

Badminton

The idea of using a shuttle in a game dates back to in [China](#) the 5th century BC, where players had to keep a shuttle off the ground using their feet. Five hundred years later a game named Battledore and Shuttlecock was played in China, Japan, India and Greece. The Battledore was a paddle used to hit the shuttlecock between players. By the 16th century this game was popular among children in Europe and England.

Badminton became popular with adults in England around the 1870's and is thought to have developed from the Indian game called Poona, which introduced a net to Battledore and Shuttlecock. Poona was popular with the British military in India and then brought back to England.

It was adopted and refined by the **Duke of Beaufort** and renamed after his estate Badminton. The game is played by two or four players using small light rackets. A small ball made of cork to which feathers or a plastic tail is attached is volleyed across a net between the players. Today, Badminton is an Olympic sport played in many parts of the world.

As with all games Badminton has rules and regulations. The following activities are not acceptable in Badminton and are considered faults.

- When the shuttle lands outside the Badminton court.
- When the shuttle passes under or through the net.
- When the shuttle touches a player.
- When a player distracts an opponent.
- When the shuttle is hit twice in succession by the same player with two strokes.
- When the shuttle is caught in the net during a service.
- When a player touches the net with a racket.

A New Scoring System

was introduced The Rally Point Scoring System or the Badminton 21 Points Scoring System, in the Thomas/ Uber Cup in 2006 and these rules have been adopted internationally.