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Introduction (Brief History)

"The Game of Badminton is wonderful sport that requires eye-hand coordination, striking and quick movements and change of direction in pursuit of the shuttle cock. Badminton is a power game requiring quick and powerful movements to all directions to return the shuttle cock to the opponents' side of the court".

Badminton Background
Badminton is one the world's fastest racket sports. At competitive levels one requires quick reflexes and superb conditioning. In a badminton smash, the shuttlecock flight has been timed at speeds over 200 mph in top international competition.

Brief Badminton History
BADMINTON was invented long ago (at least 2000 years ago); a form of sport played in ancient Greece and Egypt. Badminton came from a child's game called battledore and shuttlecock, in which two players hit a feathered shuttlecock back and forth with tiny rackets. The game was called "POONA" in India during the 18th Century, and British Army Officers stationed there took the Indian version back to England in the 1860s. The army men introduced the game to friends, but the new sport was launched at a party given in 1873 by the Duke of Beaufort at his country place, "Badminton" in Gloucestershire. During that time, the game had no name, but it was referred to as "The Game of Badminton," and, thereupon, Badminton became its official name.
Origin of rules
Rules were drafted first in Poona, India in 1873. At that time badminton was played mainly as an outdoor sport. Until 1887 the sport was played in England under the rules that prevailed in India. In 1893 fourteen clubs in England got together to draft a uniform set of rules. In 1895, the Badminton Association (of England) was formed to take over the authority of the Bath Badminton Club, and the new rules made by the group. The basic regulations, drawn up in 1887, still guide the sport. Badminton was played on an hourglass shaped court right after 1900. In 1901, a standard set of rules was drafted and badminton was played on a rectangular court to this day.

Badminton as a sport
The world body for the sport, the International Badminton Federation (IBF), was founded in 1934. However by that time the sport was already well established, played in numerous countries and administered by rules which were not always consistent. The founding members of IBF were Canada, Denmark, England, New Zealand, Netherlands, Ireland, Wales, Scotland and France. At present it is known as "Badminton World Federation" (BWF) that controls the sport around the World. It has numerous member associations affiliated and India too is a member called
"Badminton Association of India" that came into existence in the year 1934. The first known international tournament was the All-England (1899), which is now more than 100 years old. This championship is annually held in March. The world's most prestigious competition is the Thomas Cup (Men's International Team Championship, 1948-49) and the Uber Cup (Women's International Team Championship, 1956-57). Both the Thomas and Uber Cups are held once in every two years. The World Championship has a mixed team event and individual championship. The mixed team event is known as the Sudirman Cup (1989).

Badminton was introduced as a Commonwealth Games program sport in Kingston, Jamaica in 1966 and has been part of every Commonwealth Games program since then. Initially all five disciplines were included - singles (men, women), doubles (men, women) and mixed doubles with the Teams Event included in the program in later Commonwealth Games.

Badminton is a relatively new Olympic Games sport. 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 in 1996, a mixed doubles event was included and this is the only mixed doubles event in all the Olympic sports.
Tournaments/Competitions at Different Levels

In India the tournaments at National Levels are given below.

The Inter-state Team Championship is played for the following challenge cups:
- Ibrahim Rahimtoola Cup (Men's Inter-state Team Championships),
- Gulab Rai Chadha Cup (Women's Inter-state Team Championships),
- Dr. Dev Raj Narang Cup (Junior Boys' Inter-state Team Championships),
- Mohammed Shafi Qureshi Cup (Junior Girls' Inter-state Team Championships).

**Form of competition at national level:** All Competitions are held together every year. The Competitions are divided into two layers - Zonal and Inter-Zonal. The participating teams are divided into Six Zones, which are north, north east, south, east, west and central zone. The age categories for the players are given below:

<table>
<thead>
<tr>
<th>Group</th>
<th>Age under years as on the reference date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juniors</td>
<td>19 years</td>
</tr>
<tr>
<td>Sub-juniors</td>
<td>16 years</td>
</tr>
<tr>
<td>Midgets</td>
<td>13 years</td>
</tr>
<tr>
<td>Mini</td>
<td>10 years</td>
</tr>
</tbody>
</table>

The reference date is determined as under:

<table>
<thead>
<tr>
<th>Date of commencement of tournament (Qualifying, if applicable)</th>
<th>Reference date of that calendar year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st January to 30th June</td>
<td>1st January</td>
</tr>
<tr>
<td>1st July to 31st December</td>
<td>1st July</td>
</tr>
</tbody>
</table>

For details regarding the competition regulations of Badminton at National level can be referred from the site of Badminton Association of India that is: [http://www.badmintonindia.org](http://www.badmintonindia.org).
Introduction
This Design Guidance has been written specifically with Badminton as the primary consideration. The modern game demands special playing conditions that many halls could easily have provided at the design stage but which would now be expensive to alter. Although some technical terms are used throughout this document they have been kept to the minimum so that the professional designer and the club player can both gain from this information.

