

Badminton Club

Faculty Convener – Prof. Rahul Kumar Rathod

2024-25



OFFICIAL LOGO



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अभियान्त्रिकीज्ञानम् जनकल्याणम्

**GOVERNMENT ENGINEERING COLLEGE
PALANPUR**

Badminton Club

History of Badminton: Badminton, the world's fastest racquet sport is played using racquets to hit a shuttlecock across the net. It is the second most popular sport in the world after football. It is governed by the Badminton World Federation (BWF), the internationally recognized governing body of the sport. The game of badminton was probably originated more than 2000 years ago in Europe & Asia. Its earlier variant was known as battledore (bat or paddle) and shuttlecock. The objective of the sports is to hit the shuttlecock (also known as shuttle or birdie) over and across the net on the opponent's court so that the opponent can't find time to return it back and score a point. The origin of badminton is supposed to be coming from ancient China and Greece approximately 2000 years back, where players used to play similar games called battledore and shuttlecock. A very similar game, called 'Poona', was also played in India in the 18th century. In the 1860s, it was later adopted by the British Army officers sheltered in India, who later took it to England, where it gained fame and success under the name 'Badminton'. The first world governing body of badminton was established as IBF (International Badminton Federation), which was later renamed to BWF (Badminton World Federation) on 24 September 2006.

Mission of Badminton Club: To promote participation in badminton as a sport for life and encourage the growth of badminton athletes within GECPLN Campus.

Vision of Badminton Club: To create a badminton community that is supportive, progressive, friendly, competitive and encouraging. To ensure that athletes, no matter what their age or background, will have an opportunity to reach their potential.

Benefits of Badminton:

- Badminton offers a whole host of benefits ranging from increasing life expectancy and mobility to promoting heart health and exercise for all ages and abilities.
- The varied movements provide a powerful cardio workout by engaging the entire body, including the hamstrings, quads, calves and your core.
- Badminton is a fun and flexible sport that can be enjoyed around your busy schedule.
- Badminton can help reduce depression, anxiety and stress and improve our overall mood and sleep.
- Badminton decreases the levels of 'bad' cholesterol, which can block your blood vessels and improves the levels of good cholesterol.
- Badminton can reduce the risks of developing type two diabetes as an adult. It reduces the production of sugar in the liver, which in turn reduces the body's fasting blood sugar.
- Playing a racket-based sport such as badminton can increase your life expectancy by approximately six years.
- Badminton also helps to minimize the risk of arthritis and other joint issues.

Participants: One player on each side in “singles” matches and two players on each side in “doubles” matches. It is played by both men as well as women.

Events:

Singles - Men’s Singles or Women’s Singles events

Double - Men’s Doubles or Women’s Doubles events

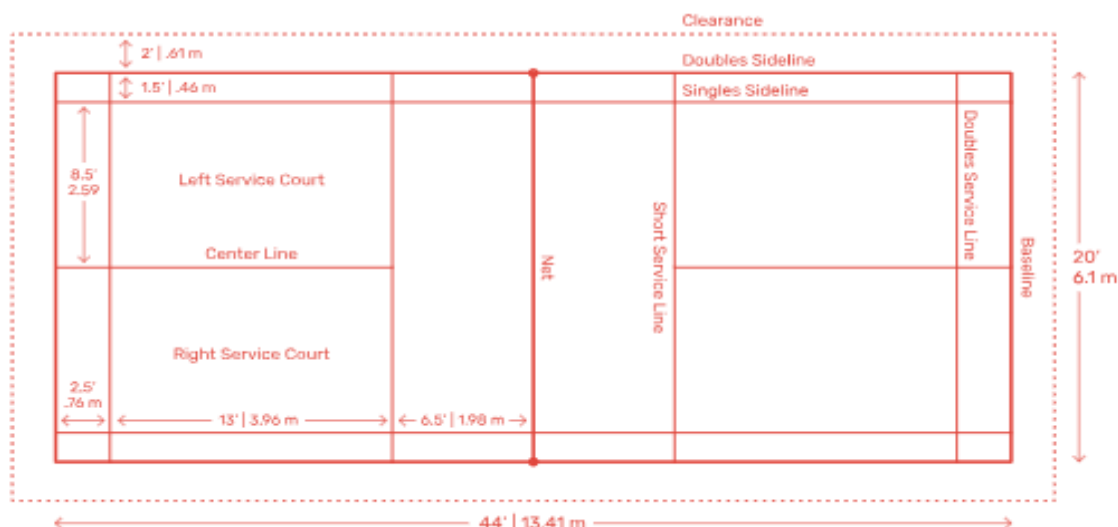
Mixed Doubles -Pair of one male and one female player each side

