

4. BADMINTON

HISTORY :

The International Badminton Federation (IBF) was founded in 1934. The World Championship has been held every two years since 1977. The first major IBF tournament Thomas Cup (World men's team championship) was held in 1948. Badminton was included in the Olympic Games in 1992 at Barcelona Olympics. The Badminton Association of India was formed in 1935.

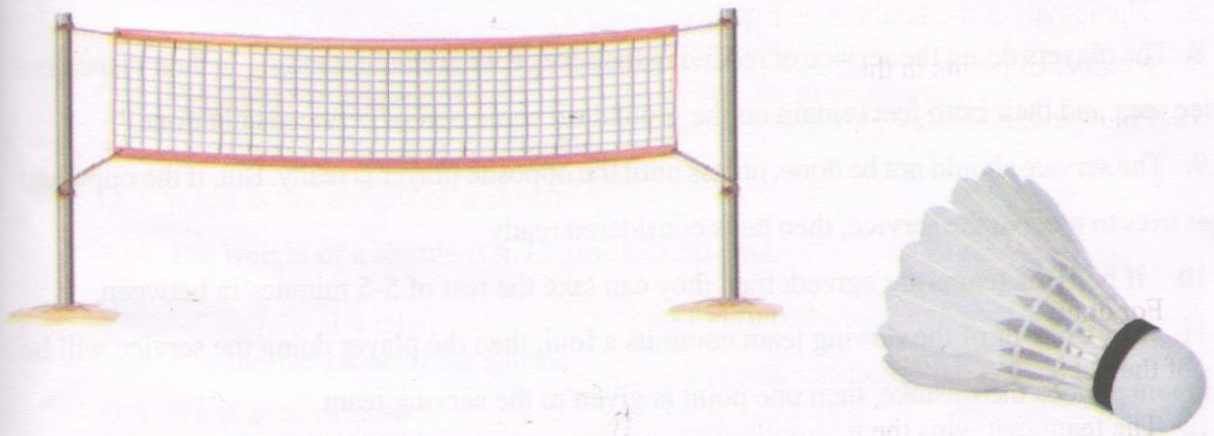
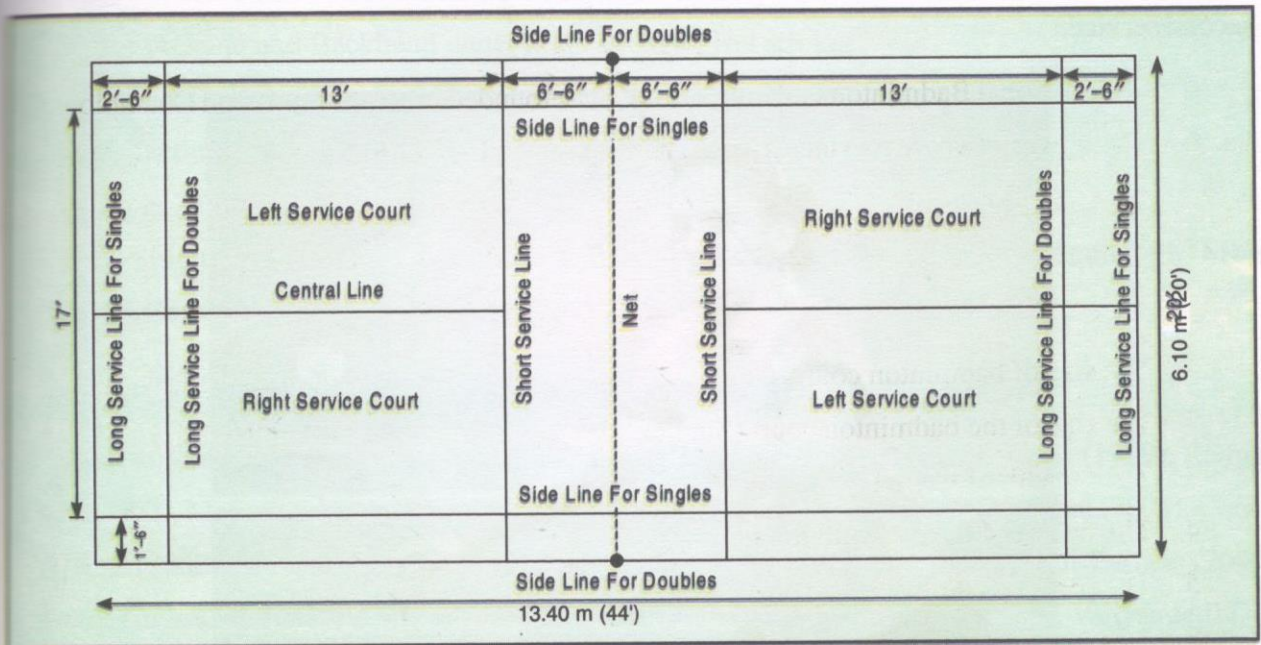
POINTS TO REMEMBER

