OLYMPIC PHYSICAL EDUCATION COACHING CENTER
TIRUPATTUR- VELLORE DISTRICT

BADMINTON

1. History and Development of the Game:

- The game of Badminton originated in India many years ago and it was known as “Poona”.
- This game was adopted by the English army officers in the latter half of the 19th century.
- The game was first introduced into England by the Duke of Beaufort who initiated the game at a party given by him in 1873 at his country place called Badminton in Gloucestershire.
- Since the game was played at the place Badminton, the game itself came to be called as badminton.
- In 1934, the International Badminton Federation was formed.
- In 1962, the game was introduced in Asian games at Jakarta.
- In 1972, Summer Olympics in Munich saw the first appearance of badminton, as a demonstration sport.
- In 1966, the game was introduced in Commonwealth games at Kingston, Jamaica.
- In 1992, the game was introduced in Barcelona Olympics Spain, games where 4 events were held, with singles and doubles events for both men and women.
- In 1996, Atlanta had 5 events with the addition of mixed doubles.

➢ BWF Tournaments (Level 1)

<table>
<thead>
<tr>
<th>SL. NO</th>
<th>NAME OF THE TOURNAMENT</th>
<th>YEAR</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Thomas Cup</td>
<td>1949</td>
<td>The world men’s team championships</td>
</tr>
<tr>
<td>2</td>
<td>Uber Cup</td>
<td>1957</td>
<td>The world women’s team championships</td>
</tr>
<tr>
<td>3</td>
<td>Sudirman Cup</td>
<td>1989</td>
<td>The world mixed team championships</td>
</tr>
<tr>
<td>4</td>
<td>Suhandinata Cup</td>
<td>1992</td>
<td>The world juniors’ team championships</td>
</tr>
<tr>
<td>5</td>
<td>World Championships</td>
<td></td>
<td>The world individual championships</td>
</tr>
<tr>
<td>6</td>
<td>Bimantara Cups</td>
<td>1977</td>
<td>The world junior individual championships</td>
</tr>
<tr>
<td>7</td>
<td>World Senior Championships</td>
<td>1991</td>
<td>The world senior individual championships</td>
</tr>
</tbody>
</table>
Badminton in India

- In 1934, Badminton Association of India (BAI) was formed.

Team championship awards for badminton teams in India
1. IBRAHIM RAHIMTOOLA CUP - Awarded to the winners of Men's Team championships
2. GULAB RAI CHADHA CUP - Best Women's Team
3. DR. DEV RAJ NARANG CUP - Best Junior Boys team.
4. MOHAMMAD SHAFI QURESHI CUP - Best Junior Girls Team.

Awards for best badminton Singles players in India
1. VIKAS TOPIWALA CHALLENGE CUP - Best Men's Singles player
2. OLYMPIAN BADMINTON CHALLENGE CUP - Best Women's Singles player
3. P & T CUP - Best Veteran Men's Singles player
4. CALCUTTA BADMINTON CUP - Best Junior Boy
5. MAHARANI GAYATRI DEVI CUP - Best Junior Girl
6. NAURATTAN SINGH BHALLA TROPHY - Best Sub-junior boys singles player
7. MRS AFSAR AHMED CUP - Best sub-junior girls singles player

Championship trophies awarded to best badminton Doubles players
1. CALCUTTA BADMINTON CUP - Men's doubles.
2. ALL INDIA BADMINTON ASSOCIATION CUP - Women's doubles
3. BURDWAN CHALLENGE CUP - Mixed doubles
4. RAMASWAMY CUP - Junior Boys doubles.
5. CHIRANJIT LAL MADAN CUP - Junior Girls doubles

Eminent Indian Players

2. Basic Rules:

a) Number of Players: In the case of doubles, the game shall be played by two players a side. In the case of singles, the game is played by a player a side.

b) Types of Tournaments:

1. Men singles  2. Men doubles
3. Women singles  4. Women doubles
5. Mixed doubles

C) Scoring System:

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains a 2 point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

BADMINTON COURT
Play Area

Singles : 13.40m x 5.18 m (44 x 17 feet)
Doubles : 13.40 m x 6.10 m (44 x 20 feet)

All the lines are 4 cm wide with white or yellow in colour and part of the play area.

D) Interval and Change of Ends

o When the leading score reaches 11 points, players have a 60 second interval.
o A 2 minute interval between each game is allowed.
o In the third game, players change ends when the leading score reaches 11 points.

E) Service procedure

o 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.
o If the server wins a rally, the server scores a point and then serves again from the alternate service court.
o 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.