Equipment:

- Badminton Rackets
- Racket Grip
- Badminton Net
- Badminton Shuttlecock
- Badminton Clothing, Shoes

Playing Area:

- The court is rectangular, i.e., 17 feet (5.18 metres in width) by 44 feet (13.4 metres in length) for singles matches and 20 feet (6.1 metres in width) by 44 feet for doubles matches. The overall court is divided into halves by a net (dividing the length of the court). It measures 5 feet high in the center and 5.08 feet high at the posts (edges). The two uprights of the net are always positioned on the doubles sidelines, even when singles is played.
- The singles sideline, i.e., the edge of the court in the singles game is 1.6 feet inside the doubles sideline. The center line divides the width of the court & marks the left and right service courts. The short service line is 6.6 feet from the net.
- The long service line for doubles is 12.75 feet behind the short service line (2.6 feet from the back boundary). The long service line for doubles is 2.4 feet ahead of the long service line for singles. The long service line is also called the back boundary line.
- The surface of a badminton court consists of a sprung, often plywood, the floor beneath a vinyl covering or strips of treated hardwood.



Techniques:

Service- The **shuttlecock** must be played below the server's waist. The arm must remain below shoulder height & both feet must be on the ground.

Drive - A quick shot that passes through the net in a **horizontal trajectory**. It can be forehand or backhand. Forehand drive is like hitting with the palm & backhand drive is like hitting with the knuckles.

Smash - It is the most spectacular & powerful attack shot that drives the shuttle down on the opponent's court and is used to end a rally.

Clear - It is a high and deep shot, usually a **forehand stroke** that slows down the momentum of the play and gives the hitter a chance to get back into a good position.

Net Play - Shots played from around the **net area** that reduces the opponent's reaction time and forces him to move a long distance.

Badminton Rules:

- To hit a shuttlecock across the net to land in your opponent's court without having them return it using their own racket. If it is hit by your opponent then a rally occurs until the shuttle is either hit out of the designated area or lands on the court before being hit. In either case, the person who hit the shuttle outside of the designated boundary, or allowed the shuttle to land on their court has lost the rally and the other player receives a point (independent of who served). Each game goes to 21. The best player out of 3 sets to 21 is considered the winner.

Singles:

- One player on each side of the net
- 'Skinny and long' boundary lines
- When beginning each set, or when the player serving has a score of an even number, they will serve from the right service court. If the player's score is odd, they will serve from the left.
- If the server wins the rally, they receive a point and then serve once again, switching to the opposite service court.
- If the receiver wins a rally, they receive a point, now having the chance to serve (from the appropriate service court)

Other Rules to keep in mind:

- You must win each round by 2 points. If score is 20-20, play until winner wins by 2.
- If players are still tied at 29-29, the winner is decided by the first player to reach a score of 30.
- When serving, the shuttle must be served diagonally to their opponent's court

- There are no second serves.
- Serves must be underarm.
- Once the shuttle is in play, each player can move around any part of their court and hit in any other part of their opponent's court.
- If you touch the net, with either your body or racket, you have lost that rally and your opponent receives a point.
- Serve into net results in a point for opposing team.



Faculty Mentor

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