



's Institutional Badminton Handbook

&

# Laws of Badminton

Reprinted by permission of the International Badminton Federation

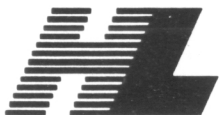


- \* Equipment Tips
- \* Badminton Terminology
- \* Grip and Stroke Fundamentals
- \* Basic Strategy, Drills & Activities
- \* Badminton Rules & Common Etiquette

AN  BADMINTON PUBLICATION

# THE ALL STARS

*"Simply the finest, most durable institutional equipment made!"*



**HL CORPORATION**

P.O. Box 3327 / Manhattan Beach, CA 90266 USA

(310) 546-3652 / Outside CA: (800) HL-SPORT / FAX: (310) 372-7443

[www.hlbadminton.com](http://www.hlbadminton.com)

## Table of Contents

4.....	Badminton Equipment Tips
5.....	Common Badminton Terminology
6.....	Badminton Fundamentals
10.....	Basic Training Drills & Activities
12.....	Modified Games
13.....	Simplified Badminton Rules
14.....	Singles & Doubles Courts
16.....	Court Diagram & Dimensions
17.....	<i>*Laws of Badminton*</i>
20.....	Service Fault Diagrams
26.....	Common Badminton Etiquette



**HL CORPORATION** has more than 100 years of combined staff experience in the sport of badminton. **HL** service and products reflect an unequalled dedication to this great Olympic sport. **HL** offers practical solutions to all institutional badminton problems. From manufacturing to customer service, our goal is to satisfy our customers. We offer the best in service and value at all levels of the sport. Please contact **HL** for all your badminton needs.

No company in the world cares about badminton like **HL**

# Badminton Equipment Tips

## Racket Construction

**String:** Avoid steel strings, coated steel strings or cheap nylon strings. They may cause excess damage to the racket frame and shuttles, play poorly and still break. HL provides the highest quality nylon string for durability and playability for institutional rackets.

**Grommets:** Grommets are very important for protecting the strings from the racket head's sharp edges. Softer non-cracking grommets allow maximum string life. Rackets without grommets are asking for problems.

**Frame:** The racket frame has many stress points. Cheap materials and poor construction result in short-lived racket frames. Avoid simple weld joints or cheap "T-pieces" where the racket head meets the shaft. Only high-grade tempered steel, aluminum and graphite... materials should be used to withstand frame fatigue and breakage.

**Handle & Grip:** Watch out for cheap hollow handles and slippery plastic grips. HL uses only the best handle and grip materials in addition to a unique "double butt" cap in most racket models. These greatly increase the comfort and durability of the racket handle.

**Racket Care & Repair:** Store rackets at room temperature and hang orderly in a rack. Remind players to avoid racket abuse. Contact a skilled badminton racket stringer for repair. Most tennis racket stringers are not familiar with the special needs of badminton. Call HL for further information if you are having trouble locating a suitable racket repairer.

## Shuttle Specifications

**Nylon Shuttles:** Avoid plastic shuttles which are either too brittle or too soft, and rubber based shuttles that fall apart easily. HL uses only the best nylon skirt construction and PVC base to accurately replicate natural feather shuttle flight and insure maximum durability. HL tournament shuttles are considered the very best in the USA.

**Shuttle Care:** Shuttles should be stored in their original tube and can be humidified to extend their life. Add drops of water to the nylon shuttle tube 24 - 48 hours prior to use. Call HL for other humidification methods.

# Common Badminton Terminology

## The Game

- Shuttle or Bird:** The "ball" used for play. Shuttlecock is the full name.
- Game:** Composed of a series of rallies between opponents, won by the first side to score a designated amount of points.
- Match:** Usually composed of a best of 3 games format to determine the winner between two opponents.
- Tournament:** Composed of a series of matches to determine the final winner(s) of a competitive badminton event.
- Fault:** A violation of the playing laws that concludes a rally.
- Let:** A halting of play that results in a replay of a rally.

## The Shots

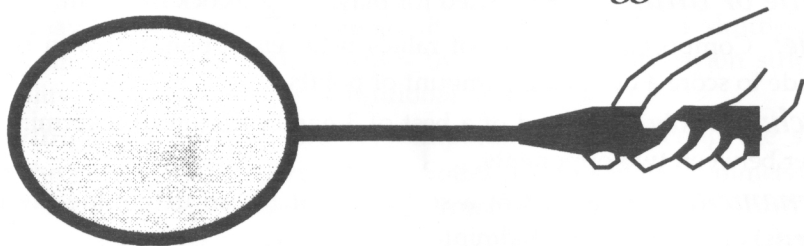
- Clear:** The high lob shot hit to the opponent's back boundary area.
- Attacking Clear:** A quicker version of the clear hit past the opponent.
- Drop:** The soft shot angled down just over the opponent's side of the net.
- Smash:** The hard hit down-angled shot (can be hit up to 200mph).
- Drive:** The quick, horizontal shot hit flat over the net.
- Flick:** The "surprise" high serve to an opponent expecting a short serve.
- Block:** A shot made by placing the racket in the path of an opponent's hard shot, so that the shuttle is returned just over the net.
- Kill (Put-Away):** The finishing shot against a weak return.

## Court Positions

- Center (Base):** The location of the court a player should return to after each shot to get into position to respond to the opponent's next shot.
- Side-Side:** Defensive doubles formation against an opponents attack.
- Up-Back:** The attacking doubles formation, one forecourt net player and one backcourt player, usually prepared to smash and hit a winning shot.

