

GEORGE MASON UNIVERSITY
School of Recreation, Health, & Tourism
Physical Activity for Lifetime Wellness

RECR 151-001 – Introduction to Badminton (1)
1 credit Spring 2019
9:00-10:15 TR (3/18-5/6) Fairfax, RAC 1200

Faculty

Name: Afshin Royal

Office Hours: TR 10:15-11:00 & by appointment

Office Location: RAC 2108

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Prerequisites: *None*

University Catalog Course Description

Introduces the fundamental skills, rules, and strategies of badminton. Covers basic techniques and etiquette of both singles and doubles play. Allows students to enjoy badminton as a lifetime activity.

Course Delivery Method

This is an activity class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

- Demonstrate the basic skills and etiquette of badminton.

- Score and play in tournament situations.

- Apply and articulate the basic rules of badminton during singles and doubles game play.

- Explain three health benefits of badminton.

Professional Standards

None

Required Text:

None required. All readings will be listed in the syllabus.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

The course is based on total points. Points may vary depending on the number of times the class meets each semester based on the calendar.

Attendance / Participation (25%):

- 10 points will be awarded each day for participation with a deduction of 1 point for each five-minutes that a student is late. Those who are on time and participate to their fullest extent each day as scheduled, will earn the full 10 points for that day.
- Students must attend the entire class period and participate in the daily activities to receive full credit for the class.
- Unexcused absences and late arrivals can significantly affect the grade (1 point deduction for every five minutes a student is late or 10 point deduction for each missed class). Absences are only excused with a Dr.'s note. Email and phone calls do not excuse an absence. Doctor notes must be presented to the instructor immediately upon return to the class.
- Students must be dressed in "work-out" attire to include athletic shoes with non-marking soles, athletic type shorts and a t-shirt. Students who are not dressed appropriately will earn a "0" participation grade for the day.
- Students are required to participate and show good sportsmanship toward the instructors and other students. Points will be deducted for students who display unsportsmanlike conduct.

Skill Assessment (50%)

This will be done while students play on the court

Written Final (24%)

An end-of-class test will cover technical and tactical knowledge, the rules of the game, and badminton as a lifetime activity.

Contract (1%) – pg. 4

Total points: 100

Grading (in Percentages)

A = 90 – 100	B- = 80 – 83	C- = 70 – 73
B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
B = 84 – 87	C = 74 – 77	F = 0 – 59

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

TENTATIVE COURSE SCHEDULE

DAY	TOPIC	Readings / Assignment Due
1	Pre-skills, Grip, Forehand Drive, Forehand lift, Split, Chasse, Recovery, Clear March 19th	Chapters 1, 2
2	Review, High Singles Serve, Overhead, Drop – March 21st	Contract Due (1%) – At end of syllabus
3	Review, Smash, Backhand lift, Low serve –Game March 26th	
4	Review, Backhand Drive, Forehand tap, Backhand tap, Game March 28th	
5	Review, Foot work, Forehand net, Backhand net, singles rules April 2nd	
6	Review, (clear, Overhead and backhand), (Overhead, clear and forehand), game – April 4th	
7	Review, (drop, smash, net) both sides, doubles rules April 9th	
8	Review, Doubles services, Doubles game April 11th	
9	Review, Returning smash forehand, Returning smash backhand, defensive and offensive system, April 16th	
10	Review, strategy, game April 18th	
11	Learning single's elimination draw, Double's elimination draw and Round robin's draw, Tournament April 23rd	
12	Tournament April 25th	
13	Tournament April 30th	
14	Final Exam inside RAC Cage Gym Bleachers May 2nd	

This course is designed to improve health and wellness and quality of life. It is part of an increasing number of activities available through the School of Recreation, Health, & Tourism. For further information about other courses or degree programs, please contact Afshin Bozorgzadeh at abozorgz@gmu.edu

Instructor reserves the right to change schedule.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.

CONTRACT (1%)

DUE – March 21st

**I HAVE READ AND UNDERSTAND THE
SYLLABUS CONTENTS AND GRADING**

Print Name

Signature

Date

<http://www.badmintonbible.com/articles/rules/simple.php>

The absolute basics

The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match.

Your opponent has the same goal. He will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if he hits the shuttle into or under the net, or out of court, then you win the rally.

If you think your opponent's shot is going to land *out*, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues.

