

To meet standard, I can set up and play the game without arguing, play in a way to keep myself and others from getting hurt.

To meet standard, I can explain how to score and how to stop the other team from scoring.

To meet standard, I can serve and hit a birdie the right way, be ready when I must react to the game, and help my teammates to be able to do it also.

Badminton Rules

Service Rules:

- Both the server and receiver must keep both feet on the ground and not be moving when the shuttle is served.
- When serving - the shuttle must be hit below the waist with the head of the racket below the wrist.
- The server must serve the birdie behind his/her 10 foot line. The serve must go diagonally across the net and pass the opponents 10 foot line.
- The server may serve the shuttle from anywhere in their service court.
- **Doubles:**
 - In order to figure out who will serve first, a rally will occur. The birdie must go over the net at least three times. Whichever team wins the rally will serve first.
 - The partner in the right-hand serving court serves first in each inning. When a score is made, the person who served continues to serve in the opposite side of the court. On each score the serving partners switch sides of the court so they serve alternating from one side of the court to the other side of the court.
 - The server must serve the birdie diagonally.
 - After the rally, the team that starts serving will only serve until the first server's serve is interrupted. The other team will then serve from the right side of the court. After the first inning the partners will serve consecutively.
 - The doubles service court is short and wide.
- **Singles:**
 - The first serve and all even points are served from the right-hand serving court. All odd points are served from the left-hand serving court.
 - Both players change service courts when a point is served.
 - The singles service court is long and narrow.

Scoring:

- You receive points only when you or your team serves.
- A game is played to 15 points or 21 points. In our class we will play to 15, your team must win by two.

General Rules:

- Touching the net with the body or the racket is illegal and will result in the loss of the serve or a point awarded to the serving team.
- Only one hit is allowed per side.
- If the shuttle hits or goes over the top of the basketball backboard (when they are in their put away position), it will be considered out of bounds.
- Shuttles that land on the boundary lines are considered in.

Faults:

- If the service is not correct.
- If the server, in attempting to serve, misses the shuttle.
- If after passing over the net on service, the shuttle is caught in or on the net.
- If in play, the shuttle:
 - Lands outside the boundaries of the court.
 - Passes through or under the net.
 - Fails to pass the net.
 - Touches the roof, ceiling, or side walls.
 - Touches any other object or person outside the immediate surroundings of the court.

Terminology

- Backhand - The non-racket side of the body. For right-handed players it would be on the left side of the body and includes all strokes made on this side.
- Cross Court - A stroke hit diagonally from one side of the court to the other.
- Drop - A stroke which just clears the net and immediately starts to fall in the opponent's court.
- Foot Fault - A violation of the rules in which the feet of the server, or receiver, are not in the position required by the laws. This could be illegal position and/or movement.
- Forehand - The racket side of the body. For right-handed players it would be the right side of the body and includes all strokes made on this side.
- Overhead - A stroke played above head height.
- Shuttlecock - The official name for the shuttle or birdie.
- Smash - The hard overhead stroke hit downward with great force.
- Stroke - The action of striking the shuttle with the racket.
- Underhand - A stroke which is made when the shuttle is contacted below the level of the shoulders. It usually refers to a shot being hit upward.

Basic Skills:

Overhead - Forehand clear, backhand clear, forehand drop, backhand drop, forehand smash

Underhand - forehand clear, backhand clear, forehand drop, backhand drop

Serves - short (low), deep (high)