

# **2024 NCRL Badminton Rules**

Badminton is a competitive and recreational sport that places emphasis on the development of hand-eye coordination, agility, and cardiovascular endurance. It is growing in popularity as a lifetime, high school, college, and Olympic sport. NCRL strives to provide competitively balanced levels of play where players are placed as Beginner, Intermediate, and Advanced.

Each Competition Level site will have jurisdiction on match play (best of 3, round robin, etc.), but will adhere to the game play rules provided here.

## **Rules of Play**

1. To begin a match, two players from opposing teams should spin a racket (most rackets have a brand label so they pick label side or down). The winner gets to choose side of play or first serve.
2. Rally scoring is used (like volleyball), where either serving or receiving team may score a point.
  - A. A match consists of the best of three games of 21 points.
  - B. The player/pair winning a rally adds a point to its score.
  - C. At 20-all, the player/pair which first gains a 2-point lead wins that game.
  - D. At 29-all, the side scoring the 30th point wins that game.
  - E. The player/pair winning a game serves first in the next game.
3. Service rules
  - A. Service may be delivered forehand or backhand, but always underhand (the hand must be lower than the head of the racket at contact with shuttle).
  - B. The feet must stay stationary, and in contact with the floor until after contact between racket and shuttle.
  - C. The serve is delivered to the opposite diagonal court.
    1. In doubles the serve must land in the short and wide service court.
  - D. A shuttle that touches the line first, is good.
  - E. A serve that touches the net and lands in the correct service court, is good and should be returned.
  - F. Only one service (trial) per player is allowed per inning (not like tennis where two trials are allowed).
  - G. The service is to alternate courts. However, you only change sides with your partner (right to left and vice versa) when you are serving and your team scores a point.
  - H. Every player must be in their proper court at the time service is made, and only the player being served to may return that serve.
  - I. After the service, the shuttle may land anywhere in the proper singles or doubles court, and players may move anywhere on the court.
4. Faults (If you or your partner commits a fault, one point is given to the opposing team.)
  - A. Service is illegal, i.e., the bird is struck when above the waist or the head of the racket is higher than the hand when contact is made.
  - B. Service or played shot lands outside the specific court, passes through or under the net, or hits a player or obstruction outside the court.
  - C. Receiver's partner hits the served shuttle.
  - D. Shuttle lands outside the court boundaries. Any part of the shuttle touching the line is a good shot.
  - E. If any player steps out of his/her proper court before delivery of service or feints (fakes a serve) in any way before the service. Only the person served to may return the bird.
    - F. A player may not reach over the net to hit a bird; however, he may follow through over the net.
    - G. A player touches the net with his racket or any part of his body, or clothing.

- H. A player fails to return the bird to the opponent's proper court. (He cannot hit, catch or be struck by a doubtful bird and call "out".)
- I. The server steps forward as she serves.
- J. In a doubles serve, a player may not "unsight" (block) the server.
- K. A player momentarily holds the shuttle or hits it twice.
- L. If, when attempting to serve, the server swings and misses the shuttle.
- M. A doubles' team hits the shuttle more than once before returning it over the net to the opponent.

