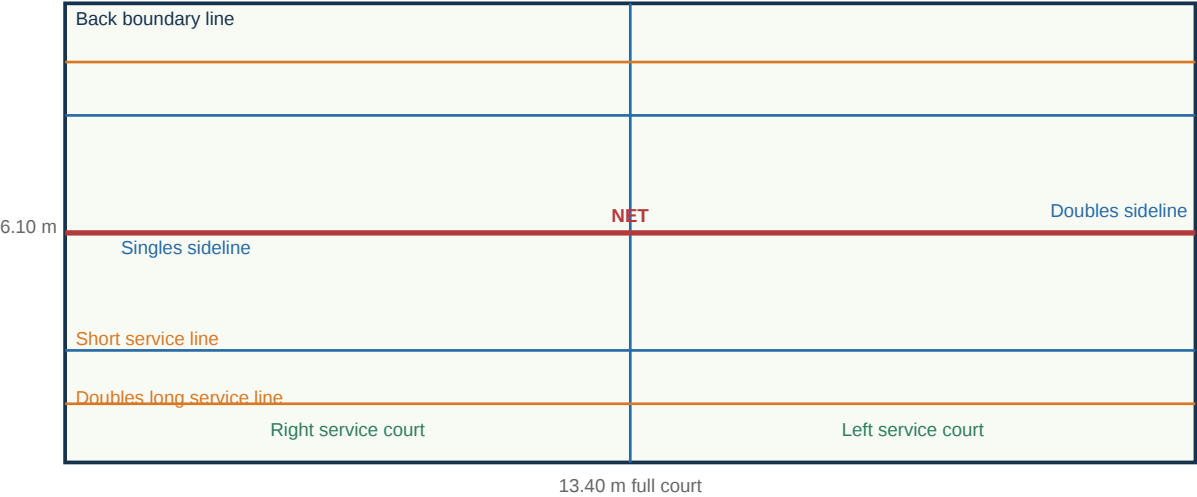


COMPLETE BADMINTON TUTORIAL

A practical beginner-to-intermediate handbook

FULL COURT — THE PLAYING MAP



Inside: equipment • court & lines • scoring • service rules • grips • ready position • strokes • shot selection • footwork • practice drills • training plans • common mistakes • match strategy

Prepared as a coaching and learning guide. Official rules are summarized from the BWF Laws of Badminton; coaching recommendations are clearly presented as practice guidance.

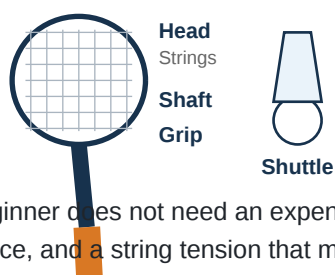
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1. Equipment & clothing

Choose equipment that supports control, comfort and safe movement.

RACKET + SHUTTLE — MAIN PARTS



A beginner does not need an expensive racket. The priorities are appropriate weight, comfortable grip size, suitable balance, and a string tension that matches the player's strength and technique.

Equipment	What to look for	Beginner guidance
Racket	Comfortable weight, sound frame, suitable grip	A medium-weight all-round racket is a practical starting point.
Strings	Consistent tension and undamaged strings	Use a moderate tension until technique becomes consistent.
Shuttle	Feather or quality synthetic shuttle	Use the same type during practice whenever possible.
Shoes	Non-marking indoor court shoes with lateral support	Avoid running shoes for serious court training.
Socks	Cushioned, moisture-managing socks	Reduce slipping and hot spots.
Clothing	Light, breathable, unrestricted movement	Avoid loose clothing that catches the racket.
Grip	Dry, secure, not over-tight	Replace worn grip before it affects control.

