misses the shuttle

If in play the shuttle lands outside the court (head of the shuttle landing on the line is a good shot)

If the shuttle passes through/under the net

If the shuttle touches any object other than the player's racquet or net

If the shuttle is not hit on the striker's side of the net (striker's follow through can be over the net, so long as point of contact is on own side)

If player touches the net with racquet or person

If a player hits the shuttle twice in succession

If the server swings and misses the shuttle

## **Lets**

When a "let" occurs, the player who served last shall serve again and no points are to be awarded. A "let" may be given for any unforeseen or accidental occurrence that stops play (e.g. If the server serves before the receiver is ready, or if a shuttle from an adjacent court disturbs play).

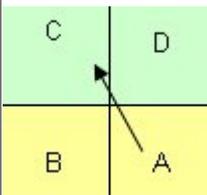
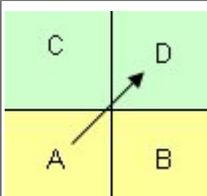
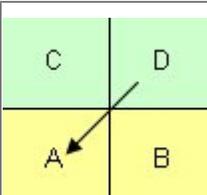
## Rally Point Scoring

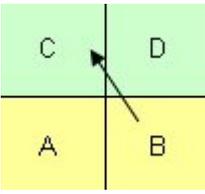
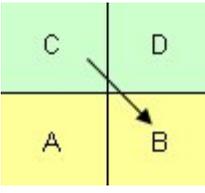
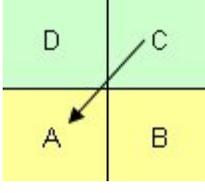
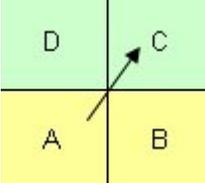
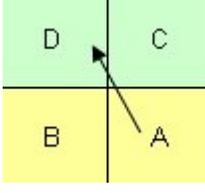
### For singles matches, the rules are:

- A match consists of best of 3 games
- The side that first scored 21 points shall win
- The side winning a rally shall add 1 point to its score.
- When the score becomes 20-20, the side which scores 2 consecutive points shall win that game, if the score becomes 29-29, the side that scores the 30th point shall win that game.
- The side winning a game serves first in the next game
- When one side reaches 11 points, both players get a 60 second break.
- Both sides get a 2-minute break between first and second games, and another 2-minute break between second and third game

### For doubles matches, the rules are

- One service only
- Back service line remains and the current rule applies.
- The chart below explains the 3x21 rally point scoring system for doubles matches.

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
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
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

<p>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</p>	<p>2-1</p>		<p>Right Service Court. Being the score of the serving side is even.</p>	<p>B serves to C</p>	<p>C &amp; D</p>
<p>C &amp; D win a point and also right to serve. Nobody will change their respective service courts.</p>	<p>2-2</p>		<p>Right Service Court. Being the score of the serving side is even.</p>	<p>C serves to B</p>	<p>C &amp; D</p>
<p>C &amp; D win a point. C &amp; D will change service courts. C serves from Left service court. A &amp; B will stay in the same service courts.</p>	<p>3-2</p>		<p>Left Service Court. Being the score of the serving side is odd.</p>	<p>C serves to A</p>	<p>A &amp; B</p>
<p>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</p>	<p>3-3</p>		<p>Left Service Court. Being the score of the serving side is odd.</p>	<p>A serves to C</p>	<p>A &amp; B</p>
<p>A &amp; B win a point. A &amp; B will change service courts. A serves again from Right service court. C &amp; D will stay in the same service courts.</p>	<p>4-3</p>		<p>Right Service Court. Being the score of the serving side is even.</p>	<p>A serves to D</p>	<p>C &amp; D</p>

## **Basic Badminton Etiquette**

Badminton etiquette is strictly observed at clubs and during tournament play. You should familiarize yourself with basic court etiquette before stepping onto the court.

### **At a Club**

- Do not walk across, behind or beside a court while the shuttle is in play.
- Make your own line calls for shuttles falling on your side of the court. Your opponents will call the lines on their side of the court. If unsure of a call, you are expected to give your opponent the benefit of the doubt.
- Your line calls should be communicated immediately.
- Do not delay the game.
- Abusive behaviour, profane language, and racquet throwing are not tolerated.
- Wear appropriate attire (non-marking court shoes, sport shorts or skirt, t-shirt or collared sport shirt, tracksuit).

### **During Tournaments & House League**

Always treat your opponents, your partners, coaches, officials, tournament organizers and members of the public with respect.

Arrive on court as soon as your match is called. But do not walk across, behind or beside a court while the shuttle is in play.

During play, ensure that play is continuous. Stalling is not permitted. Retrieve shuttles falling on your side of the net and return them promptly. Call out the score before each service, which should be delivered as soon as your opponent is ready.

Always make fair, quick and accurate line calls.

Abide by the Laws of Badminton; observe all rules of the club and regulations of the tournament.

