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## Badminton Basics: An Introduction to the Sport

Are you ready to dive into the world of badminton? Badminton is an exciting and fast-paced sport that is enjoyed by people of all ages around the world. In this guide, we will explore the basics of badminton, from the equipment you need to the rules of the game.

### Equipment

To get started with badminton, you'll need some basic equipment. First and foremost, you'll need a badminton racket. Rackets come in various shapes and sizes, so it's important to choose one that feels comfortable in your hand. You'll also need a shuttlecock, which is a feathered projectile that you'll hit with your racket. The objective of the game is to score points by getting the shuttlecock to land in your opponent's side of the court.

### The Court

Badminton is typically played on a rectangular court, divided into two halves by a net. The court is 44 feet long and 20 feet wide for singles matches, and 44 feet long and 17 feet wide for doubles matches. Each side of the court is further divided into a front service area and a rear area. The net is placed in the center, and its height is 5 feet at the center and 5 feet 1 inch at the sides.

### Scoring

In badminton, you can score points only when you are serving. A game is usually played to 21 points, but you must win by at least two points. If the score reaches 20-20, the game continues until one player or team wins by two points. In each rally, you can earn a point by successfully landing the shuttlecock in your opponent's court. The game continues until one player or team reaches 21 points (or more) and wins.

### Serving

To start a game, a coin toss determines which player or team gets to serve first. The server stands in the right service court for an even score and the left service court for an odd score. The serve must be hit diagonally across the net and land in the opponent's service court. The server's feet should not cross the boundary lines while serving. If you miss your serve or it lands outside the service court, you lose a point.

### Rally

Once the shuttlecock is in play, the objective is to make it land in your opponent's side of the court while following the rules. The shuttlecock can only be hit once



Name \_\_\_\_\_

before it crosses the net, and it must be hit over the net and into your opponent's court. The rally continues until the shuttlecock lands outside the court, a player commits a fault, or a point is scored.

### Faults

In badminton, there are several common faults that can result in your opponent earning a point. Some of these include:

- **Let:** If the shuttlecock touches the net and falls into the proper service court during a serve, it is called a "let," and the serve is retaken.
- **Out:** If the shuttlecock lands outside the court boundaries, it is considered out, and your opponent earns a point.
- **Foot Fault:** If a player's feet cross the boundary lines during a serve or any part of the rally, it is a fault.
- **Double Hit:** If a player hits the shuttlecock twice in succession, it is a fault.
- **Carry:** If a player holds the shuttlecock on their racket or delays hitting it, it is a fault.

### Winning the Game

To win a badminton match, you must win the best of three games. The player or team that scores 21 points in two out of three games wins the match. If both players or teams have won one game each, a third game may be played to break the tie.

Now that you have a basic understanding of badminton, it's time to grab a racket and shuttlecock and give it a try! Whether you're playing for fun with friends or competing in a tournament, badminton is a fantastic sport that offers excitement and exercise.

