

Mr Bee's

Simple Badminton Guide



The Basics

The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match.

Your opponent has the same goal. They will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if they miss the shuttle, hit the shuttle into or under the net, or out of court, then you win the rally.

If you think your opponent's shot is going to land out, you should let it fall to the floor! If you hit the shuttle instead, then the rally continues.

Once the shuttle touches the ground, the rally is over.

You must only hit the shuttle once before it goes over the net.

Serving

Serving is how you start the rally: someone has to hit the shuttle first! To prevent the server gaining an advantage, there are special rules for serving that don't apply during open play.

The receiver is the person who hits the second shot in the rally. In doubles, the receiver's partner is not allowed to hit this shot.

If you're serving on an even point (including 0, your initial serve) then you should stand in your right side service court. If you are serving on an odd number of points, then you should stand on the left side of your service court.

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How to serve

In badminton, the serve must be hit in an upwards direction, with an underarm hitting action. You are not allowed to play a tennis style serve.

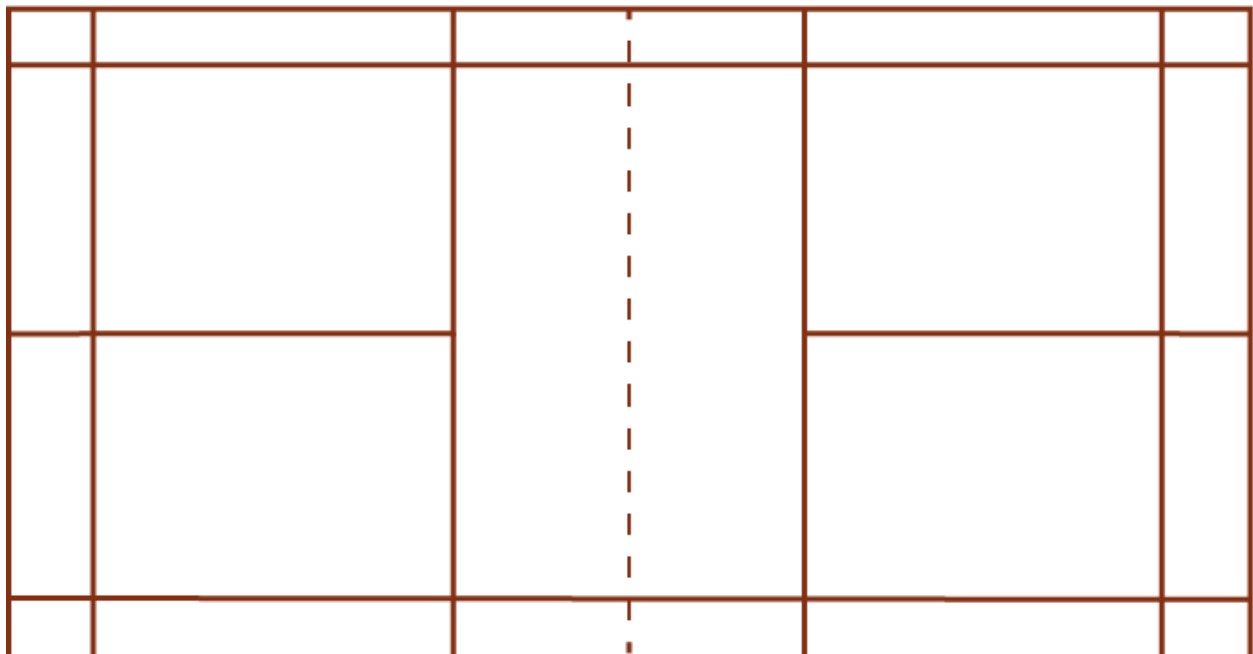
The main rule here is that when you hit the shuttle, it must be below your waist. To be exact, the rules define this to be a height level with the lowest part of your ribcage. In other words, you can serve from a bit higher than the top of your shorts, but not much.

Serves must be taken in one continuous action, you can't do dummy shots or put off your opponent like in football!

Service Courts

The service courts are smaller box shapes inside the court.

Notice that the badminton court has a line down the middle, extending from the back to near the net; this is the centre line. At the front of the court, the centre line is met by another line; this is the front service line. These two lines form a T shape where they meet.



A standard badminton court

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Service courts are used for three things:

- The server must stand inside a service court.
- The receiver must stand inside the diagonally opposite service court.
- The serve must travel into the diagonally opposite service court.

For example, if the server is standing in his left service court. The receiver will be standing in his left service court, which is also where the serve has to go.