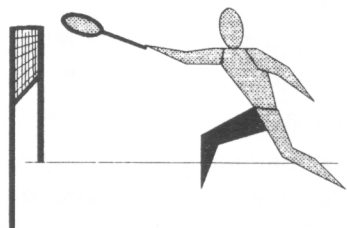
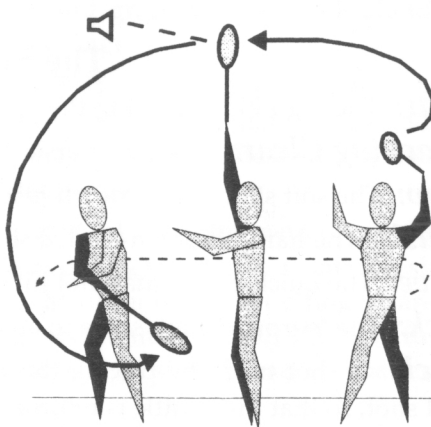
## CORRECT GRIP

*"Shake Hands & Pull the Trigger"*



## OVERHEAD STROKE

*"Overhead racket extension at contact"*



## NET SHOT

*"Lunge to the net like a fencer"*

# Badminton Fundamentals

## **GRIP** \*Key: *"Shake hands and pull the trigger."*

Use a relaxed "shake hands" grip for most badminton shots. Make sure the thumb is touching the middle finger, and the first finger is positioned as if ready to pull a trigger. If the grip is correct, then the player must rotate outward (pronate) their forearm as they swing to bring the racket face square to the shuttle. This forearm rotation generates racket speed and efficient power. ("Frying pan" or "hammer" grips may be used for short service returns and quick net shots in doubles.)

## **OVERHEAD SHOTS** \*Key: *"Overhead Racket extension"*

Swing like a professional tennis serve, except with a shorter back swing and a quicker stroke. A powerful and efficient stroke is produced by using the correct grip (see above) combined with forearm rotation and a swing that reaches up with arm and racket extension when contacting the shuttle. **Start** with the racket high and the racket-side of the body away from the net. Swing, making contact with the shuttle as high as possible. Follow through with the racket swinging down and across the body and the whole racket-side of the body rotating to the net.

## **UNDERHAND SHOTS** \*Key: *"Hit out in front"*

Again racket extension is important for the underhand clear. Contact the shuttle out in front, with arm and racket extended, and follow through across the body up and over the non-racket side shoulder. The entire racket-side of the body should rotate from back to forward. The racket-side foot will step toward the net during an underhand clear. (When serving, the racket-side foot must stay back in contact with the floor.)

## **NET SHOTS** \*Key: *"Lunge to the net (like a fencer)"*

The racket-side leg should always finish lunging to the net with the knee bent. The racket head should be fully extended to the net as high as possible. For the "re-drop", the racket is gripped loosely using no swing. To clear, the player will require no more than an upward flick of the wrist to "push" the shuttle over the opponent's head deep to the backcourt.

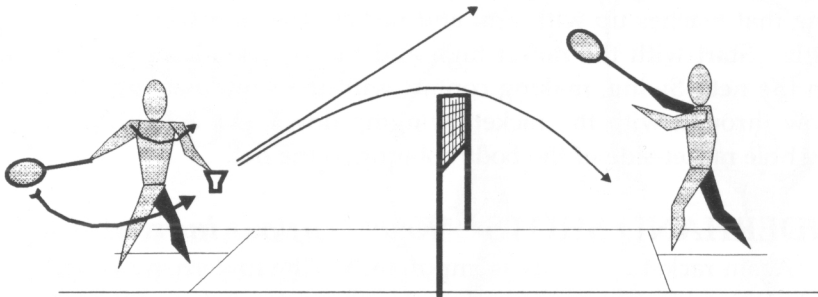
## SERVE *\*Key: "Be consistent, and get the serve in play"*

Executing an effective serve is vitally important, yet surprisingly difficult for many players (for service rules see pp. 10, 13-15, 20-23, 26). The shuttle should be held out in front and away from the body for all serves.

1) *"High-deep" serve.* Primarily for singles, used to force the opponent back to their deep baseline area. A full underhand stroke is used.

2) *"Short" serve.* Used occasionally in singles, but most important for doubles. The "short" serve is most consistent when the stroke is mechanically simple using a stiff arm and wrist with an easy upper body rotation to bring the racket around to softly contact the shuttle.

3) *"Flick" serve.* Used in doubles as a surprise alternative to the "short" serve. The "flick" stroke begins like a "short" serve, but finishes with a full underhand follow through so that the shuttle is "flicked" over the opponent's head at the last instant.



Serving position.

Service return position.

## SERVE RETURN *\*Key: "Attack the shuttle"*

The service returner should be ready to attack the shuttle. The ready position is with the non-racket foot forward and knee bent, with the racket held high and out in front. Against a short serve, step directly forward with the racket-side foot and bring the racket right to the shuttle. Against a high serve, push back with the non-racket foot, and without crossing over the feet quickly slide back to the overhead hitting position. In doubles, the service return should be directed downward whenever possible.



## *A Few Quick Playing Tips:*

#1 Hold your racket high and out in front of your body.
#2 Focus on the shuttle at all times and ignore distractions.
#3 Execute good serves and serve returns- first shots are critical.
#4 Consistency is far more important than a few great shots.
#5 Straight shots are almost always safer shots.
#6 Keep the shuttle in play and never give up.
#7 Have fun.

### **SINGLES** \*Key: *"Move the opponent up and back"*

Use deep clears alternating with steep drops to force the opponent to cover the full length of the court. Smashes are usually reserved for putting away weak returns. By the same token, a player must be prepared to move to and from a "center" or "base" position after each shot. Footwork efficiency and speed is very important for hitting on-balance shots.

#### Players generally fall into one of 3 styles of play:

- (1) "Attacking" players hit more smashes, quick clears and quick drops.
- (2) "4-corner" players hit deliberate and consistent shots to the corners of the court to keep the opponent off-balanced and cause fatigue.
- (3) "Defensive and Counter-Attacking" players try to get everything back and frustrate the opponent's attempts at hitting winners.

### **DOUBLES** \*Key: *"Force the opponent to lift the shuttle"*

High level doubles is one of the fastest, most exciting games of all sporting events. There is often less than one second between each shot! Players must learn to communicate and work together as a team. Rotate between defensive and attack formations as needed, and attempt to hit shots that force the opponents to lift the shuttle. The advantage is almost always with the attacking team. Good serves and first shots are critical to avoid being placed immediately on the defensive.

