

BADMINTON STUDY GUIDE

GENERAL RULES:

- A shuttle landing on the line is good
- A shuttle hitting the net is good and play continues (including on the serve) if all other aspects of the play is legal
- All players must be **inside** the lines of their respective service courts at the point of contact during the serve

BEGINNING PLAY:

- Before play, opposite teams shall "**toss**", and the side winning the toss shall have the option of:
 1. serving first or receiving serve
 2. choosing which side of the court to start on

FAULTS:

- During the Serve it is a "fault" if:
 1. shuttle is struck higher than the waist
 2. head of the racket is not below server's hand holding the racket
 3. shuttle falls into the wrong service court or out of bounds
 4. shuttle falls before the short serve line
 5. server's feet are not in the correct service court
 6. receiver of serve does not have both feet in the correct service court
 7. shuttle passes through, under, or gets caught on or over the net on the serve
 8. server attempts to serve and misses the bird completely
- During Regular Play it is a "fault" if:
 1. player reaches over net to play the bird (**follow through over the net after contact is legal**)
 2. player hits the bird twice in one motion or momentarily holds or throws the bird
 3. player fails to return the bird to the opponent's court
 4. player touches the net with the racket, body, or clothes
 5. in doubles the receivers partner returns the serve
 6. shuttle passes through or under the net
 7. shuttle touches the ceiling or walls
 8. shuttle touches a person or their clothes

SCORING:

- Games are played to 15 points
- A match consists of the best of 3 games
- Rally scoring is used (a point is scored on every serve)
- If the receiving team wins the rally it scores a point and will serve the next point

DOUBLES PLAY:

- Doubles **-serving court** is **short and wide**
- Doubles **playing court** changes to **long and wide following the serve**
- Each time the serving team scores a point, the same server serves the next serve from the other side of their court
- No player ever receives two consecutive serves
- The serving team changes service courts **only** after scoring a point
- A receiving team **never** changes courts
- When the receiving team wins the rally their server is determined by whether their score is "even" (right side serves) or "odd" (left side serves)
- Only the player served to may receive the service

Table Tennis

BASIC RULES:

- The "**toss**" for a serve must be:
 1. Resting freely on an open flat palm
 2. Struck behind the end line
 3. Hit above the table surface
- After being struck a served ball must first hit the server's side of the table and then the opponent's side of the table.
- A "let" is called and a reserve given if:
 1. a served ball touches the net when all other requirements of a good serve are met
- There is no limit to the number of **let** serves a server may serve.
- A player serves 5 points after which their opponent serves 5 points, alternating thereafter.
- A team scoring "11 points" first provided there is a 2-point lead wins the game.
- Best out of 3 games. If a person did not serve in the first game they start the second game. If everyone served the losing team serves first.
- If the score is tied at "10" each server only serves 1 point before alternating.
- A ball that passes **over or around** the net assembly is considered legal.
- A ball must hit the **top** of the table surface to be legal (sides are illegal).
- During play the ball may touch the net and play continues, except on the serve.
- Striking the ball with the racket hand is legal provided the contact is below the wrist.
- A point is scored:
 1. On each serve unless the rally is a "let"
 2. If the opponent fails to make a good serve
 3. If the opponent fails to make a good return
 4. If the opponent strikes the ball twice successively
 5. If the opponent moves the playing surface
 6. If the opponent volleys the ball while it is still above the playing surface
 7. If the opponent touches the net assembly
 8. If the opponents free hand touches the playing surface
 9. If a doubles opponent strikes the ball out of sequence

DOUBLES PLAY:

- Partner must serve from the right side crosscourt. Each serve must be diagonal from the right side of the table to the opponent's right side.
- Partners must alternate shots.
- Order of service: In doubles the previous receiver shall become the server and the partner of the previous server shall become the receiver.
- Playing Tips:
 1. Recommended footwork is for players to take their shot and then move backward & slightly off to the side.
 2. Try to catch opponents out of position.