
Alberta 55 plus Badminton Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Lines ‘thou shalt not step over’ exist to place all players on an even footing. We should have enough line judges to watch each play. Rules of the games indicate who is to lead, mark the score and where players should move to their next turn. Do not make comments or loud noises during play. Shake hands before the game commences, and at the end of the game. Leave judging and score marking to the proper persons.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

Dress Code

Avoid the use of strong perfumes, colognes or shaving lotion to prevent an opponent sneezing, being choked up or coughing at the wrong time. To keep Alberta 55 plus activities consistent, where there is no Dress Code Rule it is expected of each participant to reflect the professionalism of themselves and their sport.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

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+		

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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:

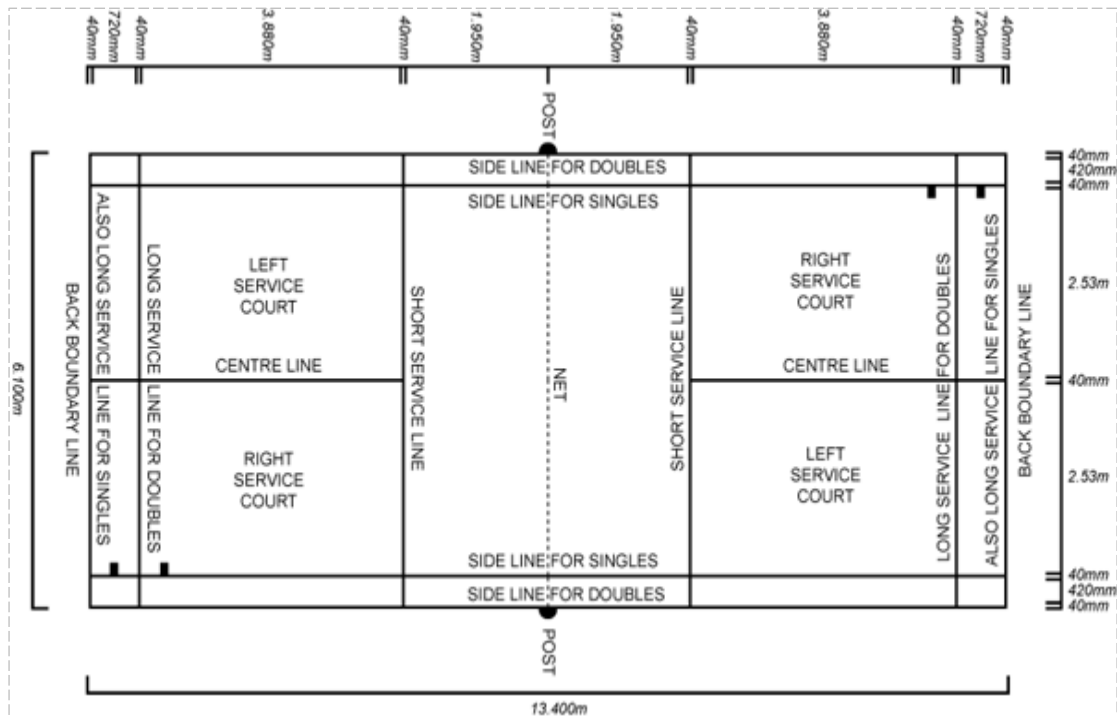
Badminton Alberta
60 Patterson Blvd SW
Calgary, AB T3H 2E1

Phone: (403) 297-2722
E-mail: info@badmintonalberta.ca
Web: www.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.



B. Toss

The winner of the toss can elect to serve or receive in the first game, or to choose to play at a particular end of the court. The loser of the toss makes the remaining choice.

C. Basic Aim

Rally Point Rules are to be used in all games. You win a rally if you hit the shuttle over the net and onto the floor of the opposing side's court, **see courts layout above**. If a shuttle lands *on* the line, it is considered "in".

You lose the rally if you fail to hit the shuttle when it is dropped from your hand to serve, or if you hit the shuttle into the net, or over the net, but outside the opposing side's court. You also lose the rally if, for example, the shuttle touches you or your clothing, or if you hit it before it crosses the net.

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D. Serving (Doubles)

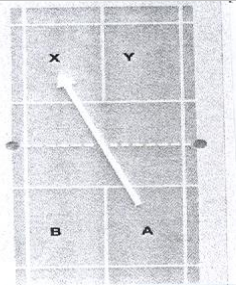
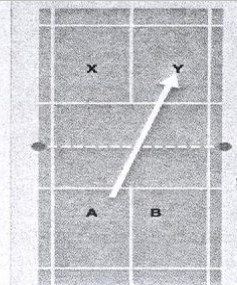
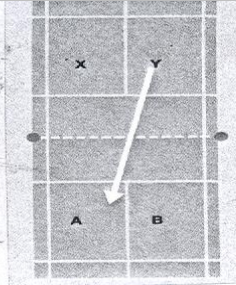
The server and receiver stand in the diagonally opposite service courts (always right hand at the start of the game). After service, players may move anywhere on their side of the net. The server must obey laws designed to force underhand delivery of the serve, and the receiver must stand still until the service is struck. If the serving team loses the point, the service goes to the other team.

