**NSO ASSIGNMENT**

**Topic- BADMINTON**

**Name – ANIMAY AWASTHI**

**Regn. No.- RA2011003010614**

**Badminton**, court or lawn game played with lightweight [rackets](https://www.britannica.com/sports/racket) and a [shuttlecock](https://www.britannica.com/sports/shuttlecock-badminton). Historically, the shuttlecock (also known as a “bird” or “birdie”) was a small [cork](https://www.britannica.com/science/cork-plant-anatomy) hemisphere with 16 goose feathers attached and weighing about 0.17 ounce (5 grams). These types of shuttles may still be used in modern play, but shuttles made from [synthetic](https://www.merriam-webster.com/dictionary/synthetic) materials are also allowed by the Badminton World Federation. The game is named for [Badminton](https://www.britannica.com/place/Badminton-England), the country estate of the dukes of Beaufort in [Gloucestershire](https://www.britannica.com/place/Gloucestershire), [England](https://www.britannica.com/place/England), where it was first played about 1873. The roots of the sport can be traced to [ancient Greece](https://www.britannica.com/place/ancient-Greece), [China](https://www.britannica.com/place/China), and [India](https://www.britannica.com/place/India), and it is closely related to the old [children’s game](https://www.britannica.com/topic/childrens-game) [battledore and shuttlecock](https://www.britannica.com/sports/battledore-and-shuttlecock). Badminton is derived directly from poona, which was played by British army officers stationed in India in the 1860s. The first unofficial all-England badminton championships for men were held in 1899, and the first badminton [tournament](https://www.britannica.com/sports/tournament-medieval-military-games) for women was arranged the next year.

The Badminton World Federation (BWF; originally the International Badminton Federation), the world governing body of the sport, was formed in 1934. Badminton is also popular in [Malaysia](https://www.britannica.com/place/Malaysia), [Indonesia](https://www.britannica.com/place/Indonesia), [Japan](https://www.britannica.com/place/Japan), and [Denmark](https://www.britannica.com/place/Denmark). The BWF’s first world championships were held in 1977. A number of regional, national, and zonal badminton tournaments are held in several countries. The best-known of these is the All-England Championships. Other well-known international tournaments include the [Thomas Cup](https://www.britannica.com/sports/Thomas-Cup) (donated 1939) for men’s team competition and the [Uber Cup](https://www.britannica.com/sports/Uber-Cup) (donated 1956) for women’s team competition.

Badminton first appeared in the [Olympic Games](https://www.britannica.com/sports/Olympic-Games) as a demonstration sport in 1972 and as an exhibition sport in 1988. At the 1992 Games it became a full-medal Olympic sport, with competition for men’s and women’s singles (one against one) and doubles (two against two). Mixed doubles was introduced at the 1996 Games.

At high levels of play, the sport demands excellent fitness: players require [aerobic stamina](https://en.wikipedia.org/wiki/Aerobic_conditioning), [agility](https://en.wikipedia.org/wiki/Agility), strength, speed, and precision. It is also a technical sport, requiring good [motor coordination](https://en.wikipedia.org/wiki/Motor_coordination) and the development of sophisticated racquet movements.