FLOORINGS
A1 - Flooring
The preferred flooring for playing badminton is a sprung floor covered with a vinyl absorbent covering. This is an area of elastic floor covered with a point elastic covering; and is referred to as a floor with combielastic deflection. A description of this floor would be as follows:- A combined area and point elastic sports floor comprising a 22mm thick plywood decking secured to preservative treated battens supported by shock absorbent cradles. The playing surface is to comprise a 6.5mm thick close cell foam backed sheet floor covering.

In case of semi utility facility it is better to have cemented flooring especially for panchayat level so that the maintenance will be easy.

Layout of courts
Court markings should be 40mm wide and should be of a contrasting colour to the floor but it is usual for these lines to be matt white; they may be applied by paint or tape. Should the courts be laid out "end to end" then there should be a
curtain between the ends of the courts and it is essential that the minimum dimension is maintained on both sides of the curtain (i.e. 2.3 metres). To avoid any distractions caused by movement and lights from the other courts, the curtain dividing the courts should be solid; netting will not be sufficient.

Walls
A background against which a fast moving shuttle can be seen easily is critically important for the successful playing of the game. The ideal badminton hall has four plain walls with no windows or roof lights. There should be no distracting attachments, particularly brightly coloured items. There should be no other projections likely to trap shuttles. The surface material, texture colour and reflectance must be consistent and uninterrupted over the full height of the Hall.

Ceilings
The ceilings in sport halls are often the underlining to the roof, which is usually of a sandwich construction. The underlining can be of an acoustic material and as with the walls this is very important to the environment of the hall. Sometimes the self finished acoustic lining is an ideal colour for the ceiling and complies with the required reflectance values of 70-90%. Colours in excess of 90% i.e. white, causes visual problems and should not be used.
Equipment Details

The Shuttles:
Badminton shuttles can be of two types: nylon and feather. The base of the feather shuttle is made of cork, which is almost rounded except at the top and is covered with soft and thin white kid leather. This base is 2.5-2.8 cm in diameter and 6.2-7.0 cm in length. Sixteen white goose feathers are fixed firmly into the top of the cork and have a spread of 58-68 mm at the top, and the shuttle weighs between 4.74 to 5.50 gm. A nylon shuttle is usually of one piece and the feathers are replaced by what is generally known as the skirt.

The Racket:
Modern racquets are usually made of hickory carbon alloys or steel. The racquet has a frame in which it has about 16 horizontal and vertical strands of thin guts knitted tightly. Although there is no stipulation in the law as to its dimensions or composition, a racquet generally weighs between 92-156 gm and about 680 mm long, with the head 230 mm in width.

Badminton Post:
The posts shall be 1.55 metres in height from the surface of the court and shall remain vertical when the net is strained. The posts or its supports shall not extend into the court. The posts shall be placed on the doubles side lines, irrespective of whether singles or doubles is being played.

Badminton Net:
The net shall be made of fine cord of dark colour and even thickness with a mesh of not less than 15 mm and not more than 20 mm. The net shall be 760 mm in
depth and at least 6.1 metres wide. The top of the net shall be edged with a 75 mm white tape doubled over a cord or cable running through the tape. This tape shall rest upon the cord or cable. The cord or cable shall be stretched firmly, flush with the top of the posts. The top of the net from the surface of the court shall be 1.524 metres at the centre of the court and 1.55 metres over the side lines for doubles. There shall be no gaps between the ends of the net and the posts. If necessary, the full depth of the net at the ends shall be tied to the posts.

**Equipment for Players**

The following are the equipment for the players

**Shoes:** Contrary to popular belief, a good set of badminton shoes are the most important piece of equipment a badminton player can have. Badminton players move around the badminton court at an amazing pace, dashes and changes directions on every stroke of the rally, twisting and turning and lunging. All these movements are supported and made possible by the biggest unsung hero, the badminton shoes.

**String:** The number two unsung hero of the badminton equipment is the badminton string. After all, it is the string that is in contact with the shuttle on every stroke. How the string interacts with the shuttle is crucial to the feel of each stroke. Depending on your skill level and the style of your game, you should pick a string and tension that is suitable for your game. String manufacturers usually have ratings of different string characteristics at the back of the string package. Pick the items that are most important for your game. String tension affects the playability of the string as much as the string itself. The general rule of thumb is that the harder you can hit, the tighter your tension can be. A higher tension rewards a hard hitting while robs power from a light hitter. On the opposite end, a lower tensioned string helps light hitter with a better timed trampoline effect.

**Grip:** The number three unsung hero of badminton equipment is the badminton grip. Similar to the string being the interface to the shuttle, the grip is the interface to the badminton player's finger and hand. The game of badminton comprises of many very delicate movements and fine control from the player's finger and wrist. A proper grip ensures that there is proper actuation and feedback to and from the racket.