Once the shuttle touches the ground, the rally is over. In this respect, badminton is not like tennis or squash, where the ball can bounce.

You must hit the shuttle **once only** before it goes over the net (even in doubles). In this respect, badminton is not like volleyball, where multiple players can touch the ball before sending it back over the net.

Badminton is played indoors

Some of you may be familiar with playing badminton on a beach, or in the garden. This is fine when you're playing it as a casual game, but it doesn't work when you start to get competitive.

The shuttle is blown off course by even the slightest breath of wind. That's why competitive badminton is always played indoors.

Setting up a badminton court

Badminton has its own nets and posts; the net is much lower than for volleyball. Sometimes a sports centre will set up the court with a slack volleyball net instead, because the staff don't know anything about badminton. Ask for proper badminton posts and a badminton net.

If you need to set up the court yourself, then check three things:

- The net covers the whole width of the court.
- The net is pulled tight, not slack.

- The net is in the middle, so that both court halves are the same size.

Often it can be hard to see the badminton court lines, because lines for other sports are also painted on the floor. The badminton court lines should all be in one colour, so try to focus on that.

Singles, doubles, and mixed doubles

You can have either two or four players on a badminton court: one player on each side, or a team of two players on each side. One-against-one is called singles; two-against-two is called doubles.

In doubles, either player can hit the shuttle; you do not have to take it in turns. The only exceptions are the first two shots of the rally; I'll explain this when we discuss *servicing*.

In total, there are five types of badminton:

- Men's singles
- Women's singles
- Men's doubles
- Women's doubles
- Mixed doubles (each team is a man and a woman)

Men's doubles and women's doubles are also called *level* doubles.

These are the only types of badminton played in serious tournaments. In casual play, however, women sometimes play against men (e.g. two women against two men).

What are all those lines for?

When you first look at a badminton court, you could be forgiven for thinking it has too many lines. This is mainly because the court is marked up for both singles and doubles, which use slightly different court sizes.

The outermost lines form the doubles court. So in a doubles rally, the shuttle is allowed to land anywhere on the court.

The singles court is slightly narrower than the doubles court. The singles side lines are not the outermost lines, but the next ones in. Taken together with the outermost (doubles) side lines, these make narrow alley shapes along the sides of the court. These alleys are often called the *tramlines* or *side tramlines*, since they look like tram or train tracks.

So here's another way to think about it: the side tramlines are *in* for doubles, but *out* for singles.

All the other lines are for serving

There are still three lines we haven't discussed yet. These lines mean nothing during the main rally, and only apply when you're serving. This is similar to how a tennis court has special lines for serving.

Serving

Serving is how you start the rally: someone has to hit the shuttle first! To prevent the server gaining an overwhelming advantage, there are special restrictions placed on serving that don't apply during the rest of the rally.

The *receiver* is the person who hits the second shot in the rally. In doubles, the receiver's partner is not allowed to hit this shot.

How to serve

In badminton, the serve must be hit in an upwards direction, with an underarm hitting action. You are not allowed to play a tennis style serve.

The main rule here is that when you hit the shuttle, it must be below your waist. To be exact, the rules define this to be a height level with the lowest part of your ribcage. In other words, you can serve from a bit higher than the top of your shorts, but not much.

Service courts

The service courts are smaller box shapes inside the court. We'll look at what they are used for in a moment, but first let's get the right boxes.

Notice that the badminton court has a line down the middle, extending from the back to near the net; this is the *centre line*. At the front of the court, the centre line is met by another line; this is the front service line. These two lines form a T shape where they meet.

A singles service court is a box made from four lines:

- The centre line
- A singles side line (inside side line)

- The front service line
- The back line (the outside one, all the way at the back)

On your side of the net, you have two service courts: your right service court, and your left service court. The same is true for your opponent.

The doubles service courts are slightly different. They are wider, because they use the outside side line (remember: the doubles court is wider); and they are shorter, because they use the inside back line.

That's what the inside back line is for: doubles service, and nothing else. It's probably the most confusing line on a badminton court, because that's all it does!

So just to be clear, a doubles service court is made from these four lines:

- The centre line
- A **doubles** side line (outside side line)
- The front service line
- The **inside** back line (not the very back line, but the next one in)

How service courts are used

Service courts are used for three things:

- The server must stand inside a service court.
- The receiver must stand inside the diagonally opposite service court.
- The serve must travel into the diagonally opposite service court.