**History**

Jai alai developed from a form of [handball](https://www.britannica.com/sports/handball), and it is presumed that the availability of a lively ball made possible by the introduction of rubber to Europe from [South America](https://www.britannica.com/place/South-America) permitted players to speed up the game. The next step, it is thought, was the introduction of the *guante,* a simple leather glove worn on the right hand, which in turn led to the use of a flat wooden bat, or *pala.* A cartoon for a tapestry by [Goya](https://www.britannica.com/biography/Francisco-Goya) in the [Prado museum](https://www.britannica.com/topic/Prado-Museum), Madrid, “Juego de Pelota” (1777–90), depicts such a bat in use on a one-walled court. Later the *guante* developed into a catching and throwing device leading finally to the evolution of the cesta, at first a short [implement](https://www.merriam-webster.com/dictionary/implement) but now about .76 metre (2.5 feet) long, gracefully curved and efficient, with which the player can catch the ball and hurl it with tremendous power and speed. Each cesta is custom-made of Pyrenees Mountain reeds woven over a light, ribbed frame of Spanish chestnut; a leather glove sewn to the outside holds the player’s hand securely. The [*pelota*](https://www.britannica.com/sports/pelota-court-games) (*q.v.,* Spanish “ball”) is a little smaller than a [baseball](https://www.britannica.com/sports/baseball) and harder and heavier than a [golf](https://www.britannica.com/sports/golf) ball. It is made of hand-wound virgin rubber with a few final turns of linen or nylon thread and covered with two layers of hardened goat skin, the outer layer of which can be replaced. In play, speeds of 240 kilometres (150 miles) per hour are not uncommon. Professional players have worn protective helmets in the United States since 1967.

## The court and the fronton

The modern three-walled playing court, or cancha, averages about 53.3 m long by 15.2 m wide and is 12.2 m or more high. The walls and the [floor](https://www.britannica.com/technology/floor) are made of special material to withstand the pounding of the ball. The spectators sit in tiers along the open side with the front of the court to their right, the side wall directly in front of them, and the back wall to their left.

The entire plant is the fronton; some Basque frontons date from as early as 1785. The game is played professionally in 10 frontons in [Spain](https://www.britannica.com/place/Spain): 5 in the Basque country, of which the one in Guernica is the finest; 2 in Barcelona; and one each in [Palma de Mallorca](https://www.britannica.com/place/Palma-Spain), Zaragoza, and Madrid. It is also played in southern France and in Milan. In the Western Hemisphere it is popular in [Mexico](https://www.britannica.com/place/Mexico-City), where

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there are two frontons in Mexico City and one each in Acapulco and Tijuana. It was played in the [United States](https://www.britannica.com/place/United-States) in the 1920s and 1930s, first in Chicago and then in [New Orleans](https://www.britannica.com/place/New-Orleans-Louisiana), but in both places it was withdrawn after the [gambling](https://www.britannica.com/topic/gambling) laws were changed to ban betting on the game; it was demonstrated without wagering in [New York City](https://www.britannica.com/place/New-York-City) in 1938. The Miami fronton, with 5,100 seats, the world’s largest, was the only one in the United States when [Florida](https://www.britannica.com/place/Florida) adopted a law in 1935 permitting [pari-mutuel](https://www.britannica.com/topic/pari-mutuel) wagering on the sport. Since that time professional courts have been established at [Tampa](https://www.britannica.com/place/Tampa), [West Palm Beach](https://www.britannica.com/place/West-Palm-Beach), [Daytona Beach](https://www.britannica.com/place/Daytona-Beach), Orlando, and Dania (all in Florida) and in [Hartford](https://www.britannica.com/place/Hartford-Connecticut), Conn. The game was popular in Cuba before it was banned after the revolution in 1959, and there are two frontons in the [Philippines](https://www.britannica.com/place/Philippines). Except for the United States, where there are only two frontons for amateurs, it is a popular amateur sport wherever it is played professionally.

## Strategy

To win in badminton, players need to employ a wide variety of strokes in the right situations. These range from powerful jumping smashes to delicate tumbling net returns. Often rallies finish with a smash, but setting up the smash requires subtler strokes. For example, a net shot can force the opponent to lift the shuttlecock, which gives an opportunity to smash. If the net shot is tight and tumbling, then the opponent's lift will not reach the back of the court, which makes the subsequent smash much harder to return.

Deception is also important. Expert players prepare for many different strokes that look identical and use slicing to deceive their opponents about the speed or direction of the stroke. If an opponent tries to anticipate the stroke, they may move in the wrong direction and may be unable to change their body momentum in time to reach the shuttlecock.