Three major factors affect the characteristics of the grip: type, size and thickness. Badminton grips falls into two different types, towel and synthetic.

**Racket:** A badminton racket can be categorized by a few characteristics: shape, stiffness, weight, balance. Virtually all badminton rackets are made of carbon fiber or graphite.

**Clothing:** Badminton clothing is better kept light and unrestrictive. Shirts need to be slightly loose and comfortable to allow for arm and body movements. Shorts are the preference for most badminton players. Again, choose something that is light and not restrictive to movements, jumps and lunges that are done often in badminton.
Fundamental Technique and Teaching Stages

Badminton Grip
Starting with a correct Badminton Grip is the foundation of Playing Badminton. Holding the racket wrongly will decrease your stroke's power and accuracy. Your shots will be limited and therefore you will not enjoy the game as much let alone improve. You will need to learn how to change grip quickly during games. Below are the two basic types of Badminton Grips.

Forehand Grip (figure-1)
- This grip is used to hit shots that are on the forehand side of your body and around the head shots.
- Hold the racket head with your non-playing hand so that the handle points towards you, racket face shall be perpendicular to the floor.
- Place your playing hand on the handle as if you are shaking hands with it, a V shape in between your thumb and your index finger.
- The racket handle shall rest loosely in your fingers for greater flexibility.
- Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.

Backhand Grip (figure-2)
- This grip is used to hit shots that are on the backhand (left)side of your body.
Hold the racket as you would on a forehand grip.

Turn the racket anti-clockwise so that the V shape moves leftwards.

Place your thumb against the back bevel of the handle for greater leverage and power. The racket handle shall also rest loosely in your fingers.

Can try shortening your grip and place it nearer to the shaft to increase control and accuracy when serving and hitting from the forecourt and midcourt.

**NOTE:** Possessing a correct Badminton Grip is like having a good head start in a race. Don’t lose out and make every effort to improve your game.

**THE SERVICE**

The service is one of the most important strokes in Badminton. Unfortunately, not many realise its importance as it is not an attacking or a scoring shot unlike in Tennis.

It is a stroke, which is used to start a rally. But a good control over the serve -be it high, low or flat -can make a big difference to one’s game.

There are basically three types of serves:
- High
- Low
- Flat

To begin with, let us start with the high service as this is the most basic of all strokes and something you learn first when you start playing the game.

You need to concentrate on the following three broad points while delivering the high service:
- Initial stance
- Point of contact
- Follow-through

**THE INITIAL STANCE**

To deliver the high service, take a position about two feet from the short service line and about six inches from the centre line.

Make sure that you do not touch the centre line as it will be called a foot fault.

Then stand comfortably with both feet spread apart and parallel to each other.

Take the initial serving position. At this stage, the full weight of the body will be on the back foot.

**THE POINT OF CONTACT**

As you start the forward movement of the racket, slowly start shifting the weight from the back foot to the front foot. Then drop the shuttle and hit it high and back to the baseline making sure that the point of contact is always below the waist.
THE FOLLOW-THROUGH
Once the service is delivered, continue the swing of the racket right across your left shoulder (or right shoulder if you are a left-hander).
This is called the Follow Through which is equally important.

RETURN OF SERVICE
Return of service is just as important as a good serve itself. This stroke plays a crucial part in a rally as a good return of serve can straight away allow a player to dictate terms and be in control of a rally till the point is won. Similarly, it goes without saying that a tentative or weak return of serve will allow the opponent to go on the offensive from the word ‘go’. Not many players realise this aspect and give it the importance that it deserves. Let us now analyse the positioning of a player while receiving the serve and the various options available to him:
Ideally one should stand in the centre of the court with the left foot forward and the weight of the body more on the front foot. This will enable the player to reach all types of serves i.e. high, low and flick serves early which is a prerequisite in this game. In fact, as a player graduates to higher levels, it is advisable to take the stance closer to the short service line as the modern trend is to serve low most of the time. Also, a player has more time to reach the bird when a high or flick serve is delivered as the shuttle is in the air for a longer period compared to a short service. On a high serve, a player has the choice of playing and attacking clear, drop shot, smash or a half smash. The choice of stroke would however, depend on how well or otherwise the service has been delivered. Similarly, on a low serve, a player can either dribble, flick, push or lift the shuttle to the baseline. The important thing to note here is to take a lunge and try to meet the shuttle as close to the net as possible so that the receiver has, more options available to him to choose his shots.

