

## BADMINTON RULES AND REGULATIONS

Badminton is one of the least understood sports in Canada, with most Canadians being unaware of the speed and physical demands of this game at a top level. It debuted as a full medal sport at the summer Olympic Games in Barcelona in 1992. It requires a strong fitness base when played at a top level. In addition it also requires fitness components such as flexibility, agility, speed, power, strength and endurance. It is one of the fastest sports in the world but its main drawing card is that fact that it is truly a lifetime sport. It can be adapted to a level that can be enjoyed by both the young and old, and that is why its worldwide participation has reached a level exceeded only by soccer.

Badminton is a game that can be played between two people or in pairs. The origins of badminton are traced to China, Poland, and India. Badminton is a game dominated not by strength but more by skills of quickness, finesse and accuracy.

### EQUIPMENT

- Racket
- Net
- Shuttle cock (A.K.A shuttle, birdie etc.)

### RULES

- The rules for badminton are basically the same for singles and doubles games except for boundaries and serving order.
- The toss is conducted and the person who wins the toss has a choice of first serve or court.
- Games are played by rally point
- Games go up to 21.
- The side winning a rally gets the point.
- A side wins the point if the opposing side commits a fault or the birdie is not in play because it touches the surface of the court inside the opponent's court.
- If the score becomes 20-all, the side that gains a 2 point lead will win the game.
- If the score becomes 29-all, the side that scores the 30<sup>th</sup> point will win the game
- The side winning a game will serve first in the next game.

### SINGLES

- The singles games uses the narrow side lines and back boundary lines.
- In singles, the game starts in the right-hand service court and the server always serves from the right hand court when the server's score is even (0, 2, 4 etc.) and from the left court when the score is odd (1, 3, 5 etc.)
- If the server wins a rally, the server will score a point. The server then serves again from the alternate service court.