### **Singles**

Since one person needs to cover the entire court, singles tactics are based on forcing the opponent to move as much as possible; this means that singles strokes are normally directed to the corners of the court. Players exploit the length of the court by combining lifts and clears with drop shots and net shots. Smashing tends to be less prominent in singles than in doubles because the smasher has no partner to follow up their effort and is thus vulnerable to a skillfully placed return. Moreover, frequent smashing can be exhausting in singles where the conservation of a player's energy is at a premium. However, players with strong smashes will sometimes use the shot to create openings, and players commonly smash weak returns to try to end rallies.

In singles, players will often start the rally with a forehand high serve or with a flick serve. Low serves are also used frequently, either forehand or backhand. Drive serves are rare.

At high levels of play, singles demand extraordinary fitness. Singles is a game of patient positional manoeuvring, unlike the all-out aggression of doubles.[[20]](https://en.wikipedia.org/wiki/Badminton#cite_note-23)

### **Doubles**

[](https://en.wikipedia.org/wiki/File:Ponnappa_%26_Gutta.jpg)

Indian women players [Ashwini Ponnappa](https://en.wikipedia.org/wiki/Ashwini_Ponnappa) and [Jwala Gutta](https://en.wikipedia.org/wiki/Jwala_Gutta) at [2010 BWF World Championships](https://en.wikipedia.org/wiki/2010_BWF_World_Championships)

Both pairs will try to gain and maintain the attack, smashing downwards when the opportunity arises. Whenever possible, a pair will adopt an ideal attacking formation with one player hitting down from the rear court, and their partner in the midcourt intercepting all smash returns except the lift. If the rear court attacker plays a drop shot, their partner will move into the forecourt to threaten the net reply. If a pair cannot hit downwards, they will use flat strokes in an attempt to gain the attack. If a pair is forced to lift or clear the shuttlecock, then they must defend: they will adopt a side-by-side position in the rear midcourt, to cover the full width of their court against the opponents' smashes. In doubles, players generally smash to the middle ground between two players in order to take advantage of confusion and clashes.

At high levels of play, the backhand serve has become popular to the extent that forehand serves have become fairly rare at a high level of play. The straight low serve is used most frequently, in an attempt to prevent the opponents gaining the attack immediately. Flick serves are used to prevent the opponent from anticipating the low serve and attacking it decisively.

At high levels of play, doubles rallies are extremely fast. Men's doubles are the most aggressive form of badminton, with a high proportion of powerful jump smashes and very quick reflex exchanges. Because of this, spectator interest is sometimes greater for men's doubles than for singles.

### **Mixed doubles**

[](https://en.wikipedia.org/wiki/File:Olympics_2012_Mixed_Doubles_Final.jpg)

The 2012 Olympic mixed doubles final in London

In mixed doubles, both pairs typically try to maintain an attacking formation with the woman at the front and the man at the back. This is because the male players are usually substantially stronger, and can, therefore, produce smashes that are more powerful. As a result, mixed doubles require greater tactical awareness and subtler positional play. Clever opponents will try to reverse the ideal position, by forcing the woman towards the back or the man towards the front. In order to protect against this danger, mixed players must be careful and systematic in their shot selection.[[21]](https://en.wikipedia.org/wiki/Badminton#cite_note-24)

At high levels of play, the formations will generally be more flexible: the top women players are capable of playing powerfully from the back-court, and will happily do so if required. When the opportunity arises, however, the pair will switch back to the standard mixed attacking position, with the woman in front and men in the back.

### **Competitions**

[](https://en.wikipedia.org/wiki/File:Badminton_men%27s_doubles.jpg)

A men's doubles match. The blue lines are those for the badminton court. The other coloured lines denote uses for other sports – such complexity being common in multi-use sports halls.