For example, suppose the server is standing in his left service court. The receiver will be standing in *his* left service court, which is also where the serve has to go.

If the serve is going to land outside the service court, then the receiver should let it fall to the floor. If the receiver hits the serve, then the rally continues even if the serve had been going *out*.

The server and receiver must stay inside their service boxes until the server contacts the shuttle with his racket. After that, they can leave the boxes immediately and move anywhere on court.

Scoring

<http://www.badmintonbible.com/articles/rules/scoring.php>

The scoring system in badminton is quite simple, but it can get confusing in doubles. We're going to start with the scoring system for singles, because it's simpler.

Deciding who gets to serve first

In a major tournament, a coin toss is used to decide which side will serve first.

In more casual club or league games, you usually just throw the shuttle up in the air, let it land, and see which side it points towards: that side serves first.

Points, games, and matches

Every time you win a rally, you get a point. Starting from zero, the first person to reach 21 points wins the game. In club badminton, this is usually where you stop and choose players for the next game.

In standard league or tournament play, however, what really matters is the *match*. A match is the best of three games: you win the match by winning two games. So a match could last either two or three games.

Whenever you win a rally, you also get the next serve. So if your opponent was serving in the last rally, the serve passes to you; if you were serving, you keep on serving.

To win, you need a two-point lead

You have to win the game by at least two points. If the score reaches 20–20, then 21 points are no longer enough to win the game. You need to win two clear points: two points in a row, one after the other.

For example, 22–20 would be a winning score, as would 25–23. But 21–20 would not be enough, and neither would 24–23.

If you reach 30–29, however, you’ve won the game. 30 points is the upper limit. This rule is intended to prevent games dragging on too long, especially at the top level of play, where excessively long games put athletes at risk of injury.

Always say the server’s score first

It’s a good habit to say the score to your opponent before starting each rally. It’s surprisingly easy to lose track of the score, and saying it between rallies helps prevent disputes.

When you’re saying the score, always say the server’s score first. So if you are serving and have 10 points to your opponent’s 15 points, then the score is 10–15 (not 15–10).

Which side to serve from?

Remember that you have two service courts: one on the right, and one on the left.

When the server’s score is an even number, he serves from the right service court. When his score is an odd number, he serves from the left service court. For this reason, the right service court is also known as the *even* service court, and the left service court is known as the *odd* service court.

Odd numbers? Even numbers?

- Odd numbers start at 1, and go up by 2
- Even numbers start at 0, and go up by 2

So the odd numbers are 1, 3, 5, 7, 9, 11, 13, and so on. The even numbers are 0, 2, 4, 6, 8, 10, 12, and so on.

Even and odd numbers alternate. So if you keep winning rallies, you’ll keep serving from a different side each time: right, left, right, left, right, and so on.

Because zero is an even number, the game always starts with someone serving from the right (even) service court.

What about the receiver?

The receiver’s position is determined not by his own score, but by the server’s score. The receiver always stands in the service box diagonally opposite from the server. In other words,

both players will be in the even service courts, or both will be in the odd service courts. You can never have one of each (one odd, one even).

Scoring in doubles

The actual *scoring* in doubles is simple: instead of each person winning points, each pair wins points. The part that often confuses people is this: how do you decide who serves, who receives, and which side they should be on?

At the start of the game, when the score is 0–0, the serving pair choose who serves for the first rally, and the receiving pair choose who receives.

The even/odd rule still holds. So if the server's score is odd, he will serve from the left court (if even, from the right). Just as for singles, the receiver will stand in the diagonally opposite service court.

Whenever the serving side wins a rally, the same person serves again (but from the other service court). The serve does not alternate between the partners: it stays with one person, until the opponents win a rally and get the serve.

Everyone has a service court

To make sense of doubles scoring, you must understand two crucial ideas:

- Every player has a service court, at all times.
- When your partner has one service court, you have the other one.

Let's take an example: you are getting ready to serve from your left service court. So your service court is obvious: it's the box you have to stand inside.

Your partner is not serving or receiving, so he doesn't have to stay within one of the service boxes: he can stand anywhere on your court. Nevertheless, we say that **your partner has the right service court**.

