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Badminton

Hello viewers, today I will discuss the history of badminton. Rules regarding badminton, technics use in badminton, strokes use in badminton and other technics use in badminton.

History of badminton

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles) who take positions on opposite halves of a rectangular court divided by a Net.

The history of the development of modern Badminton is a very long and complex one. The sport of Badminton has its origins in ancient civilizations in Europe and Asia. The ancient game known as battledore (bat or paddle) and shuttlecock probably originated more than 2000 years ago was played in China, Japan, India and Greece. Battledore and shuttlecock was an upper class pastime in England and many European countries. Battledore and Shuttle cock was simply two people hitting a shuttlecock backwards and forwards with a simple bat as many times they could without allowing it to hit the ground.

In 1860s, a game named Poona was played in India. This game is much like the Battledore and shuttlecock but with an added net and players hit the shuttlecock across the net. British officers In the mid 1800!s took this game (POONA) back to England and it was introduced as a game for the guests of the DUKE of BEAUFORT at his stately home(country Palace)!Badminton! In England, where it became popular among the British society elite.

The new party sport became known as “the Badminton game”. In 1877, the Bath Badminton Club was formed and developed the first official set of rules. In 1934 the International Badminton Federation (IBF) now

Known as Badminton World Federation (BWF) was formed with 9 founding members:

England

Ireland

Scotland

Wales

Denmark

Holland

Canada

New Zealand

France

The first major IBF tournament was the Thomas Cup (world men's team championship) in 1948. Since then, the number of world events has increased with the addition of the Uber Cup (women's team championship), World Championship (individual events), Sudirman Cup (mixed team championship), world junior championship and the World Grand Prix Finals (a series of Badminton tournament's sanctioned by Badminton World Federation (BWF)).

Common wealth Games Sport – 1966.

Badminton was introduced as a Common wealth Games program sport in Kingston Jamaica in 1966 and has been part of every Commonwealth Games program since then.

Olympic Games Sport- 1992.

After being a demonstration sport in Munich in 1972, Badminton became an Olympic sport in Barcelona in 1992 with the singles and doubles disciplines introduced for the first time in the Olympic Games. In Atlanta 1996 Olympic, mixed doubles event was also included and this is the only mixed doubles event in all of the Olympic events.

Measurement and dimension of Badminton Court

The Badminton Court is a rectangular and divided into halves by a Net are marked out with line's 40 mm wide as shown in Diagram 'A'. The lines marking out the court shall be easily distinguishable and preferably be colored white or yellow. All the lines shall form part of the area which they define. Courts are almost always marked for both Singles and Double's play. The dimensions of Badminton court Single's and Double's are:

Length of court 13.40 mt's (44 ft)

Width of court Doubles.....6.10mt's (20 ft) and (5.18mt's or 17 ft for singles)

Diagonal length of full court (Doubles)...14.723 mt's

Diagonal length of full court (Singles).....14.366mt's

Distance of short service line from Net..... 1.98 mt's (6.6 ft)

Distance of long service line for double's...0.760mt's (2.6ft) from the back Boundary)

Width of side gallery.....0.460mt's (1.6ft)

Width of back gallery0.760mt's (2.6 ft)

Height of Net at centre.....1.524mt's(5 ft)

Height of Net at edges and Net Poles.... 1.55mt's (5ft 1 inc)

Net poles shall be placed on the doubles side line

The Net shall be made of fine cord of dark color with a mesh of not less than 15mm and not more than 20mm.

The Net shall be 760mm in depth and at least 6.1 mt's wide.

Shuttle Testing Zone

A shuttle of correct speed will land not less than 530 mm and not more than 990mm short of the other back boundary line as in Diagram "B".

To test a shuttle, a player shall use a full underhand stroke which makes contact with the shuttle over the back boundary line. The shuttle shall be hit at an upward angle and in a direction parallel to the side lines.

Equipment used in Badminton

Shuttle Cock: The shuttle cock shall be made of natural and /or synthetic materials

The feather shuttle shall have 16 feathers fixed in the base.

The feathers shall have a uniform length between 62 mm to 70 mm when measured from the tip to the top of the base.

The tips of the feather shall lie on a circle with a diameter from 58 to 68 mm.

The feather shall be fastened firmly with thread or other suitable material.

The base shall be 25mm to 28 mm in diameter and rounded on the bottom.

The shuttle shall weigh from 4.74 to 5.50 grams.