CLEAR
A CLEAR OR A TOSS can be basically classified into two types: - Attacking clear and Defensive clear. A clear is a stroke which is played from the backcourt or the baseline to the backcourt of the opponent. This stroke can also be played from the forehand as well as backhand or overhead.
Also there are two variations to the stroke - straight clear and a crosscourt clear.
The positioning and execution of the shot is more or less the same as a Drop shot until the point of contact.
To play the clear, use the wrist and the shoulder to some extent to hit the shuttle high and back to the opponent's baseline.
Remember not to slice the shuttle while hitting. Contact the shuttle at the highest point, with a straight arm and hit the bird with the full face of the racket.
The follow through will come right across the body. The major difference between an attacking clear and a defensive clear is the trajectory or the height at which the shuttle is hit.
The attacking clear is hit flatter compared to a defensive clear and is played to catch the opponent on the wrong foot by giving him/her less time to get under the bird.

Defensive clears, on the other hand, are generally used when a player needs more time to recover from a defensive position.

**THE DROP SHOT**

A drop shot is a stroke executed from the back court which falls close to the net on the opponent’s side. One can play either a straight drop or a crosscourt drop from forehand as well as backhand.

Over the years, like many other strokes in this game, the drop shot has also undergone some changes.

In the olden days, the emphasis was to play the drop shot as close to the net as possible which meant that the shuttle came slowly on the opposite side. However, the modern trend is to play it fast which means that the shuttle falls away from the short service line.

An ideal way would be to play the shot fast and at the same time try to play as close to the net as possible.

To play the drop shot, contact the shuttle at the highest point with the arm raised absolutely straight. Make sure not to bend the arm, for this is a common mistake committed by even advanced players.

Playing the stroke with a bent arm would mean contacting the shuttle a little lower, which in turn would affect the accuracy. The back-swing would be the same as a clear, but at the point of contact the shuttle is sliced so that it goes downwards.

The follow through would also be the same as a clear- the racket coming right across the body. To play the crosscourt drop, move the shoulder across along with the follow through.

**Smash**

Smash is one of the most important weapons in modern day Badminton. Most of the points these days are scored from smashes. It is important to know how to hit a good smash.

One needs to use both shoulder and the wrist to get a good smash. Shoulder generates the power and the wrist gives it the depth. One cannot hit a good smash by using only the shoulder or the wrist. Both have to be combined effectively for if a player uses only the shoulder, the smash would go flat which makes it easy for the opponent to return. On the other hand if only the wrist is used, there will be no force or power in the smash which again makes it easy for the opponent to return.

The following points would help in executing a good smash:

1. Get right under the shuttle
2. Contact the shuttle at the highest point with a straight arm.
3. Using the shoulder and the wrist, hit the shuttle downwards using full force to get a whiplash action.
4. Remember to transfer the body weight forward while playing the stroke.
5. Follow through should be across the body.
6. As soon as the smash is cleared, rush towards the net so that the return can be met high at the net.

Return of smash
Return of smash is also equally important as it is not possible for a player to be on the attack all the time. One should have a good defence as well to be a complete player.

The main thing to remember while returning a smash is to contact the shuttle in front of the body & not let the bird go behind. In fact many of the established players also commit the mistake of taking the shuttle behind the body which makes it difficult to return the bird wherever required. One should try to position in such a way that the arm is straight while returning and not bent. Another point to be noted is not to push the shuttle too much while returning the smash as it is likely to go away from the net and closer to the opponent. Smash can either be returned straight, cross or can be lifted back again.

Figure-3. The Overhead Forehand Strokes

FOOTWORK
Good badminton footwork is simply having the ability to reach the shuttle early while on balance. You can skip, shuffle, bounce, glide, chase, step or lunge on court. So long as you reach the shuttle fast, depriving your opponents of time, you can use all the above movement that suits best to you depending on the situation.

There are some basic things to remember: Bend your knees slightly with your feet, shoulder width apart. Stay on the balls of your feet and hold your racket up in front of your body. This is the ready position you shall assume in the centre of the mid-court area. This centre area which can be referred as your base is not
fixed. It is an area where you are in your ready position and can possibly reach all shots hit towards your court. Position your base accordingly after considering your and your opponent's strengths and weaknesses.

For all shots that are played in the frontcourt, take a small step first followed by a bigger step, extending your racket leg to reach the shuttle. The bigger step performed is known as a lunge. The timing of the shot will be improved if the landing of your racket leg is simultaneous with the shot.

For all shots that are played in the mid-court, extend your racket leg to reach shuttle that are hit towards your racket side of your body. Extend your racket leg or non-racket leg to reach shuttle that are hit towards your non-racket side of your body.

For all shots that are played in the backcourt, rotate your hips and shoulder and move back far enough so that your body is behind the falling shuttle. This will increase the power and variety of your stroke. If you can't get back fast enough, you will most likely be forced to hit a weak clear.

Below is a diagram showing you the direction and area that you have to cover during play.

![Figure-4. Movement Pattern of the player](image-url)
Badminton is an extremely demanding sport. At an elite level, players are often required to perform at their limits of speed, agility, flexibility, endurance and strength. On top of all of this, players must maintain a high state of concentration in order to meet the tactical as well as mental demands of dealing with their opponents. It is therefore essential that everyone involved with the modern game should be familiar with the fitness (physiological) requirements of the game and must know how ‘Badminton fitness’ can be enhanced.