Bizarrely, most people say that your partner is in the right service court. This makes no sense at all, because your partner probably has one foot in each service court!

The same idea applies to the receiving side. In this example, the receiver has the left service court, and his partner has the right service court. Until you serve, the receiver must stay within his service court, but the receiver's partner can stand wherever he wants.

It doesn't matter where you go during the rally

Suppose you serve from the right service court. By the end of the rally, you could easily be standing inside the left service box with your partner standing inside the right box. This has no effect on your service courts for the next rally.

In other words, the service courts are set at the start of the rally. Although you move around during the rally, the service courts don't change. At the end of the rally, you have to remember what your service courts were:

- Who was serving?
- Who was receiving?
- From which side?

Once you remember this, you work out the positions for the next rally.

When you serve and win the rally

Suppose you serve, and then your side wins the rally. For the next rally, you will serve again, but from the other side. In other words:

When the serving side win a rally, the server and his partner swap service courts.

Remember that you and your partner must always have different service courts. That's why the server's partner also changes service court here. This change has no effect on the server's partner — he can still stand wherever he wants — but he needs to remember his service court for future rallies.

The receivers never change their service courts. The only way to change service courts is to win a point when your side is serving.

When the receivers win a rally

When the receiving side wins a rally, the serve passes to them. **Their service courts do not change from the previous rally.**

If their new score is odd, then whoever has the left service court will serve; if the score is even, then whoever has the right service court will serve.

Consequences of this system

If you think it through carefully, you can figure out two interesting consequences of this system:

- You never serve to the same person in two consecutive rallies.
- When you win back the serve, the new server is whoever **wasn't** serving last time.

The rules actually state these consequences explicitly:

11.4 Sequence of serving

In any game, the right to serve shall pass consecutively:

11.4.1 from the initial server who started the game from the right service court

11.4.2 to the partner of the initial receiver

11.4.3 to the partner of the initial server

11.4.4 to the initial receiver

11.4.5 to the initial server, and so on.

11.5 No player shall serve or receive out of turn, or receive two consecutive services in the same game, except as provided in Law 12.

(Law 12 is about how you correct mistakes. We'll look at that later.)

It's easy to forget the score or forget which side you were on. When you forget, you can usually use those two facts to help remember.

For example, suppose you have just won back the serve. You know the score is 10–8, but you cannot remember which side you should be. You also know that last time, your partner was serving (not you). Therefore, you must be serving from the right service court.

Similarly, suppose you cannot remember the score. It's either 13–10 or 14–10, and you have just won back the serve. You know that your partner just received in the right service court, and that he was serving last time. This means you must be serving from the left service court, and therefore the score is 13–10.

Glossary of commonly used terms

Alley – Playing area that comes into or out of play at various times during any game.

- Side alley-is the playing area on each side of the court between the singles side line and the double side line.
- Back alley-the area between the doubles back service line and the back boundary line.

Backcourt – Approximately the last 11 feet of the court on any side of the net or midcourt to the back boundary line.

Backhand – any return or stroke hit on the non-dominant side of the body

Backhand grip – The manner in which you grasp the racket to hit any return from your non-dominant side. Usually done with pistol or handshake grip.

Backswing – That part of the swing that takes the racket back in preparation for the forward swing.

Base – the spot near the middle your court that you should always try to return to after most shots.

Bird – The missile or object struck with the racket. Also known as the shuttle or shuttlecock.

Carry – A return that is caught on the racket face and is slung or thrown over the net. This is a legal return as long as it is a continuation of your normal stroke.

Clear – a high return that carries deep into the backcourt.

Crosscourt – a return or stroke that sends the bird diagonally across the court.

Double hit – this occurs when the shuttle is hit twice in succession on the same stroke. It is a fault.

Drive – A return or stroke that sends the shuttle in a relatively flat trajectory, parallel to the floor but high enough to pass over the net.

Drive serve – a hard, fast serve that crosses the net with a flat trajectory.

Drop shot – a return or stroke that barely clears the net and falls toward the floor, but underhand or over hand from the net or the backcourt.

Follow-through – The smooth contortion of the stroke after your racket has contacted the bird.

Forehand – any return or stroke hit on the dominant side of your body.

Forehand grip – the manner in which you grasp your racket to hit any return from your dominant side. Handshake or pistol grip is the most common.