Each rally begins with both teams in the "Up-and-Back" attacking formation. When one team is forced to lift the shuttle they should rotate to the "Side-by-Side" defensive formation to allow the best opportunity to react to any attacking shots by the opponents.

## Basic Training Drills and Activities

**Shuttle Balance:** The player places a shuttle on their racket strings while holding the racket with the proper grip. Balance the shuttle on the racket with the arm and racket extended outward parallel to the ground. Next, the player should slowly move the racket to the right and to the left, while rotating the upper body and watching the shuttle as it is balanced on the strings. To run a "shuttle balance" race, players line up on a starting line and at "GO" walk or run as fast as possible to a finish line without the shuttle falling off the racket. If the shuttle falls, the player must stop and replace the shuttle before continuing. Players may be grouped into teams to run a relay race team against team.

**Shuttle Catch:** Place the shuttle on the racket as above. Also, extend the racket-side leg into a lunging position with the knee bent. Then flip the shuttle up and re-catch it on the strings without letting it bounce, using a scooping motion with the racket. Players may get into pairs and practice the "shuttle catch" back and forth (with or without using a net).

**Pop-Ups:** Same as the "shuttle catch" except the shuttle is purposely bounced up and down a few feet above the racket. The lower the bounce the more difficult the shuttle is to control. "Pop-ups" may be practiced back and forth with a partner. Practicing across a net is the next step.

**Practice Serves:** Repeated practice of all serves is critical to improving singles and doubles play. Players should take their time before each serve, hold only one shuttle at a time, and aim at a specific target.

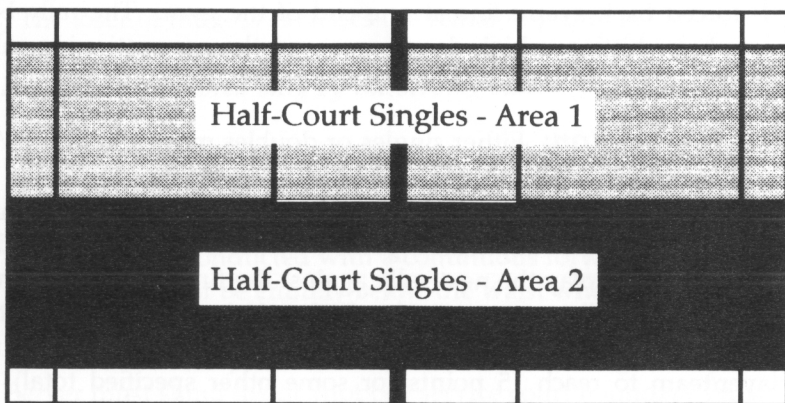
**No-Net Rallies:** Players pair up to practice clears and drives in open gym space. Nearby hallways may also be used for practicing drives.

**Hit-Against-the-Wall:** To build racket quickness hit a shuttle against a flat wall. Moving closer to the wall or hitting harder increases difficulty.

**Basketball Net Swing:** To practice the overhead stroke extension, stand under a basketball net and swing at it as if hitting a clear or smash.

**Basic Shot Practice:** Players pair up on the court and practice clears, drives, overhead drops and underhand clears, smashes and smash returns.

**Half-Court Singles:** Using the half-court areas as diagrammed below, two pairs of singles players may practice at the same time. Regular singles rules are used, except the serve is hit straight ahead. Players may play shortened games of 7, 9 or 11... points so that they may rotate to play several different players in a short period of time. Players should focus on forcing the opponent to move up and back with clears and drops. This is an excellent activity for beginners to practice all of the basic shots, and a great warm-up drill for more advanced players.



**Up-Back Shadow Drill:** The up and back footwork is the most difficult and important movement in badminton. Practicing fluid and efficient footwork greatly improves balance and speed to allow players to hit more consistent and effective shots. The basic drill sequence cycle is:

- (1) Player begins squared to the net in the center position with knees bent.
- (2) Player steps toward the net lunging with arm and racket fully extended like a fencer (see p. 7 - "NET SHOTS").
- (3) Player then pushes back off the lunging leg, retraces their steps to the center position, and turns the racket-side of the body away from the net.
- (4) Footwork to the backcourt is a quick slide-slide movement without crossing the feet over. Shoulders remain perpendicular to the net.
- (5) In the deep backcourt, the player takes a full overhead stroke (see p. 6) while reversing direction back toward the center. Repeat steps #1 - #5.

## Modified Games

There are an unlimited number of game modifications that add variety to badminton training and competition. Here are a few popular examples:

***Clear Wars:*** Two players face each other about 30 feet apart centered in a large open gym space (without using a net). The object is to see which player can hit higher and deeper clears past the other player until one player is forced back over a line at one end of the gym. The rally begins with one player hitting a high-deep serve and then a continuing rally of clears begins until there is a winner.

***Fronton Badminton:*** Either singles or doubles may be played. A line of players/teams is formed just off of the court by the net. Two players/teams face each other on the court to play a regular badminton rally. The winner of the rally wins a point whether or not they served, and stays on the court to play the next rally against the first player/team in line. The loser of the rally moves to the back of the line. Players/teams accumulate points in the game with each rally they win. The winner is the first player/team to reach 15 points (or some other specified total). The rotation of players/teams after each rally should move quickly.

***Error-Out Doubles:*** Conventional doubles is played, except that after each rally a new player will rotate in to replace the player that made the most obvious error to lose the rally. Like "fronton" badminton, a line of players is formed just off the court by the net. The player that made the rally-losing error has earned an "error-point" and moves to the back of the line. Regular game score is not kept, but "error-points" are accumulated by each player until someone earns 7 "error-points" (or some other specified total). When a player reaches the "error-point" limit they are out of the rotation. When only four players remain, the player with the fewest "error-points" wins the game.