**Training techniques for Badminton**

The type of training used by badminton players is generally related to the standard of the player. For younger players with less well-developed skill levels, most training is likely to be devoted to playing games. With higher skill levels comes greater dedication to the game and increased use of many potential types of training that will help competitive performance. Badminton training can be initially categorized into on-court and off-court work. On-court work would mean training with badminton movements with a racket and usually (although not always) with a shuttle. Off-court work is usually additional work that has the aim of enhancing some particular aspect of fitness. After an initial section of warm up and warm down, the purpose of this section is to outline types of training, while a later section will give examples of how these techniques can be used to enhanced fitness.

**Warm up & warm down**

Any exercise is a considerable stress on the human body and the body should be given time to adapt to exercise and also to recover from exercise. Warm-up and warm-down are similar in principle and similar exercises can mostly be used for both purposes. Warm-up and warm-down should be part of every training
session and time should be allocated (at least 10 minutes each). A warm-up has psychological and physiological goals. Firstly, it should involve dynamic movements that help to increase body temperature. This is initially achieved by general activity such as gentle jogging for around five minutes followed by some stretching. Finally, warm-up has psychological advantages as it should allow the player to mentally prepare for subsequent training or competition.

Warm-down is the opposite of warm-up and is performed after completion of an exercise session. The purpose of warm down is to maintain a slightly elevated metabolism which will help to promote recovery from the exercise that has just taken place. This is a very important way to further promote the recovery from exercise and to help reduce injury risk.

**General fitness training**

1. **Running:** This is good for the heart, lungs and the legs. Plan a set distance or time (10-15 minutes). Run about 3 or 4 times a week on alternate days. Once 15 minutes' running becomes easy, vary the run, e.g., 5 minutes' fast jog, 5 minutes' jogging and sprints of 50-100 metres, and 5 minutes' fast pace, finishing with a sprint. While running the players must be insisted on keeping a good posture: head up, arms held loosely and flexed at the elbows. Run lightly, get into the rhythm and keep to it.

2. **Skipping:** This is good for footwork. A 10 minute session of 3 or 4 times a week on alternate days, Skip 2 minutes and rest 1 minute and repeat 5 times etc. As it becomes easier, reduce the rest interval to 45 or 30 seconds. Also try different foot patterns.

3. **Circuit-training:** The purpose is to develop strength. Strength is developed by working the muscle against some form of resistance. Of the various methods used, weight-training and circuit-training are the most common. There are different kinds of circuit training for example: Press-ups, Sit ups, Squats, Back lifts, Burpees, Step-ups can consist of one circuit. Like wise it could be planned according to the requirement of the training and ability of the player.

**Specific Fitness training**

Training needs to be varied in order to enhance both physical and psychological development. Apart from general physical requirements of a badminton player specific fitness requirement has to be planned to improve upon the game. Technically, if a certain skill is developed using a range of drills, then there is a greater likelihood that it can be applied to new, unexpected situations. If a player needs to increase movement speed, then that needs to be achieved in many varied circumstances on and off the court. Clearly on-court speed is vital for the sport but general development of speed off the court will also transfer onto the court if movement technique is good.

Specific area of fitness also includes playing games (especially in the weeks before a major event), 'Shadow play' (i.e., Badminton without a shuttle!) Multifeed, Conditioned games, Conditioned drills etc.
Badminton Basics
Before you start playing badminton, you need to know a few basics about the game:

The Badminton Court
The court for badminton is a levelled, smooth but non-slippery surface mostly wooden or composite. You need at least 2m clear space on all the four sides of the court. The markings are 4 cm wide and are done mostly in white.

Simplified Laws and Rules

Starting the game
To start the game a toss has to be made. A coin or a shuttle can be used in the toss. The side or person winning the toss has the choice to serve first, receive service or choose which side of the court they prefer. The losing side has the remaining options.

Service

- Server and receiver always stand diagonally in opposite service courts.
- The whole shuttle must be hit below the server's waist at the time of hitting it.
- The server's racket shall initially hit the base of the shuttle.
- The shaft of the server's racket at the instant of hitting the shuttle shall be pointing in downward direction.
• Some parts of both feet of the server and receiver must remain in contact with the surface of the court until service is delivered.
• The movement of the server’s racket must continue forward after the start of service until service is delivered.

Let: A 'let' (or play over) is awarded when a rally is stopped with neither side winning or losing. A let may be given by the umpire (or by a player if there is no umpire) if:
1. there is an accidental interference during play.
2. during play the shuttle gets caught in the net after passing over the net (Except during service).
3. the shuttle disintegrates and the base separates from the rest of the shuttle.
4. the server and receiver are both faulted at the same time.
5. the server serves before the receiver is ready.
6. the line judge is unsighted and the umpire is unable to make a decision.
7. both sides committed a service court error.
8. in the opinion of the umpire, the play is disrupted or a player of the opposing side is distracted by a coach.