Game – consists of 21 points for women and 21 for men. Doubles are played to 21. Must win by 2 points unless the max points are met which is 30. The score can be 30-29 and the game will end.

Let – A form of interference in which the point is replayed.

Love – in scoring meaning zero or no points have been scored.

net shot-Any return that strikes the net and continues over the into your opponent's court.

Rally – this refers to any exchange back and forth across the net between opposing players during any particular point.

Ready position – this is your basic waiting position near center court.

Receiver – any player who receives the serve.

Return – any method of hitting your opponent's shots back over the net.

Serve – the act of putting the shuttle into play at the beginning of a point or rally.

Server – The player who delivers the serve.

Side out – Loss of your service.

Smash – an overhead return or stroke hit down into your opponents court with great speed and power.

Wood shot – This return or shot results from the tip or cork of the shuttle hitting the frame of your racket rather than on strings. It is a legal shot.

Rules from BWF

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.

Interval and Change of Ends

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

Singles

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

- 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

- A side has only one ‘service’.
- The service passes consecutively to the players as shown in the diagram.
- 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.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.
- If players commit an error in the service court, the error is corrected when the mistake is discovered.
- In a doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Scenario	Score	Service From	Server	Winner	
	Love All	Right Service Court because the score of the serving side is even.	A serves to C. A and C are the initial server and receiver.	A & B	
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court because the score of the serving side is odd.	A serves to D.	C & D	
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court because the score of the serving side is odd.	D serves to A.	A & B	
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court because the score of the serving side is even.	B serves to C.	C & D	

C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court because the score of the serving side is even.	C serves to B.	C & D	
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court because the score of the serving side is odd.	C serves to A.	A & B	
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court because the score of the serving side is odd.	A serves to C.	A & B	
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court because the score of the serving side is even.	A serves to D.	C & D	

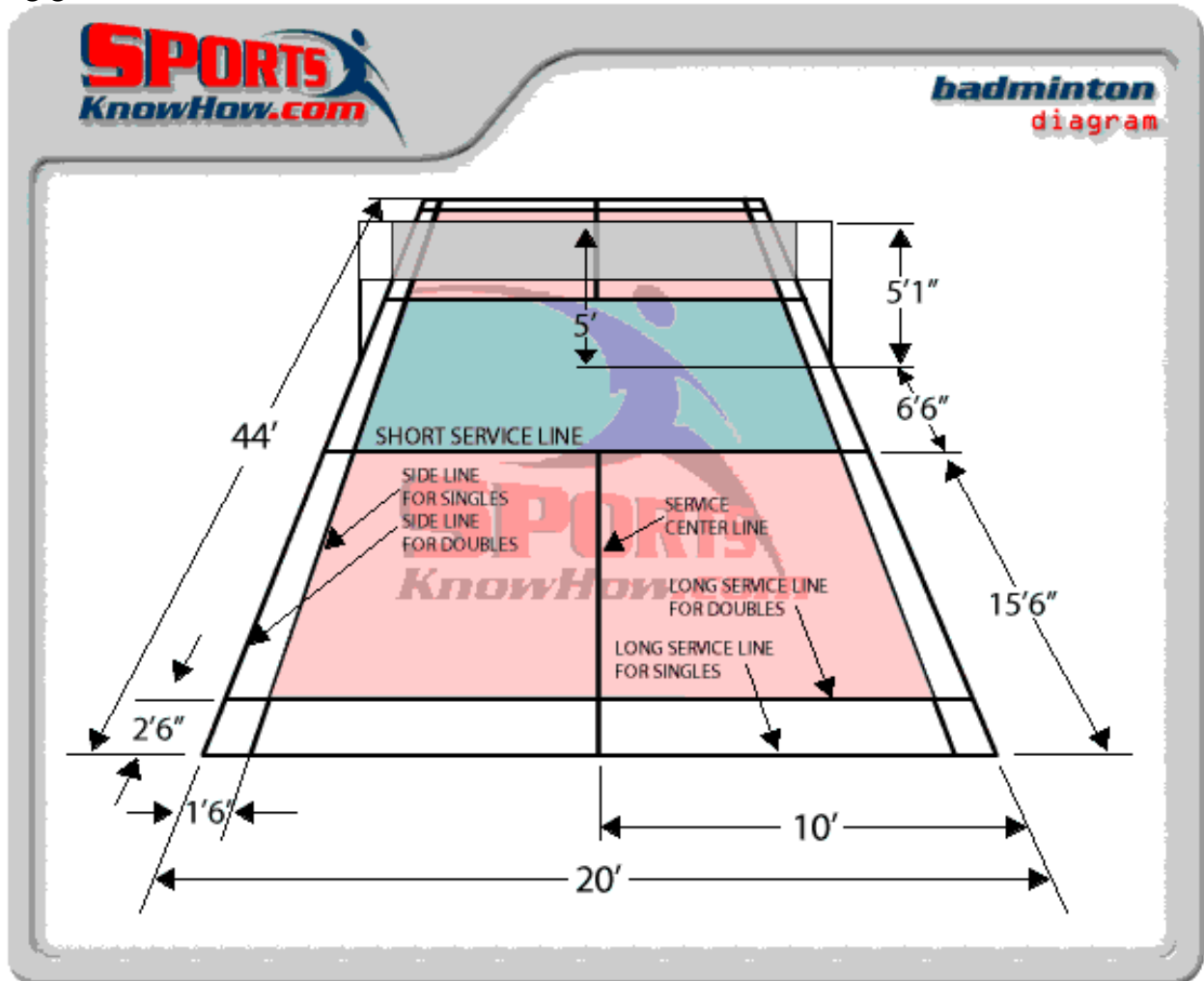
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Note that this means:

- The order of server depends on the score 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.

Badminton court dimensions (NOTE – you will not have to know the actual dimensions, only **what the lines of the court mean.**)

<http://www.sportsknowhow.com/images/diagrams/badminton-court-dimensions-diagram-lrg.gif>



HEALTH, SOCIAL, & PERSONAL BENEFITS OF BADMINTON

There are many benefits to badminton. Here are a few:

1. Increases HDL's, High Density Lipoproteins, or the good cholesterol.
2. Improved coordination, flexibility, cardiovascular endurance, and visual acuteness
3. Better reflexes
4. Improved balance
5. Improved core stability
6. Stress release

There are social benefits as well:

1. Team work and appreciating the value of teamwork
2. Increases self -value and feelings of importance.
3. Social, networking, friendships

- Heart Health – your heart health relies on cardio exercises. This means increasing your heart rate to improve blood flow throughout your body. Since badminton is a sport where there are periods of rest followed by active swinging and movement, the sport can be considered one of the finer interval training elements. Those who exercise and play sports regularly tend to experience lower cholesterol levels as well as lower risks for cardiac disease.
- Mobility – Mobility is a problem that many of us experience trouble with as we age. Keeping active throughout your life can help to prevent these problems in mobility. Badminton is an active sport that will keep you moving throughout the matches and thus, improving your mobility each time you play. Keeping mobile is important as it keeps your joints lubricated, preventing arthritis and similar afflictions from developing.
- Flexibility and muscle strength– flexibility and mobility go hand in hand. The more you move, the more flexible you become, especially in a sport like badminton where swinging and reaching are constants. In addition to improving flexibility, players also gain muscle strength and endurance. Over time, muscles build up and gain endurance, allowing you to play better and for longer.

Personal Benefits

In addition to health benefits, there are personal benefits to playing badminton as well. Many players form strong bonds with other badminton players who may happen to be a part of the community. Like other sports, teammates are respected and deep friendships bond over the game.

The value of teamwork should never be underestimated. Working together as a team helps a player to develop a respect for teamwork, and a respect for how each individual works together to form a cohesive unit. Sports players especially recognize the value which not only gives a person a sense of being important, it increases their self-value.

Badminton can be played as a leisurely sport or as a competitive sport. Regardless of the reasons why you may play, the benefits are too vast to be ignored. Next time you pick up your badminton racket, you can feel good knowing that you are experiencing numerous benefits.

Osteoporosis is a troublesome problem especially in the elderly and women after menopause. It occurs because the bones lose their density due to complex interactions between the body hormones, bone forming and bone dissolving cells. Individuals with osteoporosis can easily sustain fractures because of reduced bone strength to withstand stress and injury.

Osteoporosis can be prevented or delayed by regularly playing badminton, as physical activity is one major factor that prevents osteoporosis, irrespective of the age and sex of the individual. Playing badminton **promotes the activity of the bone forming cells and help in the assimilation of calcium in the bone matrix**, thereby strengthening it.