Racket (Racquet)

The Badminton racquet shall not exceed 680mm in overall length and 230mm in overall width consisting of the main parts as illustrated in Diagram 'C'. Top quality rackets weighing between about 70 and 100 grams (without strings). They are composed of carbon fiber composite (graphite reinforced plastic) and other materials.

Handle: The handle is the part of the racket intended to be gripped by a player.

Head: The string area of the racket is known as head with which a player hits the shuttle.

Shaft: The shaft connects the handle to the head.

The Stringed Area

Stringed area of racket shall not exceed 280mm in overall length and 220mm in overall width.

Badminton Strokes

Badminton offers a wide variety of basic strokes, and players require a high level of skill to perform all of them effectively. All strokes can be played either forehand or backhand.

Badminton strokes are:

1.The service

The service is a basic and most important stroke to begin a game. In badminton the serve is restricted by laws so that it must be hit upwards. Service is of three types:

High service

Low service

Flat drive serve

High service: is a service in which shuttle goes high, deep and falls almost vertically in the back area either on the back boundary line or near to it.

Low Service: is a service in which shuttle goes just skimming over the net and falls either on the short service line or near to it.

Flat drive service: is a service in which shuttle goes just over the player's arm and racket, reach and falls back in area of court.

Toss

Toss is a shot in which shuttle goes high, deep and falls in the back court area. Toss can be a straight toss or cross court toss. It can be played either forehand, backhand or around the head.

Toss are generally of two types:

1.Attacking Toss: Is a stroke which is played generally at the back court in which shuttle goes over the player reach with speed at a low height and falls either on the base line or near to it.

2. High Toss (Defensive toss): is a stroke which is played generally at the back court in which shuttle goes over the player, high deep and falls either on the base line or near to it.

3.Smash: is a stroke in which shuttle is hit at maximum height with speed or power in downward direction. In smash the shuttle goes from height to downward direction with speed. Smash can be straight smash or cross-court smash.

3.Drop:

Drop is a stroke similar to smash but played with lesser speed or power. Like smash, in drop shuttle is also hit at maximum height but with little speed or power so that shuttle should fall near the net or near the short service line with little speed.

4.DRIVE:

Drive is a stroke in which shuttle is hit almost at shoulder height with speed and thus shuttle travels almost parallel and flat over the net with speed and falls in the back area.

5.Dribble:

It is a stroke, which is played at net to the drop shot and thus shuttle just, crosses the net and falls near the net or in the short service area. Better the shuttle played at net level better /effective will be the drop shot.

6.Under Hand Clear:

It is a stroke, which is played at net generally to the drop shot but can played from all parts of court. Under hand clear is a stroke in which shuttle is hit upwards to the back of the opponents court and thus shuttle goes high deep and fall in the back court area.

7.Tap:

It is a stroke, which is played at the top of the net, and shuttle is hit above and over the net with speed in down ward direction.

8.Push:

It is a stroke which is played from the midcourt or forecourt almost at net height and shuttle is hit flatter , pushed and placed in the opponents mid court or back area.

Badminton Rules

BADMINTON RULES: CONTINUOUS PLAY, MISCONDUCT & PENALTIES

BWF regulates the laws of Badminton. Below is a brief overview – simplified rules .

Scoring system

A match consists of the best of 3 games of 21 points.

Every time there is a serve – there is a point scored.

The side winning a rally adds a point to its score.

At 20 all, the side which gains a 2 point lead first , wins the game .

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

The side winning a game serves first in the next game.

Other Rules & Laws (16)

16.1 Play shall be continuous from the first service until the match is concluded, except as allowed in Laws 16.2 and 16.3,

16.2 Intervals:

16.2.1 not exceeding 60 seconds during each game when the leading score reaches 11 points;
and

16.2.2 not exceeding 120 seconds between the first and second game, and between the second and third game shall be allowed in all matches.

16.3 Suspension of play

16.3.1 When necessitated by circumstances not within the control of the players, the umpire may suspend play for such a period as the umpire may consider necessary.

16.3.2 Under special circumstances the Referee may instruct the umpire to suspend play.

16.3.3 If play is suspended, the existing score shall stand and play shall be resumed from that point.

16.4 Delay in play

16.4.1 Under no circumstances shall play be delayed to enable a player to recover strength or wind or to receive advice.

16.4.2 The umpire shall be the sole judge of any delay in play.

16.5 Advice and leaving the court

16.5.1 Only when the shuttle is not in play (Law 15), shall a player be permitted to receive advice during a match.

16.5.2 No player shall leave the court during a match without the umpire's permission, except during the intervals as described in Law 16.2.