Faults: A player or player's side loses the rally if:
1. the service is not correct.
2. the server misses the shuttle during service.
3. the shuttle lands outside the court.
4. the shuttle passes through the net.
5. the shuttle fails to cross over the net.
6. the shuttle touches the walls or ceiling or ground before being retrieved.
7. the shuttle is hit twice.
8. the shuttle hits a player, attire, equipment or any person or object outside the immediate surroundings of the court.
9. the shuttle is hit by both of the doubles partners in succession.
10. a player invades the opponent’s court or obstructs him from making a legal stroke, and
11. while the shuttle is in play, the player's racket, parts of his body or his clothes touch the net or its support.

CARD SYSTEM
When the umpire administers a breach of laws by issuing a warning to the offending side, the umpire calls "Come here" to the offending player and calls: "...[name of player], warning for misconduct" at the same time raising the right hand holding a yellow card above the umpire's head.
When the umpire administers a breach of laws by issuing a warning to the offending side, which has been previously warned, the umpire calls "Come here" to the offending player and calls:
"...[name of player], fault for misconduct" at the same time raising the right hand holding a red card above the umpire's head.

When the umpire administers a flagrant or persistent breach of laws by faulting the offending side and reporting the offending side immediately to the referee with a view to disqualification, the umpire calls the referee by raising the right hand above his/her head. When the referee decides to disqualify the side, he gives a black card to the umpire, who, raising the right hand holding the black card above his/her head, announces:
"...[name of side], disqualified for misconduct"
Team Composition, Selection Method and Management

Generally, for the standard tournaments the team compositions are laid by the BAI for smooth conduct of the tournament. However, here the team composition has been given for the panchayat level.

The team composition of BAI is given below for guidance.

Each competing organisation shall, at least fifteen days before the date fixed for the commencement of the Inter-state Tie, nominate to the Committee of Management, the names of the players included in the team of a particular competition, without necessarily specifying who shall play in singles and doubles.

The maximum number of members in a team of the competition shall be restricted to as under:

<table>
<thead>
<tr>
<th>Team</th>
<th>Maximum Number of players in a team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men and Women</td>
<td>Seven</td>
</tr>
<tr>
<td>Junior Boys and Junior Girls</td>
<td>Four</td>
</tr>
</tbody>
</table>

**Ranking Order**

All players nominated shall be listed in order consistent with current National Rankings in singles. Players with no National Ranking shall be placed in the ranking order according to current singles strength.

**SUGGESTION FOR TEAM COMPOSITION AT PANCHAYAT LEVEL**

There should be competitions in Singles & Doubles (Men and Women) and Mixed Doubles section. Competitions should be held separately for Individual and
Team championship. In individual section entries can be given for winners and runners up of particular panchayat for block level competition.

In team championship for men and women the team should consists of five players. The selection will be given to first three positions of singles and the doubles winner.

The matches will be two singles and one doubles.

**The order of play should be:**

1. 1st Singles
2. Doubles
3. 2nd Singles

In team championship mixed category should of seven players.

The team championship for mixed category should be from best of five that is one men's single, one women's single, one women's doubles, one men's doubles and a mixed doubles. The prizes will be given for winners and runners up of singles in women's section, first three positions of singles in men's section and the mixed doubles winners.

**The order of play should be:**

1. Women's Singles
2. Men's Singles
3. Mixed Doubles
4. Men's Doubles
5. Women's Doubles

The playing order should be given 30 minutes prior to the match of the respective team. In team championship for men and women if a team continuously takes first two matches the tie is over and no need of going for the third and mixed category. In team championship if a team is continuously taking first three matches, the tie is over.
In General
Study your opponents. Discover what shots they are prone to make errors on, which shots are their favorite ones, and which shots they are limited to in specific situations. You are looking for patterns and tendencies. Perhaps by their body language and movement they telegraph what shot they are going to execute. Correctly anticipating what the opponents will do with the shuttle, will help your own game enormously. Even feeding the shuttle to an opponent's favorite put-away shot, will work to your advantage because you gain time: you will be ready for it and may return it before he has recovered.

Your opponent has other qualities that dictate how you play. I play quickly and aggressively against a player who has more stamina and patience than I do, likewise I play more conservatively against a player who has less stamina or is more inconsistent. One coach I knew classified players according to how they moved, and hit shots that he thought would upset their timing and rhythm. I, on the other hand, know only enough to hit fast, low shots against slow-footed players and try to fake more against quick players.