Additional health benefit of playing regular badminton is reduced incidence of cancers like cancer of the large bowel and cancer of breast.

Finally, **playing badminton** keeps you feeling well, strong, motivated, enthusiastic and young. It helps to ward off depression, anxiety, stress and increase self-esteem. It also helps in enjoying a better sleep in the night, thereby minimizing the incidence of pre-existing illnesses getting aggravated due to lack of sleep.

It wouldn't be uncommon to find yourself a bit anxious when you walk into a gym full of badminton players. You might explore a little deeper only to find yourself stepping on the court and having a player bark at you for interrupting his game. Your initial thought might be to turn around and leave because everyone seems so caught up with their own thing. The key in this situation is to not get discouraged.

Like all sports, badminton has rules (both written and unwritten) that everyone must follow. It's imperative to take these rules to heart, because they help ensure the safety of everyone in the gym. This guide will help you understand each detail and provide instruction on the exact way you need to act and carry yourself if you want to have a fun and friendly experience on the court.

Respect the Court

First, you must remember to always be mindful of players on other courts so you don't interfere with their game. Badminton is often played in multi-purpose gyms with volleyball and basketball lines running rampant, so it may be difficult to pick out the correct boundaries of your playing surface. If you're walking across the gym floor toward the badminton court and are uncertain about the boundaries, simply wait for play of the other games to stop and then stay close to the walls as you make your way past the court.

Hot Tip: The Single Life

If you're looking to play a game of singles, you'll be hard-pressed to find the court space or the players willing to play. Your best bet would be to go during off-peak hours so that you're at least guaranteed the court space.

Use It Before You Lose It

As a general rule, four players should occupy a single court at all times. If you go to a gym with a friend and there is a court with only two people hitting around, just ask to use half of the court and they'll be more than happy to oblige. Waiting around for a completely empty court will be nerve-wracking. The court is there for you to use, but don't be afraid to share with others. If you arrive at a gym alone, just find someone sitting on the side to hit with, because they're probably just as eager to play. In the event that all the courts are full, wait for the rally to end and ask the folks on the court if you can get in on the next game.

Manage Court Time



Easily the most common annoyance when playing in a crowded gym is the lack of court time. When there is limited court space, remember to play a game or rally in a timely manner. Sometimes, players on a court will rally or “hit around” for an extended period of time with no intention of playing a game. It's a delicate science trying to coax people off a court who have overstayed their welcome. Normally, players will warm up for about five minutes and play a 10-minute set to keep the rotation of players going. If you're planning to just hit around, try to limit your court time to 20 minutes.

Court Rotation

Typically, players on a court will have an idea of who is playing the next game. Simply wait for the rally to end and ask to play next. They'll likely inform you if there are any teams set to play before you. Either way, you should at least get your name in the rotation. Some places insist that a team bows out after three consecutive wins, but ultimately, it is your decision.

Look Out for Others

When you're playing on the court, you have an even greater responsibility to be mindful of other players, as serious harm can come from swinging your racket carelessly. As a new rally begins, check your opponent's surroundings, as they will be doing the same for you – at least they should be. Sometimes a shuttlecock or person from a neighboring court may stray onto yours, so it's important to clear the area before resuming play.

Communicate

When it's your turn to serve, call out the overall team score starting with your score and following with your opponent's score. This helps avoid confusion throughout the match. For example, if you have 14 points and your opponent has 10, say: "14-10." Also, when serving, check to make sure your opponent is ready to receive service before you begin.

During play, you should excuse yourself for any shot that accidentally falls in your favor, like a frame shot that tumbles over the net. You don't need to verbally apologize, but at least gesture with your hand to excuse yourself. After play stops, return the shuttlecock to your opponent whenever it's appropriate. At the end of the game, players typically high-five and thank the opposition to show their appreciation.

Common Courtesy

In the end, badminton is really just about being respectful, courteous, and aware. If you're aware of your surroundings and other players at all times, then it will be a more enjoyable experience for everyone!

<http://badminton.isport.com/badminton-guides/badminton-etiquette>

Useful videos

<https://www.youtube.com/watch?v=I4JBdQQxepE&list=PLRNqMsFL7nNu-8wlDcCGGU2WKzmQIUR3v&index=92>