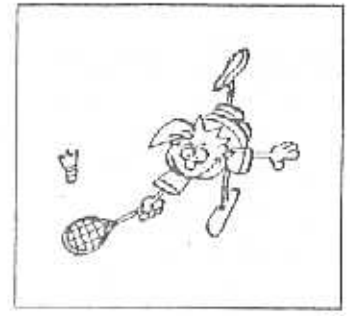


# Badminton Study Guide

Whitefish Bay Middle School



## Terms:

**Birdie:** Object being hit; also called a "shuttle".

**Rally:** Continued play between a serve and a fault.

**Serve:** Used to put the birdie into play, underhand, contact below your waist, feet stationary from behind the service line on the correct side of the court.

**Short Serve:** Travels just over the top of the net and lands close to the service line; used when your opponent is playing deep.

**Long Serve:** Travels high and deep towards the baseline; used when your opponent is playing close to the net.

**Let:** A serve that hits the top of the net and lands in the correct service court; serve is redone. If a bird hits the top of the net and lands outside the correct service court, you lose the serve.

**Clear:** Stroke hit underhand, overhead, sidearm, or backhand and travels with a high arc towards the back of the opponents court; **High and Deep:** Use when your opponent is playing close or when you need time to get back in a good position.

**Drive:** Forehand or Backhand shot hit hard and fast at the opponent's back court, cross court, or down the line with a flat flight parallel to the floor.

**Drop:** Overhead shot that causes the birdie to fall to the ground just after crossing the net; no follow through or wrist action; use if your opponent is playing back.

**Hairpin:** Underhand shot that travels just over the net from close to the net on both your side and your opponent's side.

**Smash:** An overhead return hit down into your opponents' court with great speed and power.

**Singles:** 1 player versus 1 player.

**Doubles:** 2 players versus 2 players

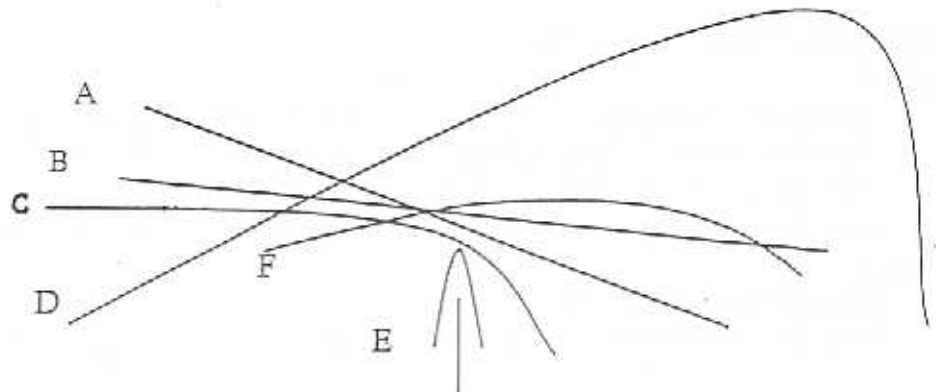
**Side-Out Scoring:** Only the serving team may win points; Winning a rally as a receiver will earn you the chance to serve, not a point.

**Rally Scoring:** Score points by winning a rally as a server or a receiver. Winning a rally as a receiver or server will earn you a point.

**Fault:** A violation of the rules; player error, such as hitting the net with your racket or body, hitting the birdie twice in a row, serving to the incorrect service box, hitting the birdie out of bounds, etc.

## Strokes for Badminton

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



## Game Play Rules:

- Winner of a rally, racket spin, or birdie toss chooses to serve or receive OR the side of the court, loser chooses from the remaining option.
- Lines are IN.
- Touching the net with your body or racket is a fault=opponent serves.
- Birdie may only be hit on your side of the net; no reaching over to hit a birdie.
- 1 hit per side; double hits are faults; resulting in the loss of your serve.
- Take care of your equipment.
- Shake hands after each game.

## Serving Rules:

- Serves must be underhand and below the waist with feet still.
- Say the score before you serve; server's score is said first, followed by opponent's score.
- Serves are diagonal across the court from behind server's service line; must land in the opposite service court behind service line.
- Receiver must be standing inside the correct service court and move only when the birdie is served.
- If your serve does not go over the net or fails to fall into the correct service box, your opponent earns the serve.
- Server alternates left/right sides of the court as long as he/she continues to score points.
- If score even (0,2,4,6, etc), serve from the right side; Odd score (1,3,5,7, etc)=left side.

## Double's Serving Rules:

- Server on the right side begins.
- Server alternates left/right service courts until serve is lost; receivers alternate receiving serve.
- Order of service:
  1. Initial server from the right service court
  2. **Partner** of the initial RECEIVER
  3. **Partner** of the initial SERVER
  4. Initial RECEIVER
  5. Back to the Initial SERVER
- After service is lost, players will receive from whichever box he/she served from last.

## Scoring:

- ✓ **Official badminton** games are played to 21 points, win by 2, rally scoring.
- ✓ If score becomes 29-all, first player to 30 wins.
- ✓ **Whitefish Bay Middle School's** singles games used **side-out** scoring.
- ✓ Points are scored when the opponent fails to return the shuttle, hits it out-of-bounds, or faults.

## Strategies to think about:

### Singles:

- Hit where your opponent is not; short if opponent is near baseline, long if opponent is by the net.
- Use clear shots to drive opponent towards baseline, drops shots to draw him/her towards net.
- Mix up your serves and return hits, long and short, left and right side.
- Play to your opponent's weaknesses. Are they struggling with clears, backhands, etc? Use those!

### Doubles:

- Up and Back Positioning: 1 player plays up by the service line; teammate plays deep hits.
- Side By Side Positioning: Teammates play parallel to each other; left side plays center hits.