Singles Tactics
The basic idea in singles is to move your opponent around the court as much as possible, away from his base position and eventually force him to put up a weak shot which you can hit down.
As a thumb rule, you must try to use the four corners of the half-court, avoiding the center. No shuttle should be directed to this part of the court, which your opponent will use as base. Actually singles tactics are easy to learn. Look at the six principles listed below, which are easily memorized by the alphabetical initial letters from 'A' to 'F':

[24]
Away from opponent.
Backhand is best.
Concentrate on errors.
Depth more than the width.
Earliest shuttle always.
Fastest recovery-ready to pounce

Men's and Women's Doubles Tactics
Avoid lifting or clearing the shuttle by clearing; you are giving the opponents a chance to win. If you do clear, your team should adopt a side-by-side defensive position. The whole point of the rally, starting with the service, is to hit shots that force the opponents to lift. This is why when you are serving your partner stands behind you because you hope to make the receivers lift with your good short serve. This is also why when you are receiving serve your partner stands behind you because you hope with your aggressive return you will make someone on the serving team lift to your partner.

If your opponents clear to your side, the person who will hit the shuttle must hit downwards (either smashing or dropping) while the partner must be moving to the front as soon as he realizes the shuttle is not his. This is the up and back offense position, the better to control the net. From now on the smasher gets all the deep ones, while the net man cuts off or puts away everything else.

If you have the offense, it is safer if you do not smash cross-court, since their down-the-line return will be directed at your undefended open space. Find out how your opponent directly across the net from you waits for your smash. If he waits on his backhand, smash wide to his forehand or close to his forehand hip or shoulder. If he waits on his forehand, smash to his body or his backhand. If he stands deep, hit drops or cut smashes. If he stands close and waits with his racket up, try a quick clear.

Mixed Doubles Tactics
In the classic mixed formation, the woman stays in front of the man, playing along and just behind the short service line, while the man retrieves shots hit to his half-court or backcourt. In mixed it is even more imperative not to lift, since the woman is so close at the net and vulnerable to smashes. Classic mixed is a slower game with more finesse than in regular doubles, the better to bring both partners into the rally. Again, each team is trying to hit shots that make the other team lift. Avoid shots that your opponents can meet above the tape, unless you manage to get the shot behind the striker.

If you do lift, the woman should not stay at the T and duck, but run away cross-court from where the shuttle is on the other side and take a position about 2-3 feet behind the short service line, squatting down and keeping the racket head up. She is only responsible for smashes and drops directed at her; the man gets everything else, including the down-the-line drop.
BADMINTON TOURNAMENT RULES

1. DRAW
1. The Badminton Tournament shall be conducted on a Knock Out Basis, with the top two players/teams in each group playing in the Quarter Final followed by a Semi-Final and Final.
2. The Organising Committee shall produce a program of matches showing the date, time and venue of matches. This program shall be available to participants prior to the event commencing and can be viewed at the registration point.

2. TOURNAMENT DIRECTOR
1. The Organising Committee shall appoint suitably qualified person/s to the position of Tournament Directors.
2. The duties of the Tournament Director shall be:
   (a) to generally supervise the Tournament on behalf of the Organising Committee.
   (b) to conduct the Tournament in accordance with the Rules.
   (c) to appoint an official for each match of the Tournament
   (d) to adjudicate upon: (i) any matter raised by any player/team in respect of any aspects of the Tournament, and
       (ii) any matter raised by the officiating umpires
       (iii) any matter relating to the conduct of any participating player/team or its officials in respect of any match.
3. The Tournament Director may suspend one or more matches of the Tournament if any player, who has, by his/her behaviour, brought the game of Badminton into disrepute before, during or after any match of the Tournament.

4. The Tournament Director will be responsible for appointing supporting officials to assist in managing the overall Tournament. (Preferably a Referee)

3. Referee:

The Referee shall be in overall charge of the event. The Referee or his deputy shall always be present in the hall during the playing of matches. These two will be assisted by a person specifically nominated by the event organiser, who would be responsible for carrying out administrative work such as writing of score sheets, updating of draw, etc. as may be decided by the Referee.

The duties of the Referee shall include: ensuring that the conduct of the tournament or event is in accordance with the laws of badminton, the Rules and Regulations of the BAI and any other regulation pertinent to the particular competition; approval of the programme of play; and overall control and ensuring that there is an adequate panel of court officials of requisite ability. No player shall be required to commence a match within 30 minutes of the completion of a previous match. Longer intervals than this are desirable, especially when playing conditions are hot and humid.

4. UMPIRES

1. The Organising Committee and/or the Tournament Director shall have the authority to appoint suitably qualified umpires to officiate at all matches. It is a must to have at least 1:5 umpires per court operated for a particular tournament.

2. In any game, the umpires shall have the authority to administer the rules of play, as set by the Official Rules of Badminton and by the Organising Committee. Decisions by umpires during the game shall be final and no appeals will be considered.

3. Any verbal or physical abuse of any umpire by any player or team official may result in the immediate forfeiture of the game by the offending player/team and the result recorded.