3. Equipment:

A) Racket

Frame : Not exceeding 68 cm in overall length and 23 cm overall width.
Weight: not exceeding more than 200 grams.
Stringed area: Not exceeding 28 cm in overall length and 22cm in overall width.
B). Cock

Flexible structure
Hard & touch
Basement
PU Leather

Cork base of
Different soft wood
(Inserted part)

Special conical
shape

Tips of the feathers form
a circle with a diameter
from 58mm-68mm

Feathers
64mm-70mm

Base is 25mm and
round at the bottom

C. Net And Post

<table>
<thead>
<tr>
<th>Description</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height of Post</td>
<td>1.55 mts</td>
</tr>
<tr>
<td>Height of the net at the center</td>
<td>1.524 mts</td>
</tr>
<tr>
<td>Length of the Net</td>
<td>6.10 mts</td>
</tr>
<tr>
<td>Width of the net</td>
<td>76 cm</td>
</tr>
<tr>
<td>Width of the top Band</td>
<td>7.5 cm</td>
</tr>
<tr>
<td>Mesh of the Net</td>
<td>1.5 to 2 cm</td>
</tr>
</tbody>
</table>
4. Fundamental Skills:

4.1. Badminton Grip

![Badminton Grip Diagram]

4.2. Service

A. Forearm Service

1. High Single Serve
2. High Doubles Serve

![Serve Trajectories Diagram]
B. Backhand Service

C. Flick Service

D. Drive Service

4.3. Badminton Clears

A. Over Head Clear
Attacking Clear

Overhead trajectory

B. Forehand Over Head Clear

Defensive Clear

Overhead trajectory

C. Backhand Over Head Clear
D. Around the Head Clear
E. Underarm Clear

4.4. Drop Shot

A. Backhand Drop Shot
B. Around the Head Drop Shot
4.5. Badminton Smash

A. Forehand Smash
B. Backhand Smash

4.6. Badminton Drive
   A. Forehand Drive
   B. Backhand Drive

4.7. Badminton Net Play

A. Net Shots

B. Net Kill

C. Net Lift
5. System of Play:

A. Front and Back

B. Diagonal Method
5.2. Singles (Center Method)

6. lead-Up Games:
   A. Service Placement
   B. Smash Placement
   C. Drop Placement

7. Officials and Hand Signals:
   1. Referee
   2. Service Judge
   3. Line Judges

   | IN | IN | Signals/Calls for Shuttle W |
   | IN | OUT| Signals/Calls for Shuttle X |
   | OUT| OUT| Signals/Calls for Shuttle Y |
   | OUT| IN | Signals/Calls for Shuttle Z |
Hand signals

When the Shuttle is Out

When the Shuttle is In
When the Line Judge is Unsighted

8. Important Terms:

9. Cups and Trophies:

Agarwal Cup  Harilela Cup  Sophia Kitiakara Cup  Uber Cup
Amrit Diwan Cup  Konica Cup  S.R.Ruia Cup  World Cup
Australia Cup  Ibrahim Rahimatollah  Thomas Cup  Yonex Cup
Chadha Cup  Challenge Cup  Tunku Abdul Rahman Cup
European Cup  Narang Cup  Cup
# 10. Score Sheet

**INTERNATIONAL BADMINTON SCORE SHEET**

<table>
<thead>
<tr>
<th>Tournament:</th>
<th>Section:</th>
<th>Pool:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Date:**

**Time:**

**Venue:**

**Match Between:**

<table>
<thead>
<tr>
<th>Player / Team A</th>
<th>Player / Team B</th>
</tr>
</thead>
<tbody>
<tr>
<td>..........................</td>
<td>..........................</td>
</tr>
</tbody>
</table>

**Toss won by**

<table>
<thead>
<tr>
<th>Player / Team A</th>
<th>Player / Team B</th>
</tr>
</thead>
<tbody>
<tr>
<td>..........................</td>
<td>..........................</td>
</tr>
</tbody>
</table>

**First Service by**

**Game** | **Serving by** | **Receiving by** | **Player / Team A** | **Player / Team B** | **Result**
---|---|---|---|---|---
I | | | 1 2 3 4 5 6 7 8 9 10 11 | 1 2 3 4 5 6 7 8 9 10 11 | Set won by .......... Score ............... |
| | | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 | |
| | | 19 20 21 22 23 24 25 | 20 21 22 23 24 25 26 27 | |
| | | 26 27 28 29 30 | 28 29 30 | |
II | | | 1 2 3 4 5 6 7 8 9 10 11 | 1 2 3 4 5 6 7 8 9 10 11 | Set won by .......... Score ............... |
| | | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 19 | |
| | | 19 20 21 22 23 24 25 | 20 21 22 23 24 25 26 27 | |
| | | 26 27 28 29 30 | 28 29 30 | |
III | | | 1 2 3 4 5 6 7 8 9 10 11 | 1 2 3 4 5 6 7 8 9 10 11 | Set won by .......... Score ............... |
| | | 12 13 14 15 16 17 18 | 12 13 14 15 16 17 18 19 | |
| | | 19 20 21 22 23 24 25 | 20 21 22 23 24 25 26 27 | |
| | | 26 27 28 29 30 | 28 29 30 | |

**Match Won by**

**CAPTAIN SIGNATURE**

**Score**

**OFFICIALS SIGNATURE**

**PREPARED BY**

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**PHYSICAL DIRECTOR GRD-I**

**TIRUPATTUR,**

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