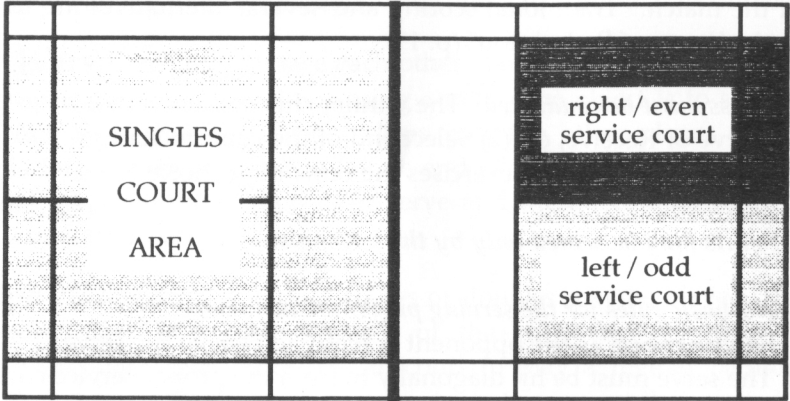
***2 on 1 Singles:*** Using otherwise conventional singles rules and court areas, two players team to play against one player. The two-player side may play side by side, front and back, or move around as they wish.

# Simplified Badminton Rules

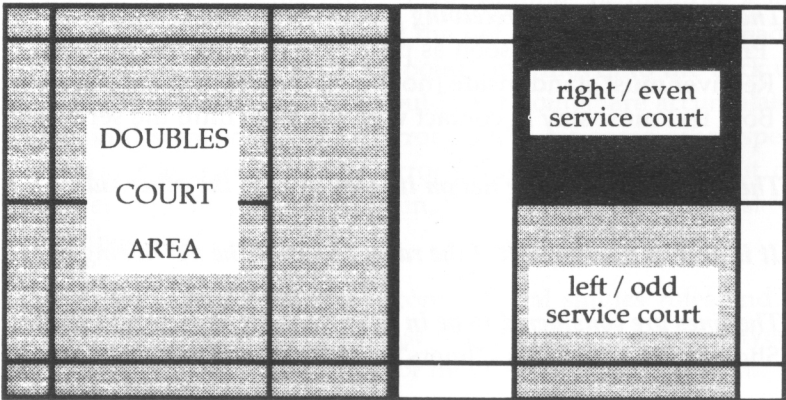
\*See the complete "Laws of Badminton" for more details (p. 16)\*

- #1:** *Players must understand and agree upon the scoring method* to be used in the match. Traditional scoring and several alternatives are detailed in the "Laws of Badminton" (p. 19).
- #2:** *A toss must be conducted.* The winner chooses to:  
(1) Serve or Receive, or (2) Select end of the court to start.  
(2) The loser of the toss exercises the remaining choice.
- #3:** *Points may be scored only by the serving side.*
- #4:** *The basic rules for the serving player are as follows:*
1. Serve as soon as the opponent is ready to receive the serve.
  2. The serve must be hit diagonally to/from the proper service courts.
  3. Serve must be conducted with a continuous forward stroke.
  4. The shuttle must be entirely below the waist when it is contacted.
  5. The entire racket head must be below the racket hand at contact.
  6. Both feet must stay in contact with the floor during the serve.
  7. Server must stand inside (not on) service court boundary lines.
  8. Server will continue serving after each rally won, rotating between right and left service court areas. \*Unless there is scorekeeper, the server should announce the full score prior to each serve.
- #5:** *The basic rules for the receiving player are as follows:*
1. Prepare to receive as soon as possible following the previous rally.
  2. Receiver must stand inside (not on) service court boundary lines.
  3. Both feet must stay in contact with the floor until the serve is hit.
- #6:** *The shuttle may hit the net on its way over to the other side.*
- #7:** *It is an immediate fault if the racket touches the net during play.*
- #8:** *The lines are considered to be in the area they form as a boundary...*  
Shots that hit the lines - "liners" - are good.

## *SINGLES COURT*



## *DOUBLES COURT*



**#9: *In SINGLES:***

1. The service court area is bounded by the short service line, the back line, the center line and the inside side line (p. 14/16).
2. When the server's score is even, the server serves from the right hand service court. When odd, the serve is from the left hand court.
3. After the serve, the court is bounded only by the inside side lines and the back line (p. 14).

**#10: *In DOUBLES:***

1. The service court area is bounded by the short service line, the inside back line, the center line and the outside side line (p. 14/16).
2. Each time a side gains the right to begin serving, the serve will start with the server positioned at the right hand service court.
3. At the start of each game, only the first server of the initial serving side shall serve.
4. After the first side out, thereafter both players of a side will serve according to the following order: The right hand positioned player will begin serving and continue serving as long as the serving side wins the rally. This first server will rotate serves between the right hand and left hand service courts. When the first player loses their serve, then the second player will serve from the alternate service court. The second player then continues serving, rotating between the right and left hand service courts until a rally is lost and the side is out. Players remain in the service court positions they finished in to receive serve, and then to resume serving when their side is in again.

**#11: *The side winning a game serves first in the next game of the match.***

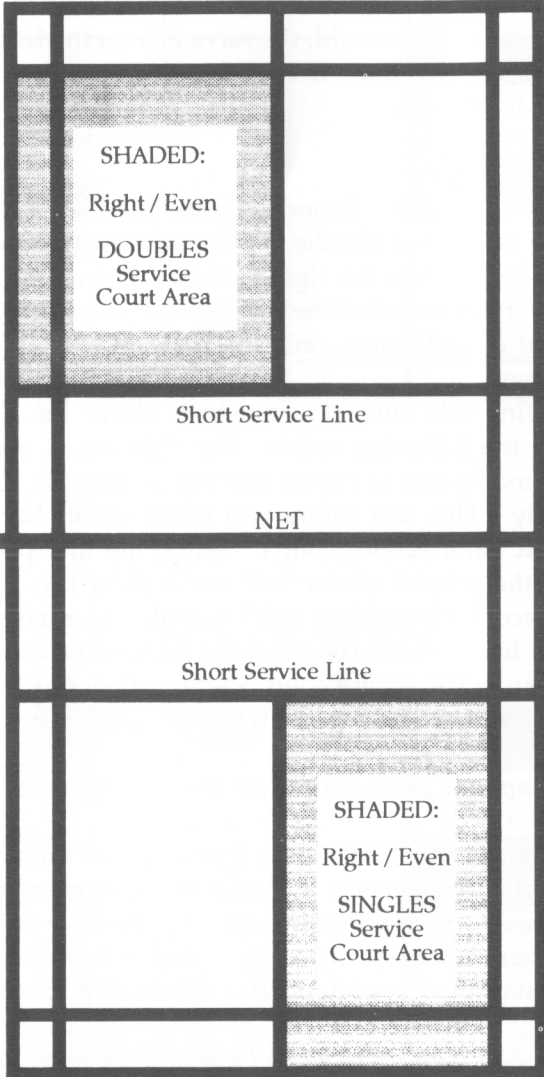
**#12: *Changing sides*** is done after each game, and at the mid-point of the tie-breaking game of a match. For example: players switch sides when the leading score reaches 8 points of a 15 point (or 6 points in an 11 point) third game of a best of 3 game match. Or, switch at 11 points in a one game match to 21 points, switch at 5 in a 9 point game, etc...