[](https://en.wikipedia.org/wiki/File:Beatriz_Corrales.JPG)

Spanish [Beatriz Corrales](https://en.wikipedia.org/wiki/Beatriz_Corrales) at the 2015 Finnish Open Badminton Championships in [Vantaa](https://en.wikipedia.org/wiki/Vantaa), Finland

The BWF organizes several international competitions, including the [Thomas Cup](https://en.wikipedia.org/wiki/Thomas_Cup), the premier men's international team event first held in [1948–1949](https://en.wikipedia.org/wiki/1949_Thomas_Cup), and the [Uber Cup](https://en.wikipedia.org/wiki/Uber_Cup), the women's equivalent first held in [1956–1957](https://en.wikipedia.org/wiki/1957_Uber_Cup). The competitions now take place once every two years. More than 50 national teams compete in qualifying tournaments within continental confederations for a place in the finals. The final tournament involves 12 teams, following an increase from eight teams in 2004. It was further increased to 16 teams in 2012.[[22]](https://en.wikipedia.org/wiki/Badminton#cite_note-25)

The [Sudirman Cup](https://en.wikipedia.org/wiki/Sudirman_Cup), a gender-mixed international team event held once every two years, began in 1989. Teams are divided into seven levels based on the performance of each country. To win the tournament, a country must perform well across all five disciplines (men's doubles and singles, women's doubles and singles, and mixed doubles). Like [association football](https://en.wikipedia.org/wiki/Association_football) (soccer), it features a promotion and relegation system at every level. However, the system was last used in [2009](https://en.wikipedia.org/wiki/2009_Sudirman_Cup) and teams competing will now be grouped by world rankings.[[23]](https://en.wikipedia.org/wiki/Badminton#cite_note-26)

Badminton was a demonstration event at the [1972](https://en.wikipedia.org/wiki/1972_Summer_Olympics) and [1988 Summer Olympics](https://en.wikipedia.org/wiki/1988_Summer_Olympics). It became an official [Summer Olympic](https://en.wikipedia.org/wiki/Badminton_at_the_Summer_Olympics) sport at the [Barcelona Olympics](https://en.wikipedia.org/wiki/1992_Summer_Olympics) in [1992](https://en.wikipedia.org/wiki/Badminton_at_the_1992_Summer_Olympics) and its gold medals now generally rate as the sport's most coveted prizes for individual players.

In the [BWF World Championships](https://en.wikipedia.org/wiki/BWF_World_Championships), first held in [1977](https://en.wikipedia.org/wiki/1977_IBF_World_Championships), currently only the highest-ranked 64 players in the world, and a maximum of four from each country can participate in any category. In both the Olympic and BWF World competitions restrictions on the number of participants from any one country have caused some controversy because they sometimes result in excluding elite world level players from the strongest badminton nations. The Thomas, Uber, and Sudirman Cups, the Olympics, and the BWF World (and [World Junior Championships](https://en.wikipedia.org/wiki/BWF_World_Junior_Championships)), are all categorized as level one tournaments.

At the start of 2007, the BWF introduced a new tournament structure for the highest level tournaments aside from those in level one: the [BWF Super Series](https://en.wikipedia.org/wiki/BWF_Super_Series). This level two tournament series, a tour for the world's elite players, stage twelve open tournaments around the world with 32 players (half the previous limit). The players collect points that determine whether they can play in Super Series Finals held at the year-end. Among the tournaments in this series is the venerable [All-England Championships](https://en.wikipedia.org/wiki/All_England_Open_Badminton_Championships), first held in 1900, which was once considered the unofficial world championships of the sport.[[24]](https://en.wikipedia.org/wiki/Badminton#cite_note-27)

Level three tournaments consist of [Grand Prix Gold and Grand Prix event](https://en.wikipedia.org/wiki/BWF_Grand_Prix_Gold_and_Grand_Prix). Top players can collect the world ranking points and enable them to play in the BWF Super Series open tournaments. These include the regional competitions in Asia ([Badminton Asia Championships](https://en.wikipedia.org/wiki/Badminton_Asia_Championships)) and Europe ([European Badminton Championships](https://en.wikipedia.org/wiki/European_Badminton_Championships)), which produce the world's best players as well as the [Pan America Badminton Championships](https://en.wikipedia.org/wiki/Pan_Am_Badminton_Championships).

The level four tournaments, known as International Challenge, International Series, and Future Series, encourage participation by junior players.