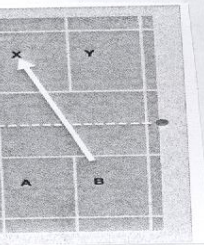
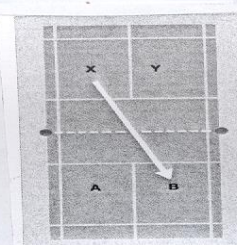
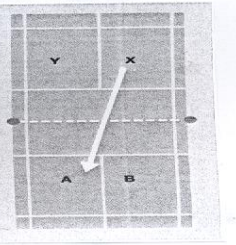
A player of the serving side shall serve from the right service court when the serving side has not scored or has scored an **even** number of points in that game. Therefore, at the beginning of the game, the server starts from the right court.

A player of the serving side shall serve from the left service court when the serving side has scored an **odd** number of points in that game.

The player of the receiving side who served last shall stay in the same service court from where he served last. The reverse pattern shall apply to the receiver's partner.

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.

		
<p>Player A serves from the right hand court to X in XY's right hand court. Team AB win the rally. The score is 1-0.</p>	<p>Player A now serves from the left hand court to Y in XY's left hand court. Team XY win the rally. The score is 1-1.</p>	<p>Player Y serves from the left hand court to A in AB's left hand court, as the score of the serving side an odd number. Team AB win the rally. The score is 2-1 to team AB.</p>

		
<p>Service passes to player B who serves from the right hand court to X in XY's right hand court, as the score of the serving side is even. Team XY win the rally. The score is 2-2.</p>	<p>Player X now serves back to B, due to the serving side still having an even score. Team XY win the rally, and they now lead 3-2.</p>	<p>Players X and Y change service courts, so that X now serves to A from the left hand court. Should team AB win the rally, player A would serve from the left hand court and Nobody changes position, while a win for team XY would mean that they swap sides once more, with X serving again.</p>

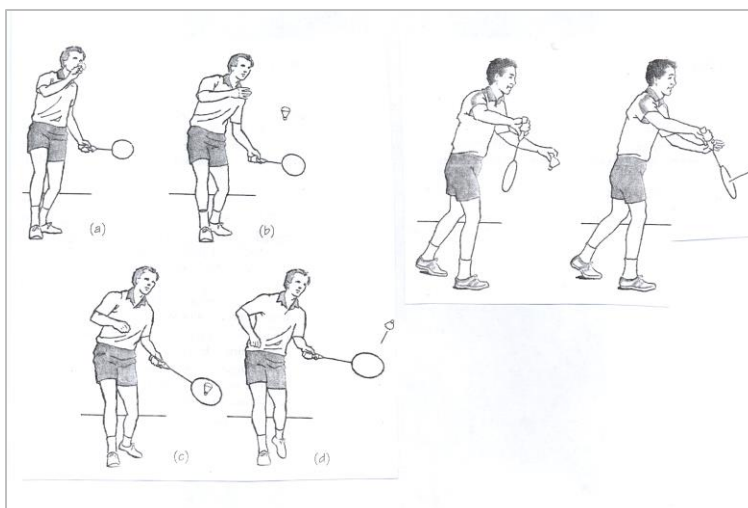
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E. Types of Serve

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.

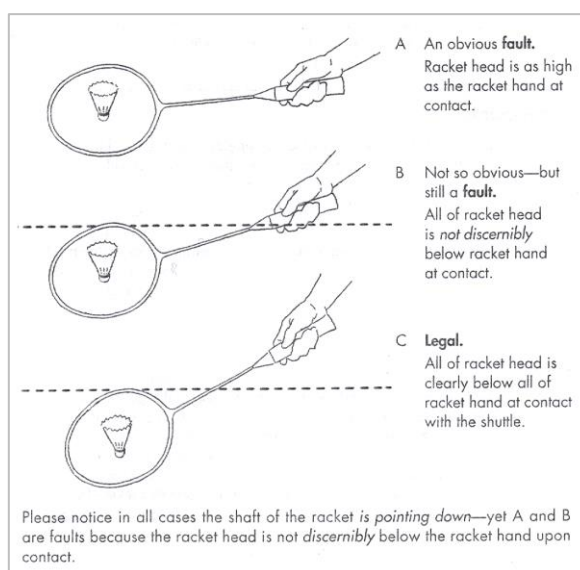
For the **backhand**, the racket is held across your body, with your palm facing inwards. The respective 'back face' of the racket must contact the shuttle below the server's waist at the first instant of contact. **Over hand serves are NOT permitted.** The racket head must be discernibly below the racket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



F. 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.



G. Changing Ends

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

H. 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.