**#13: *Players must play by the letter and intent of the rules honestly.***

| — SINGLES - 17' Width (44' Length) — |

| — DOUBLES - 20' Width (44' Length) — |

LINE  
WIDTH  
1-1/2"



NET  
HEIGHT  
5'0" - center  
5'1" - side

CEILING  
HEIGHT  
25' +

2'6"

13'

6'6"

44'

6'6"

13'

2'6"

| 1'6" | — 8'6" — | — 8'6" — | 1'6" |



# Laws of Badminton

\*Reprinted by permission of the International Badminton Federation\*  
*Specially condensed, adapted and highlighted by HL for institutional use.*

## A. COURT

1. The court shall be a rectangle and laid out as in Court Diagram (p. 16) and to the measurements there shown, defined by lines  $1\frac{1}{2}$ " wide.
2. The lines shall be easily distinguishable, preferably colored white or yellow.
3. All lines form part of the area which they define.
4. The court should be laid out in such a way to eliminate or minimize all extraneous facility obstructions 30' above, 4' on the sides, and 8' on the ends of the court surface for the purposes of safe and unobstructed play.

## B. POSTS

1. The posts, and particularly the attachment point of the top of the net to the post, shall be 5'-1" in height from the surface of the court. They shall be sufficiently firm to remain vertical and keep the net strained as provided in rule C, and shall be placed on the doubles side lines as shown in Court Diagram (p. 16).

## C. NET

1. The net shall be made of fine cord of dark colour and even thickness with a mesh not less than  $\frac{5}{8}$ " and not more than  $\frac{3}{4}$ ".
2. The net shall be 2'-6" in depth.
3. The top of the net shall be edged with a 3" white tape doubled over a cord or cable running through the tape. The tape must rest upon the cord or cable which shall be of sufficient size and weight to firmly stretch flush with the top of the posts.
4. The top of the net from the surface of the court shall be 5'-0" at the center of the court and 5'-1" over the side lines for doubles.
5. There shall be no gaps between the ends of the net and the posts. If necessary, the full depth of the net should be tied at the ends to the posts.

## D. RACKET

1. The hitting surface of the racket shall be flat and consist of a pattern of crossed strings connected to a frame.
2. The frame, including the handle, shall not exceed 2'-  $2\frac{3}{4}$ " in overall length and 9" in overall width. The overall length of the head shall not exceed  $11\frac{3}{8}$ ". The strung surface shall not exceed 11" in overall length and  $8\frac{5}{8}$ " in overall width.
3. The racket shall be free of attached objects, other than those used solely and specifically to limit or prevent wear, or vibration, or to distribute weight, or to secure the handle by cord to the player's hand.

## E. SHUTTLE

**Principles:** The shuttle may be made from natural and/or synthetic materials. Whatever material, the flight characteristics should be similar to those produced by a natural feathered shuttle with a cork based covered by a thin layer of leather.

### The General Design:

1. The shuttle shall have 16 feathers fixed in the base.
2. The feathers may have a variable length from 2 1/2" - 2 3/4", but in each shuttle they shall be the same length when measured from the tip to the top of the base. The tips of the feathers shall form a circle with a diameter from 2 1/4" - 2 5/8". The feathers shall be fastened firmly with a thread or other suitable material.
3. The base shall be 1" - 1 1/8" in diameter and rounded on the bottom.
4. The shuttle shall weigh from 4.74 to 5.50 grams.
5. A non-feathered synthetic shuttle should conform to dimension and weight requirements, however, because of the difference of the specific gravity and behavior of synthetic materials in comparison with feathers, a variation of up to 10% is acceptable.

### Shuttle Testing:

1. To test a shuttle, use a full underhand stroke which makes contact with the shuttle over the back boundary line of the court. The shuttle shall be hit at an upward (approximately 45 degree angle) toward the other end of the court and in a direction parallel to the side lines. A shuttle of correct pace will land not less than 1' - 9" and not more than 3' - 3" short of the other back boundary line.

## F. PLAYERS

1. The game shall be played, in the case of singles, by one player a side or, in the case of doubles, by two players a side.
2. The side having the right to serve shall be called the serving side, and the opposing side shall be called the receiving side.

## G. TOSS

1. Before commencing play, the opposing sides shall toss and the side winning the toss shall exercise the choice to either:
  - A. Serve or Receive first, or
  - B. To start play at one end of the court or the other.
2. The side losing the toss shall then exercise the remaining choice.

### *\*Common toss methods include:*

1. Flipping a coin.
2. Spinning a racket (when one side of the racket is distinguishable from the other).
3. Tossing a shuttle in the air; the side that the base is pointing toward wins.