16.6 A player shall not:

16.6.1 deliberately cause delay in, or suspension of, play;

16.6.2 deliberately modify or damage the shuttle in order to change its speed or its flight;

16.6.3 behave in an offensive manner; or

16.6.4 be guilty of misconduct not otherwise covered by the Laws of Badminton.

16.7 Administration of breach

16.7.1 The umpire shall administer any breach of Law 16.4.1, 16.5.2 or 16.6 by:

16.7.1.1 issuing a warning to the offending side;

16.7.1.2 faulting the offending side, if previously warned. Two such faults by a side shall be considered to be a persistent offence; or

16.7.2 in cases of flagrant offence, persistent offences or breach of Law 16.2 the umpire shall fault the offending side and report the offending side immediately to the Referee, who shall have the power to disqualify the offending side from the match.

Common Faults in Badminton

These are the 5 common badminton fouls that a player could commit in a badminton game.

1. Contact Fault
2. Over the Net Fault
3. Service Fault
4. Receiver Fault
5. Double Hit

What is the penalty for a fault?

You lose the rally and your opponent will be awarded with ONE point.

So make sure you understand these common fouls to avoid losing unnecessary points to your opponent.

1. Contact Fault

When a rally is in play, this means when a serve has been delivered, there are TWO things that you cannot touch during the rally.

Badminton Net. You and your racket cannot touch the net in the middle of a rally.

Shuttlecock. You can hit the shuttle with the racket only. But you or any part of your body cannot touch the shuttle in the middle of a rally. Even if the shuttle touches your shirt, pants, leg, etc, it is still a contact fault.

Double touch (contact) is a fault in badminton.

2. Over the Net Fault

You are not allowed to take the shuttle before it passes the net to your side of the court.

If the player hit the shuttle after it crosses the net it is not a fault.

I am also allowed to follow through with my racket after I hit the shuttle. Even if my racket crosses over to my opponent's side, it is fine.

To sum things up, you are NOT allowed to take the shuttle when it's still on your opponent's side. As long as you obey this, your racket can go over the net.

3. Service Fault

When you are delivering a service, be aware of the possible badminton fouls and try to avoid it.

Service faults often happen when you perform the low serve.

It's even more commonly committed when you perform the low serve and flick serve in a doubles game. Once the players are ready for the service, the first forward movement of the server's racket head shall be the start of service.

The shuttle must be hit from below your waist (lowest rib bone). If it is hit above the waist level it is a fault.

Your racket head must be pointing at a downward direction when you hit the shuttle. If racket head points in upward direction it is a fault.

Your racket must swing in an upward direction and once the forward swing starts there should not be any break in it. A break in forward swing is a fault.

Undue delay to the delivery of the service once the server and receiver are ready for service is a fault.

Cutting of any line during service is a fault.

During service both the feet of server should be in contact with the ground. If any feet lose the contact of ground it is a fault.

4. Receiver Fault

When receiving a serve from your opponent, you cannot move your feet away from where you're standing.

Otherwise it's a receiver's fault. You can only move after your opponent has hit the shuttle.

5. Double Hit

When the shuttle comes to your side, you have only ONE attempt to hit the shuttle.

Once your racket makes contact with the shuttle, you cannot hit it again until your opponent returns the shot.

In doubles: Only one player in a partnership is allowed to hit the shuttle. If both players touch the shuttle with their racket, it's a double hit.

Other Faults during the rally

Hitting the shuttle to the wrong place: it shall be a fault, if in play, the shuttle

Lands outside the boundaries of the court;

Passes through or under the net;

Fails to pass over the net;

Touches the person or dress of the player;

Touches any other object or person outside the court;

Shuttle is caught and held on the racket and then slung during the execution of a stroke;

Invades an opponent's court under the net with racket or person;

Obstructs an opponent i.e. prevents an opponent from making a legal stroke where the shuttle is followed over the net;

Deliberately distract an opponent by any action such as shouting or making gestures;

Let: - Let shall be called by the umpire ,

For any unforeseen or accidental situation which is beyond the control of the player or officials allowing the rally to be replayed from the same point.

If the receiver is not ready when the service is delivered

Conclusion: Although game of badminton is known as game of Gentlemen, it requires a great fitness and skill level. The first phase of this episode covered history of badminton, measurement