5. REGISTRATION

1. The Team Registration Form is to be submitted to the Organising Committee by the last date specified on the registration form together with the registration fee. All information is to be completed, indicating full names of all players.

2. All details must be completed on the Registration Form. Failure to provide all requested information will deem a player ineligible.
3. The Organising Committee shall, before accepting the registration of any player, be entitled to seek information by whatever means deemed necessary and appropriate to confirm eligibility of the player, and reserves the right to make a final decision with regard to that eligibility.

4. It is the responsibility of the player to declare and prove eligibility in doubtful cases.
   This must be made prior to the start of the Tournament.

6. **COMPETITION RULES**

   **The Games**
   1. The matches in the Tournament shall be played in accordance with the Official Rules of Badminton as laid down by Badminton except where modified by the Organising Committee for this Tournament.
   2. In the case where the Official Rules of Badminton appear to be in conflict with the Rules set out by the Organising Committee, the Rules set by the Organising Committee should be followed.

7. **UNFORESEEN EVENTS**
   Should circumstances arise which are not provided for in these Rules, they shall be dealt with by the Tournament Director and his/her decision shall be binding on all the parties concerned.
Scoring Pattern

Scoring system
1. A match shall consist of the best of three games, unless otherwise arranged
2. A game shall be won by the side which first scores 21 points, with a two points lead.
3. The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a ‘fault’ or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
4. If the score becomes 20-all, the side which gains a two point lead first, shall win that game.
5. If the score becomes 29-all, the side scoring the 30th point shall win that game.
6. The side winning a game shall serve first in the next game.

Intervals:
Not exceeding 60 seconds during each game when the leading score reaches 11 points; and Not exceeding 120 seconds between the first and second game, and between the second and third game shall be allowed in all matches. (For a televised match, the Referee may decide before the match that intervals are mandatory and of fixed duration).

Singles:
1. At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
2. If the server wins a rally, the server scores a point and then serves again from the alternate service court.
3. If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court - left if their score is odd, and right if it is even.

**Doubles**
1. At a time only one service is allowed in the game of doubles. At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
2. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
3. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
4. The players do not change their respective service courts until they win a point when their side is serving.
5. If players commit an error in the service court, the error is corrected and the existing score remains.

**Note**
- The order of server depends on whether the score is odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.

<table>
<thead>
<tr>
<th>Course of Action/Explanation</th>
<th>Service From Court</th>
<th>Server &amp; Receiver</th>
<th>Winner of the rally</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>Right Service Court. Being the score of the serving side is even.</td>
<td>A serves to C. A and C are the initial server and receiver.</td>
<td>C &amp; D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>A &amp; B</td>
</tr>
<tr>
<td>A &amp; B win a point. A &amp; B will change service courts. A serves again from left service court. C &amp; D will stay in the same service courts.</td>
<td>1-0</td>
<td>Left Service Court. Being the score of the serving side is odd.</td>
<td>A serves to D. C &amp; D</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>A &amp; B</td>
</tr>
<tr>
<td>C &amp; D win a point and also right to serve. Nobody will change their respective service courts.</td>
<td>1-1</td>
<td>Left Service Court. Being the score of the serving side is odd.</td>
<td>D serves to A. A &amp; B</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>A &amp; B</td>
</tr>
<tr>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td>2-1</td>
<td>Right Service Court. Being the score of the serving side is even.</td>
<td>B serves to C. C &amp; D</td>
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<td></td>
<td></td>
<td></td>
<td>A &amp; B</td>
</tr>
</tbody>
</table>
C & D win a point and also right to serve. Nobody will change their respective service courts.

<table>
<thead>
<tr>
<th>Score</th>
<th>Side</th>
<th>Court</th>
<th>Serve</th>
<th>Change Court</th>
<th>New Serve</th>
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</thead>
<tbody>
<tr>
<td>2-2</td>
<td>Right Service Court</td>
<td>C serves to B</td>
<td>C &amp; D win a point. C &amp; D will change service courts. C serves from Left service court. A &amp; B will stay in the same service courts.</td>
<td>C &amp; D win a point. C &amp; D will change service courts. C serves from Left service court. A &amp; B will stay in the same service courts.</td>
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<tr>
<td>3-2</td>
<td>Left Service Court</td>
<td>C serves to A</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td></td>
</tr>
<tr>
<td>3-3</td>
<td>Left Service Court</td>
<td>A serves to C</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td></td>
</tr>
<tr>
<td>4-3</td>
<td>Right Service Court</td>
<td>A serves to D</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td>A &amp; B win a point and also right to serve. Nobody will change their respective service courts.</td>
<td></td>
</tr>
<tr>
<td>Event:</td>
<td>Match:</td>
<td>Date:</td>
<td>Time:</td>
<td>Court:</td>
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<thead>
<tr>
<th>Start:</th>
<th>End:</th>
<th>Duration:</th>
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<th>Notes:</th>
<th>Umpire:</th>
<th>Referee:</th>
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