**Badminton Study Guide**

Benefits of Badminton

* Relaxing and Recreational sport – can be played outdoors.
* Have to be in good shape to play. Have to be able to control the shuttle.
* Very easy sport to learn.
* Difficult to master
* Very inexpensive
* Some shots require physical strength and flexibility

General Information

Badminton is named for the country estate of the Duke of Beaufort, where the game was first played in England in 1873. Two British players introduced badminton to the United States in 1878, and shortly thereafter the New York Badminton Club, the oldest existing club in the world, was formed.

The origins of badminton are traced to China, Poland, and India, but such historical tracings suggest only general similarities. The game is played around the world, and today there are badminton organizations in more than 90 countries. The Thomas Cup competition for men began in 1948, and the Uber Cup competition for women in 1957. Both are held every three years and represent the best in badminton play. Badminton became a medal sport during the 1992 Olympic Games in Barcelona, after its introduction as an exhibition game in Munich in 1972 and Seoul in 1988.

General rules of the game. For scoring and game play.

* A game is played up to 15 and you must win by two points.
* When serving you must contact the shuttle below the waist
* A player may never touch the net with their body or racquet.
* If the shuttle lands on the line, it is considered good.
* Your team can only score when your team serves.
* When serving for singles play, the server serves in square “A” when his/her score is an even number or zero. The server serves in square “B” when his/her score is an odd number.

Doubles Serving

When starting a game only the person in square “A” gets to serve, then after that, both team members get a chance to serve. When a team starts to serve the person in square “A” always starts the serve for their team.

Know the different types of shots: Clear, Drop, Drive, and Smash.