Abusive behaviour, profane language, and racquet throwing are strictly prohibited. If a problem occurs during a match, athletes are expected to speak to the referee or tournament official immediately. All athletes are expected to abide by reasonable requests from any tournament official.

All athletes under 18 years of age must have a designated chaperon for a tournament event.

### **Badminton Court Play Etiquette**

Do not attempt to hit the shuttle if there is a risk of colliding with or striking any other player (or other person in the vicinity)

Do not aim the shuttle towards the head or face of any player standing near the net

Do not turn to face your partner during a rally in doubles.

Do not cross another court while it is in use, even if there is no rally currently in play.

Ensure that there are no obstacles near the court with which the players may collide. If there are fixed obstacles, such as radiators or posts, then warn the players to take care when playing near them.

# Glossary of Badminton Terms

**Alley** - Extension of the court by 1½ feet on both sides for doubles play.

**Back Alley** - Area between the back boundary line and the long service line for doubles.

**Backcourt** - Back third of the court, in the area of the back boundary lines.

**Balk** - Any deceptive movement that disconcerts an opponent before or during the service.

**Baseline** - Back boundary line at each end of the court, parallel to the net.

**Carry** - An illegal tactic, also called a sling or throw, in which the shuttle is caught and held on the racquet and then slung during the execution of a stroke.

**Center or Base Position** - Location in the center of the court to which a singles player tries to return after each shot.

**Center Line** - Line perpendicular to the net that separates the left and right service courts.

**Clear** - A shot hit deep to the opponent's back boundary line. The high clear is a defensive shot, while the flatter attacking clear is used offensively.

**Court** - Area of play, as defined by the outer boundary lines.

**Drive** - A fast and low shot that makes a horizontal flight over the net.

**Drop** - A shot hit slowly and with finesse to fall rapidly and close to the net on the opponent's side.

**Fault** - A violation of the playing rules, either in serving, receiving, or during play

**Flick** - A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net.

**Forecourt** - Front third of the court, between the net and the short service line.

**Hairpin Net Shot** - Shot made from below and very close to the net with the shuttle rising, just clearing the net, and then dropping sharply down the other side. The shuttle's flight approximates the shape of a hairpin.

**Half-court Shot** - A shot hit low and to mid-court, used effectively in doubles against the up-and-back formation.

**Kill** - Fast, downward shot that cannot be returned

**Let** - A legitimate cessation of play to allow a rally to be replayed.

**Long Service Line** - In singles, the back boundary line. In doubles a line 2½ feet inside the back boundary line. The serve may not go past this line.

**Match** - A series of games to determine a winner.

**Mid-court** - The middle third of the court, halfway between the net and the back boundary line.

**Net Shot** - Shot hit from the forecourt that just clears the net and drops sharply.

**Push Shot** - Gentle shot played by pushing the shuttle with little wrist motion, usually from net or mid-court to the opponent's mid-court.

**Racquet** - Instrument used by player to hit shuttlecock

**Rally** - Exchange of shots while the shuttle is in play.

**Serve or Service** - Stroke used to put shuttlecock into play at the start of each rally.

**Service Court** - Area into which the serve must be delivered. Different for singles and doubles play.

**Short Service Line** - The line 6½ feet from the net, which a serve must reach to be legal.

**Shuttlecock** - Official name for the object that players hit. Also known as "birdie." The heavier the shuttlecock, the faster it flies.

**Smash** - Hard-hit overhead shot that forces the shuttle sharply downward.

**Wood Shot** - Shot that results when the frame of the racquet hits the base of the shuttle. Once illegal, this shot was ruled acceptable by the International Badminton Federation in 1963.

## BEGINNER PLAYING HINTS

**FOREHAND GRIP** - In general, the racket should be gripped as though the player were shaking hands with it. This may seem unnatural, but with practice and patience it will become a habit.

**BACKHAND GRIP** - Allow the hand to turn slightly, placing the thumb against the back of the handle. On backhand shots, the shuttle should come in contact with the opposite side of the racket head.

**HOLDING THE RACKET** - The racket should not be held so tightly so as to make the wrist and arm tense and strained. This is particularly important when serving low serves and making net shots.

**POSITION OF RACKET** - Keep the racket head well up and ready for any kind of shot at all times.

**WRIST** - A stiff wrist, as used in tennis, is not used in badminton. Cock the wrist with the head of the racket back. If a shot is made without a swishing sound, the wrist is probably locked and will result in lost impetus of the racket head.

**REACHING** - The majority of strokes utilize the full length of the arm, particularly overhead clears, smashes and drops, drives, and many net shots.

**FOOTWORK** - Footwork is the most important factor in getting the body in position to make the correct stroke. Forehand and backhand strokes hit underhand at the net should be made with the right foot forward. All overhead forehand strokes should be made with the left foot forward, while backhand strokes should be made with the right foot forward (reverse for left handed players). Starting and turning quickness are more important than straight away speed; short steps are better than long strides. Avoid stroking with both feet directly facing the net.