If the serve is going to land outside the service court, then the receiver should let it fall to the floor. If the receiver hits the serve, then the rally continues even if the serve had been going out.

The server and receiver must stay inside their service boxes until the server contacts the shuttle with his racket. After that, they can leave the boxes immediately and move anywhere on court.

You will see an example of service courts on the next page!

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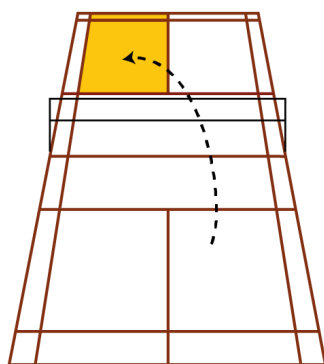


Singles Service Court

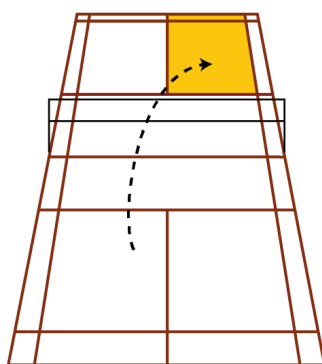
A singles service court is a box made from four lines:

1. The centre line
2. A singles side line (inside side line)
3. The front service line
4. The back line (the outside one, all the way at the back)

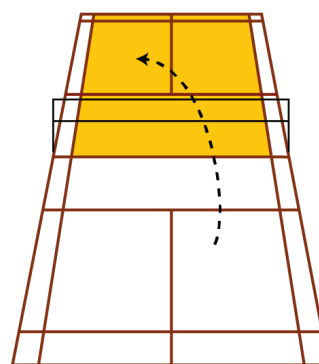
On your side of the net, you have two service courts: your right service court, and your left service court. The same is true for your opponent.



Singles Serve
(Server's score is even)



Singles Serve
(Server's score is odd)



Singles Normal Play
(after serve)

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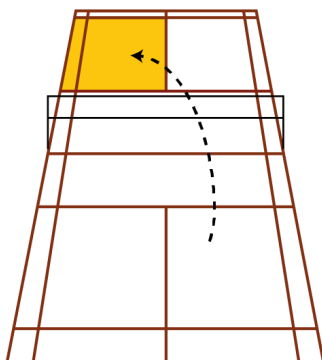
Doubles Service Court

The doubles service courts are slightly different. They are wider, because they use the outside side line (remember: the doubles court is wider); and they are shorter, because they use the inside back line.

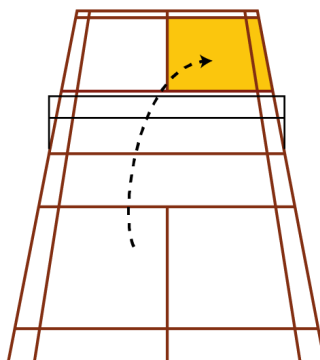
That's what the inside back line is for: doubles service, and nothing else.

So just to be clear, a doubles service court is made from these four lines:

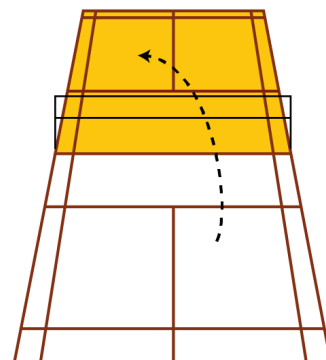
1. The centre line
2. A doubles side line (outside side line)
3. The front service line
4. The inside back line (not the very back line, but the next one in)



Doubles Serve
(Server's score is even)



Doubles Serve
(Server's score is odd)



Doubles Normal Play
(after serve)

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Points

Matches generally consist of a best of three game format with the first player/team to reach 21 points winning the set.

If the scores are tied at 20 all, then the player/team to gain two clear points ahead of their opponent will win the game.

At 29-all, the side scoring the 30th point wins that game.

The side who wins the game then goes on to serve first in the next game.

Mr Bee's Top Tip: If 21 points is a bit too much for you, try scoring your games to 11 points.

Some rules to remember

- The player/pair winning a game serves first in the next game.
- A competitive match must be played indoors utilising the official court dimensions.
- A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
- At the start of the rally, the server and receiver stand in diagonally opposite service courts.
- A legal serve must be hit diagonally over the net and across the court.
- A badminton serve must be hit underarm and below the server's waist height with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
- The rules do not allow second serves.
- During a point a player can return the shuttlecock from inside and outside of the court.
- A player is not able to touch the net with any part of their body or racket.
- A player is not able to hit the shuttlecock twice.
- The server must hit the shuttle in one continuous movement.

Good luck and have fun!