## H. SCORING

1. The opposing sides shall play the best of three games unless otherwise arranged. (Various alternate scoring methods are outlined below.)
2. Only the serving side can add a point to its score.
3. In doubles and men's singles a game is won by the first side to score 15 points, except as provided in rule H-4 "Setting Options." In ladies' singles a game is won by the first side to score 11 points, except as provided in rule H-4 "Setting Options."
4. NEW SIMPLIFIED SETTING OPTIONS: If the score becomes 14-all (or 10-all in ladies' singles), the side which first scored 14 shall have the choice of "setting" or "not setting". The choice will be either to continue the game to 15 points (or 11 points in ladies' singles), which is "not setting", or to "set" the game to 17 points (13 points in ladies' singles). This choice can only be made when the score is first reached and must be made before the next serve is delivered. [As of Aug. 1, 1998, there are no longer the other setting options at 13-all (or 9-all in ladies' singles).]
5. If the choice is to "set", the score is no longer called "love-all"; instead the score should be called "14-all" (or "10-all" in ladies' singles) and continued to 17 (or 13 in ladies' singles) as appropriate.
6. The side first scoring the set number of points wins the game.
7. The side winning a game serves first in the next game of that match.

*\*An HL suggestion: Especially in matches without an official Umpire, in the event that the setting option is not properly given to the appropriate side before the next serve, and there is confusion regarding the setting option choice, or a failure to announce the choice to "set" or "not set", then the "set" option should automatically take effect.*

### 5 x 7 SCORING SYSTEM:

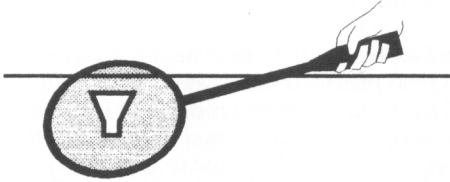
1. A match shall consist of the best of five games.
2. In all events, a game is won by the first side to score 7 points, except if the score becomes 6-all, the side which first scored 6 can continue the game to 7 points, i.e. not to 'set' the game; or to 'set' the game to 8 points.
3. Player shall change ends at the end of each game, and in the fifth game (if any) when the leading score reaches 4.
4. Serving remains the same in singles and doubles. The team that wins serves first the next game.
5. Player(s) may take up to 90 seconds between games with coaching on court.

### Several possible alternate scoring methods are as follows:

1. "World Series" scoring: Best of 7 games, each game to 7 points with no setting.
2. Best of 3 games to 7, 9, 11, or 15 points with no setting. (Reduces match time.)
3. One game matches to 7, 9, 11, 15, or 21 points. May or may not require setting or winning by 2 points. Switch sides at the half-way point of each game.

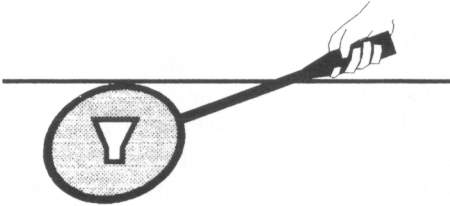
*\*An HL suggestion: Local tournaments and practice situations may adopt different scoring methods due to time constraints or for training purposes. Regardless, any alternate scoring system should be well publicized in advance of competition.*

*Positions of Hand and Racket at the instant of striking the shuttle.*



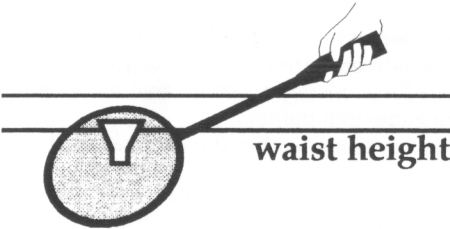
**SERVICE FAULT**

---  
(top of racket head  
is above hand)



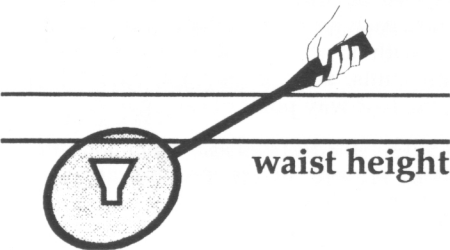
**SERVICE FAULT**

---  
(racket head is  
not discernibly  
below hand)



**SERVICE FAULT**

---  
(shuttle is above  
waist line)



**CORRECT  
SERVICE**

## **I. CHANGE OF ENDS**

1. Players shall change ends at the end of the first game; prior to the beginning of the third game (if necessary); and in the third game, or in a one game match, when the leading score reaches: 6 in a game of 11 points, or 8 in a game of 15 points.
2. When players fail to change ends as indicated, they shall do so immediately when the mistake is discovered and the existing score shall stand.

## **J. SERVICE**

1. In a correct service:
  1. Neither side shall cause undue delay to the delivery of the serve.
  2. The server and receiver shall stand within diagonally opposite service courts without touching the boundary lines of these service courts; some part of both feet of the server and receiver must remain in contact with the floor in a stationary position until the serve is delivered;
  3. The server's racket shall initially hit the base of the shuttle while the whole of the shuttle is below the server's waist;
  4. The shaft of the server's racket at the instant of hitting the shuttle shall be pointing in a downward direction to such an extent that the whole of the racket head is discernibly below the whole of the server's hand holding the racket;
  5. The movement of the server's racket must continue forward after the start of the serve until the serve is delivered; and...
  6. The flight of the shuttle shall be upwards from the server's racket to pass over the net so that, if not intercepted, it falls in the receiver's service court.
2. Once the players have taken their positions, the first forward movement of the server's racket head is the start of the serve.
3. The server shall not serve before the receiver is ready, but the receiver shall be considered to have been ready if a return of serve is attempted.
4. The serve is delivered when, once started, the shuttle is hit by the server's racket or the shuttle lands on the floor.
5. In doubles, the partners may take up any positions which do not unsight the opposing server or receiver.

## **K. SINGLES**

1. The players shall serve from, and receive in, their respective right service courts when the server has scored zero or an even number of points in that game.
2. The players shall serve from, and receive in, their respective left service courts when the server has scored an odd number of points in that game.
3. If a game is set, the total points scored by the server in that game shall be used to apply to rules K-1 and K-2 above.
4. The shuttle is hit alternately by the server and the receiver until a "fault" is made or the shuttle ceases to be in play.

### **K. SINGLES continued...**

5. A) If the receiver makes a "fault" or the shuttle ceases to be in play because it touches the floor inside the receiver's court, the server scores a point. The server then serves again from the alternate service court.
- B) If the server makes a "fault" or the shuttle ceases to be in play because it touches the floor inside the server's court, the server loses the serve and the receiver then becomes the server, with no point scored by either player.

