

7TH GRADE BADMINTON STUDY GUIDE

DEFINITIONS:

Match - The basic contest in badminton between opposing teams. A badminton "match" is usually won by winning two out of three games.

Singles - A match consisting of one player on opposing teams.

Doubles - A match consisting of two players on opposing teams.

Rally - A sequence of one or more strokes beginning with the serve, until the birdie ceases to be in play.

SCORING SYSTEM:

- A match consists of three games (best of three wins)
- A game is played to 21 points (must win by two points or more)
- A point is scored after every serve (by either team)
- The team that wins the rally scores a point
- The team that wins a game serves first in the next game

DOUBLES:

- At the beginning of the game and when the score is "even", the server serves from the right service court. When the score is "odd", the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving team scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their team is serving (and the same person keeps serving).

THE SERVE:

- The server always needs to call out the score prior to serving.
- The server must stand in the appropriate service court (right side when the score is "even" and left side when it is "odd")
- The serve must be made diagonally over the net to the opposing team's service court.
- The server must keep both feet stationary when serving.
- The server must strike the "birdie" below the waist.
- The receiver must also strike the return shot below the waist.

FAULTS:

During service if...

- the server misses the birdie.
- the serve is performed incorrectly (see "the serve" above).
- the birdie is caught in or on top of the net.
- the serve is returned by the receiver's partner.

During play if the birdie ...

- lands outside the boundaries of the court (lines are considered "in")
- passes through or under the net.
- touches the ceiling or side walls.
- is hit twice in succession by the same side.

During play if a player ...

- touches the net with his/her racket or body.
- crosses into the other team's court.
- deliberately distracts a member of the opposing team (shouting, gestures, etc.)

DOUBLES STRATEGIES: *"Side by Side" or "Front-Back"*