- | | |
|---|------------------------|
| 1. The size of badminton court (Doubles' play) | = 13.40 m × 6.10m |
| 2. The size of the badminton court (Singles' play) | = 13.40 m × 5.18m |
| 3. The breadth of the net | = 760 mm |
| 4. The height of the net from the floor at the centre | = 1.524 m or 5' |
| 5. The height of the net at the posts | = 1.55 m or 5'1" |
| 6. Weight of the shuttle | = 4.74 gms - 5.50 gms. |
| 7. Number of feathers of a shuttle | = 16 |
| 8. The length of the feathers of a shuttle | = 62 mm – 70 mm |
| 9. Number of points in the Doubles' Play (New Rule) | = 21 Points |
| 10. Points in the Singles' play for women (Old Rule) | = 21 Points |

RULES OF BADMINTON

1. For doubles game the size of court is 44 ft × 20 ft and for singles it is 44 ft x 17 ft. On the both sides of the net a 6 1/2 ft short service line is drawn.
2. The team that wins the toss will select the side and do the service first.
3. If the score reaches 20-20 then a two points advantages is required for victory. If the score reaches 29-29 then the first player to reach 30 is the winner.

4. According to previous decision, the opposite teams will play three games, the team that wins the game of three will be declared the winner. The players will change the sides before the start of the second game. If for decision, third game is necessary to play, then in that game sides are also interchanged.



5. In doubles game, that player will receive the service to whom it is given. If the shuttle touches the second player and he strikes it, then one point is given to the server. A player cannot consecutively receive the service two times.

6. The player who starts the game can do the service only once. In the next innings, every player can do the service. The team who wins will first do the service. Any player of winner team can do service.

7. If any player does the service without his turn or does the service from the wrong side and wins point then that service will be called let. But, the demand of the let is made before the start of second service.



8. The players doing the service or receiving the service will remain standing in their respective service area and their both feet remain on the ground till some part of service is not done.

9. The service should not be done, unless until the opposite player is ready. But, if the opponent player tries to receive the service, then he is considered ready

10. If both the teams are agreed, then they can take the rest of 5-5 minutes in between.

11. If the player of the serving team commits a foul, then the player doing the service will be out opponent does the mistake, then one point is given to the serving team.

12. If at the time of service the shuttle is above the waist, then the complete head of the racket face below the handle of the racket otherwise it will be considered mistake.

13. If during the service the shuttle falls in wrong half and does not reach near the short service line or falls after crossing the long service line or outside the boundary of half area then it is a foul.

FUNDAMENTAL SKILLS

1. Strokes : Forehand and Backhand overhead strokes :

(i) Lob (ii) Toss (iii) Clear (offensive and defensive) (iv) Drop (v) Smash

2. Forehand and backhand side arm strokes : Drive

3. Forehand and Backhand under arms strokes : Net strokes

4. Forehand and Backhand Cross Court Strokes

5. Tactics and Strategy

Types of game :

(i) Singles play (ii) Doubles pattern of play– Front and Back. Side by Side, Rotation (iii) Mixed doubles Game

SPORTS AWARDS

Arjuna Awardee in Badminton : Pullela Gopichand (2000). George Thomas (1999), Ramesh Tik (2002), Madasu Srinivas Rao (2003), Abhinav Shyam Gupta (2004), Apama Popat (2005), Chetan Anand (2000) Rohit Bhakar (2006), Anup Sridhar (2008), Saina Nehwal. Parul Parmar (2009), Jwala Gutta (2011), At Ponnappa, Parupalli Kashyap (2012), P.V. Sindhu (2013), Valiyaveetil Diju (2014), Srikanth Kidambi (2017) Sikki Reddy (2018).

VIVA VOCE

Q.1. Describe the types of Badminton game and its total players.

Ans. Two types : (i) Singles (ii) Doubles

Q.2. What is the weight of a shuttle ?

Ans. The weight of a shuttle is 4.75 gms to 5.50 gms.

Q.3. What is Bird ?

Ans. It is another name of the shuttle.

Q.4. What is backhand ?

Ans. Any stroke made on the side of the opposite to the racket side.

Q.5. What is a Rally ?

Ans. An exchange of shot either in practice during a match.