### **L. DOUBLES**

1. At the start of the game, and each time a side gains the right to serve, the serve shall be delivered from the right service court.
2. Only the receiver shall return the serve; should the shuttle touch or be hit by the receiver's partner, the serving side scores a point.
3. After the serve is returned, the shuttle can be hit by either player of the serving side and then by either player of the receiving side, and so on, from any position on their side of the net, until the rally ends.
4. A) If the receiving side makes a "fault" or the shuttle ceases to be in play because it touches the floor inside the receiving side's court, the serving side scores a point and the server serves again.
- B) If the serving side makes a "fault" or the shuttle ceases to be in play because it touches the floor of the serving side's court, the server loses the right to continue serving, with no point scored by either side.
5. A) The player who serves at the start of any game shall serve from, or receive in, the right service court when that player's side has no points or an even number of points in that game, and shall be positioned in the left service court otherwise.
- B) The player who receives at the start of any game shall receive in, or serve from, the right service court when that player's side has no points or an even number of points in that game, and shall be positioned in the left service court otherwise.
- C) The reverse pattern applies to the partners.
- D) If a game is set, the total points scored by a side in the game shall apply to the rules 5-A, 5-B, and 5-C above.
6. The serve, in any side's turn of serving, shall be delivered from alternate service courts between right and left side service courts.
7. The right to serve passes consecutively from the initial server in any game to the initial receiver in that game, and then from that player to that player's partner and then to the opponent positioned in the right service court, and then to the opponent's partner, and so on until the game is concluded.
8. No player shall serve out of turn, receive out of turn, or receive two consecutive serves, except as due to provisions in "Service Court Errors" or "Lets".
9. Either player of the winning side may serve first in the next game and either player of the losing side may receive first.

## **M. SERVICE COURT ERRORS**

1. A service court error occurs when a player:
  - A) Has served out of turn;
  - B) Has served from the wrong service court; or
  - C) Standing in the wrong service court, was prepared to receive when the serve was delivered.
2. When a service court error occurs, then:
  - A) If the error is discovered before the next serve is delivered, it is a "let" unless only one side was at fault and lost the rally; and the error is not corrected.
  - B) If the error is not discovered before the next serve the error is not corrected.
3. If there is a "let" due to a service court error, the rally is replayed and the error corrected.
4. If a service court error is not to be corrected, play in that game shall proceed without changing the players' new service court positions, nor, when relevant, the new order of serving.

## **N. FAULTS**

1. If a serve is not correct (see rules for "Service").
2. If the server, in attempting to serve, misses the shuttle.
3. If, during the serve, the shuttle is caught on or in the net.
4. If during play, the shuttle:
  - A) Lands outside the boundaries of the court;
  - B) Passes through or under the net, or fails to pass the net;
  - C) Touches any obstruction outside the court area (unless a particular obstruction is previously agreed by the officials to be a "let") or touches any part of any person other than the rackets currently used by the players playing.
5. If, during a rally, the initial point of contact with the shuttle is not on the striker's side of the net. (The striker's racket follow-through may, however, continue over the net provided contact is not made with the net.)
6. If, when the shuttle is in play, a player:
  - A) Touches the net or its supports with racket, person or dress;
  - B) Invades an opponent's court with racket or person in any degree except as allowed in rule N-5 above; or
  - C) Obstructs an opponent by preventing an opponent from making a legal stroke where the shuttle is followed over the net.
7. If, in play, a player deliberately distracts an opponent such as by shouting, etc.
8. If, in play, the shuttle:
  - A) Is caught and held on the racket, then slung during the execution of a stroke.
  - B) Is hit twice in succession by the same player with two strokes; or
  - C) Is hit by a player and the player's partner successively.
9. If a player is guilty of flagrant, repeated or persistent offenses under "Q".

## **O. LETS**

A "let" may be called by the Umpire or any player (if there is no Umpire) to halt play:

1. A "let" may be given for any unforeseen or accidental disruption of play.
2. If the shuttle is caught on the net and remains suspended on top, or after passing over the net is caught in the net (except during service).
3. If during the serve, the receiver and server are both faulted at the same time.
4. If the server serves before the receiver is ready.
5. If during play the base of the shuttle separates from the rest of the shuttle.
6. If the Line Judge is unsighted and the Umpire is unable to make the call.
7. When a "let" occurs, the play since the last service shall not count and the player who served shall re-serve, except where the "Service Court Errors" rules apply.

## **P. SHUTTLE NOT IN PLAY**

1. When it strikes the net and remains attached there or suspended on top;
2. When it strikes the net and begins to fall back toward the striker's side of the net;
3. When it contacts the floor;
4. When a "fault" or "let" has occurred.

## **Q. CONTINUOUS PLAY, MISCONDUCT, AND PENALTIES**

1. Play shall be continuous from the first serve until the match is concluded, except as allowed in rules Q-2 and Q-3.
2. **\*NEW\***: There will be an interval of 90 seconds between the first and second games, and not exceeding 5 minutes between the second and third games. Coaching is allowed during both intervals. Players will not be allowed to leave the court during the 90 second interval without the Umpire's permission.
3. When necessitated by circumstances not within the control of the players, the Umpire may suspend play for such a period as deemed necessary. The existing score shall stand and play shall be resumed from that point.
4. Under no circumstances shall play be suspended to enable a player to recover his strength or wind, or to receive instruction or advice.
5. Except in the intervals allowed in Q-2 and Q-3, no player shall be permitted to receive advice during a match by any means by any one.
6. No player shall leave the court during the match without the Umpire's consent.
7. A player shall not:
  - a. Deliberately cause suspension of play;
  - b. Deliberately interfere with the speed of the shuttle;
  - c. Be guilty of misconduct not otherwise covered by the "Laws of Badminton."
8. The Umpire shall administer any breach of rules Q-4 through Q-7 by:
  - a. Issuing a warning to the offending side;
  - b. Faulting the offending side, if previously warned; or
  - c. In cases of flagrant offence or persistent offences, faulting the offending side and reporting the offending side immediately to the head Referee or responsible tournament official who shall have the power to disqualify.



