
BADMINTON RULES

Age Groups / Events

Age	Events	Participants Advancing to Provincial Games
55+	Men (Doubles)	2 men per zone
55+	Women (Doubles)	2 women per zone
65+	Men (Doubles)	2 men per zone
65+	Women (Doubles)	2 women per zone
70+	Men (Doubles)	2 men per zone
70+	Women (Doubles)	2 women per zone
75+	Men (Doubles)	2 men per zone
75+	Women (Doubles)	2 women per zone
80+	Men (Doubles)	2 men per zone
80+	Women (Doubles)	2 women per zone
85+	Men (Doubles)	unlimited
85+	Women (Doubles)	unlimited
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 24+		

Rules for the game of badminton for the Alberta 55 plus Games or any sanctioned ALBERTA 55 PLUS event shall follow the rules as prepared by **Badminton Canada**. The full set of rules can be obtained by contacting **Badminton Alberta** at 403 297-2722 or searching for the “Laws of Badminton” at www.badminton.ca. or by contacting:

Badminton Alberta
60 Patterson Blvd SW, Calgary, AB T3H 2E1
Tel: (403) 297-2722
Fax: (403) 297-2706
E-mail: info@badmintonalberta.ca

Simplified Laws of Badminton

A. The Court

The court is 13.4 m long by 6.1 m wide. The net in the centre of the court is 1.55m high and 6.5m wide. The service area for doubles is wide and short – the boundaries are the outside width line and the line that is 0.76m in front of the back boundary for length. The playing area for doubles is wide and long – the entire area within the outermost lines of the court.

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The player of the receiving side standing in the diagonally opposite service court to the server shall be the receiver. The players shall not change their respective service courts until they win a point when their side is serving.

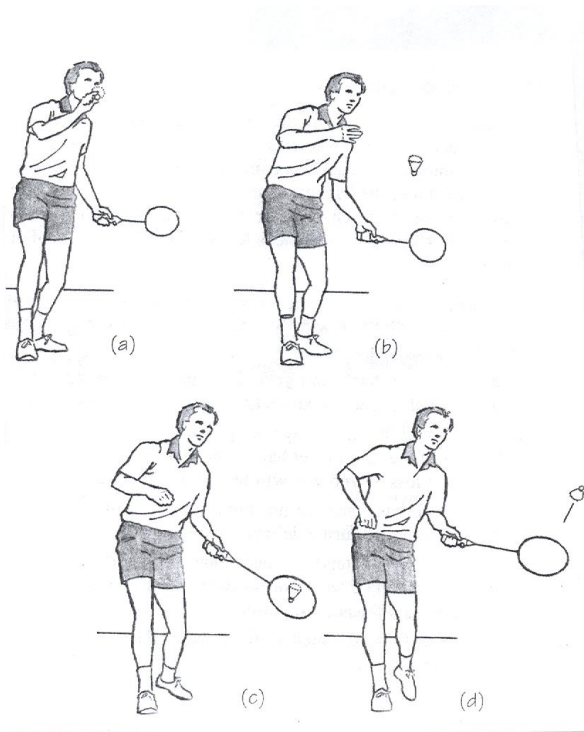
	Love All	Right Service Court because the score of the serving side is even.	A serves to C. A and C are the initial server and receiver.	A & B	
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court 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	

Types of Serve

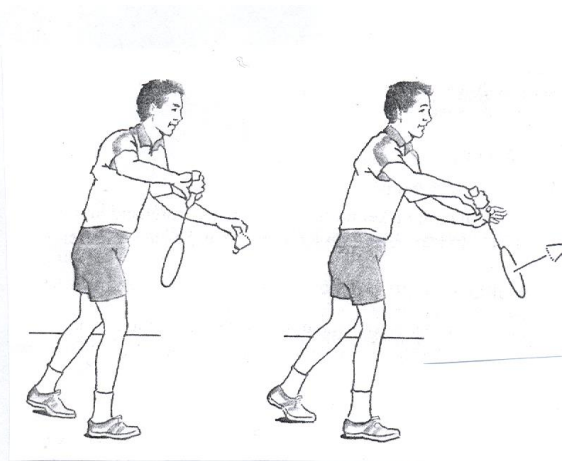
There are two ways to serve: the **forehand method** and the **backhand method**.

- For the **forehand**, your palm and respective 'front face' of the racket are held to the side of your body. The shuttle is held in the opposite hand and dropped to be hit. The racket must contact the shuttle below the server's waist at the first instant of contact.
- For the **backhand**, the racket is held across your body, with your palm facing inwards. The respective 'back face' of the racket must contact the shuttle below the server's waist at the first instant of contact. **Over hand serves are NOT permitted.** The racket head must be discernibly below the racket hand upon initial contact.

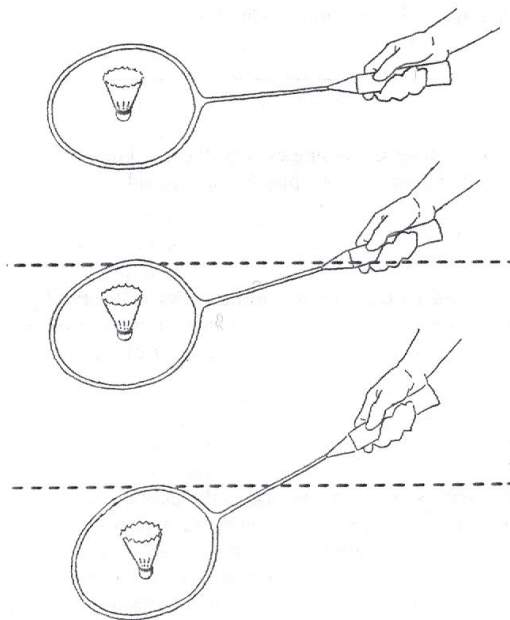
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Forehand Method



Backhand Method



- A An obvious **fault**.
Racket head is as high as the racket hand at contact.
- B Not so obvious—but still a **fault**.
All of racket head is *not discernibly* below racket hand at contact.
- C **Legal**.
All of racket head is clearly below all of racket hand at contact with the shuttle.

Please notice in all cases the shaft of the racket is *pointing down*—yet A and B are faults because the racket head is *not discernibly* below the racket hand upon contact.

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E. Scoring

If the serving side wins a rally, the serving side shall score a point. The server shall then serve again from the alternate service court. If the receiving side wins a rally, the receiving side shall score a point. The receiving side shall then become the new serving side.

A match shall consist of the best of three games. To win a game, you must score 21 points (and be ahead by at least 2 points). If the score becomes 20-20, the game continues until one side wins by 2 points. If the score becomes 29-29, the side scoring the 30th point shall win that game. The side winning a game shall serve first in the next game.

F. Changing Ends

Players change ends at the end of game 1 and game 2. In the third game, when one team reaches a score of 11, the side change ends.

G. The **shuttle of choice** may depend on the level of competition. The shuttles used at most competitions and that are recommended are nylon green-band shuttles. If a shuttle different from this is to be used in a Provincial competition, 6 months notices should be given to all zones so they can adapt accordingly.

Tie-Breaker Procedure:

- a. If a two-way tie occurs among those eligible for medals, an extra medal match will be played between the tied players.
- b. If a three-way tie occurs, a coin toss will determine who-plays-who in extra matches to determine the medal order. Note: if three are tied, one pair will receive a "bye" in the first match.