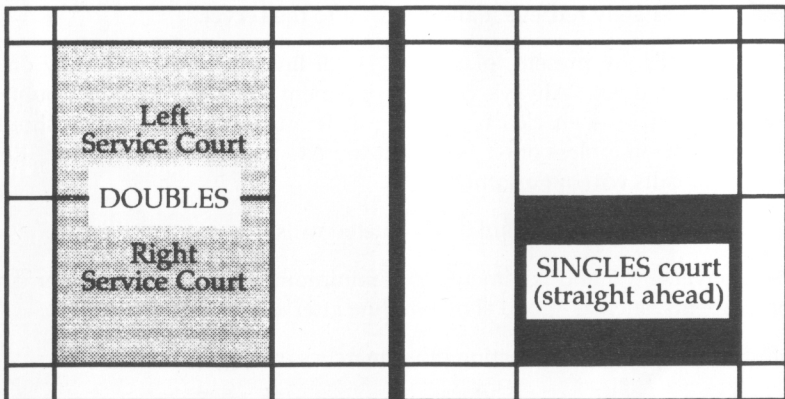
## R. OFFICIALS

1. The Tournament Referee is in overall charge of the tournament event.
2. The Umpire, where appointed, is in charge of the match, the court and its immediate surrounds. The Umpire shall uphold the "Laws of Badminton" especially in calling "faults" and "lets" as they occur, and report to the Referee, or in his absence, report to the responsible official. The Umpire shall not overrule the Service Judge or Line Judges in points of fact, but may appoint or remove these judges in consultation with the Referee.
3. The Service Judge shall call service faults made by the server should they occur.
4. Line Judges shall indicate whether a shuttle is "in" or "out."

## S. BADMINTON FOR THE DISABLED

\*The following adaptations are recommended based on direct experience with players:

1. Raise the level of the net to 6' 6" or higher.
2. Establish boundary lines similar or according to the diagram below. In both singles and doubles the forecourt area is considered out. Singles is the most frequent game of choice and is played using an adapted half-court area as shown. The serve is directed straight ahead. Two pairs of players may play at once.
3. In doubles, partners take turns serving diagonally from their respective court areas. Each side serves until they lose a rally. The right to serve then moves to the other side. Start from the service court according to the points accumulated. If the serving side has an even number of points then the partner positioned in the right service court serves, if the serving side has an odd number of points then the partner positioned in the left service court serves.



## **T. ATTIRE**

The tournament referee shall be the final judge as to what is acceptable at any event. However the following are the guidelines that cover basic team and tournament attire.

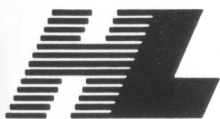
1. Shorts can not hang below the knees at their lowest point.
2. Shorts must be worn high enough at the waist so as to not be offensive or exposing undergarments or those parts of the body that would normally be covered by undergarments.
3. Shirts must be either Polo style, T-shirts or otherwise be a team uniform.
4. Shoes and socks must be worn.

## **Common Badminton Etiquette**

Sportsmanship is a vital quality of the sport of badminton. Along with the generally accepted behaviors, there are a number of customs which bring out the best in badminton. This is especially important because few badminton matches are overseen by a full staff of officials.

- #1 Know the rules well and abide by their intent as well as their details.
- #2 The server should call out the full score prior to each serve. If the setting options occur, they should be clearly announced.
- #3 The server should always be sure the receiving side is ready to receive before serving. The serve should be clearly legal.
- #4 Players should not cause any undue delays in continuous play.
- #5 When a rally is finished, the player on the same side of the net as the shuttle should immediately retrieve it and return it to the server.
- #6 Unless officials are present, players make all line and fault calls only on their own side of the net. Always give the opponent the benefit of the doubt. The shuttle should be seen clearly out to call it out. Unseen shuttles should be assumed to be in, unless other facts contribute to a "let" call and replay. Respect opponent's calls without argument.
- #7 Call "let" and replay uncertain or obstructed calls.
- #8 Keep conversation and comments to a minimum, and emotions under control. Compliments, such as "good shot" are fine after a rally.
- #9 Avoid interrupting or distracting other matches in progress.
- #10 Shake hands with the opponent after each match.

*"More Smashing Equipment from HL..."*



**HL CORPORATION**

P.O. Box 3327 / Manhattan Beach, CA 90266 USA

(310) 546-3652 / Outside CA: (800) HL-SPORT / FAX: (310) 372-7443

[www.hlbadminton.com](http://www.hlbadminton.com)

Check out the NEW...



**BADMINTON PUBLICATION SERIES!!!**

\* *HL's "Championship Badminton Drills" Handbook*

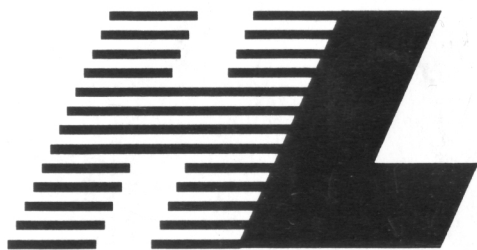
The long sought after coaches' aid to training novice through Olympian badminton athletes; full of diagrammed training drills and activities.

\* *HL's "Badminton for Physical Education and Beyond"*

This book includes Skills, Cues, Teaching Progressions and much more. A one stop publication to help with the actual day to day problems you will encounter in the teaching and understanding of badminton. Combined with the use of "Winning Fundamentals" you and or your students will have a clear understanding of this sport. Also includes a sample lesson plan. A complete book for teaching badminton and physical education.

\* *HL's "Badminton: Winning Fundamentals" Teaching Videotape*

Gaining national recognition as the best available videotape covering the latest badminton footwork and skills (1990, 28:30 running time).



**HL CORPORATION**

P.O. Box 3327 / Manhattan Beach, CA 90266 USA  
Direct: (310) 546-3652 / Outside CA: (800) HL-SPORT  
FAX: (310) 372-7443  
[www.hlbadminton.com](http://www.hlbadminton.com)