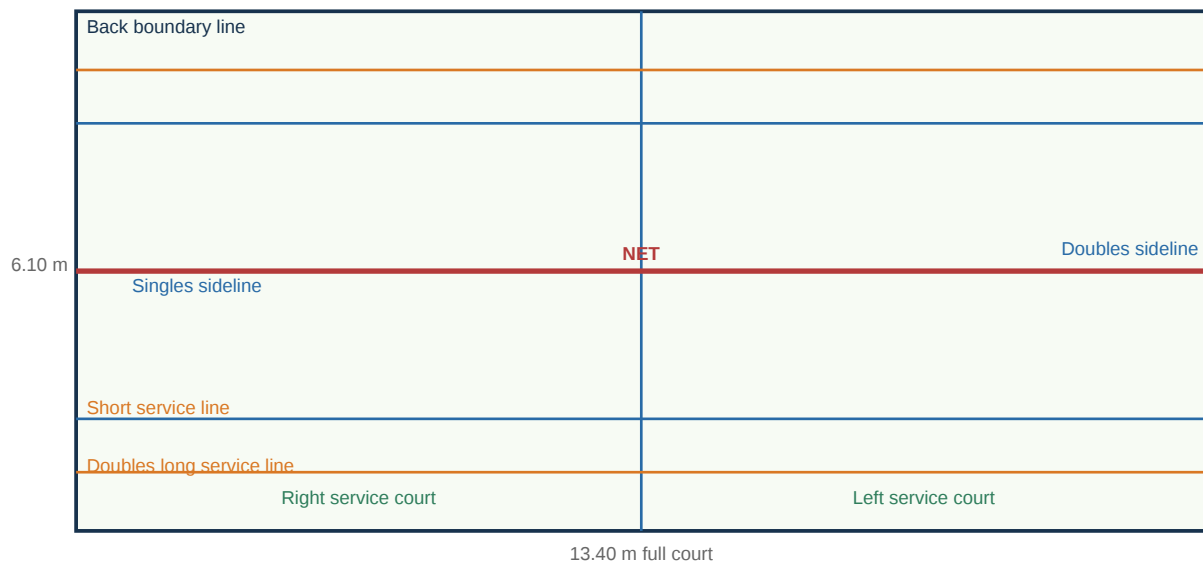
Equipment check before every session

- Check racket frame for cracks or loose grommets.
- Check grip is secure and not excessively slippery.
- Check shoe soles are clean and provide traction.
- Check shuttle speed/condition before a drill.
- Keep water available and remove jewelry that can interfere with play.

2. Court, lines & zones

Know which lines count before trying to memorize tactics.

COURT LINES & SERVICE AREAS



A standard full badminton court is 13.40 m long. The full width is 6.10 m for doubles; singles use the inner singles sidelines. The net is 1.524 m high at the centre and 1.55 m at the sidelines under the BWF specification cited below.

Line / area	Purpose	Singles	Doubles
Back boundary	End of the court in play	Yes	Yes
Singles sideline	Side boundary for singles	Yes	No
Doubles sideline	Side boundary for doubles	No	Yes
Short service line	Front limit of legal service landing area	Yes	Yes
Doubles long service line	Rear service limit in doubles	No	Yes
Centre line	Separates left/right service courts	Yes	Yes
Net	Divides the two sides	Yes	Yes

Important distinction

The short service line matters in both singles and doubles. The doubles long service line is inside the back boundary; a doubles serve landing beyond that line is out. In singles, the back boundary is also the long service limit.

3. Scoring & match rules

The core rally-scoring framework used in standard BWF badminton.

Under the BWF Laws, a match is normally best of three games. A game is won by the side that first reaches 21 points, subject to the deuce rules. Every rally produces a point for the rally winner.

Situation	Rule
Normal game	First side to 21 points wins, unless the score reaches 20-all.
20-all	A side must gain a two-point lead to win.
29-all	The side scoring the 30th point wins.
After game 1	Players change ends.
After game 2	Players change ends if a third game is required.
Third game	Players change ends when the leading side first reaches 11 points.
11-point interval	A 60-second interval is permitted when the leading score reaches 11.
Between games	A 2-minute interval is permitted.

Rally example

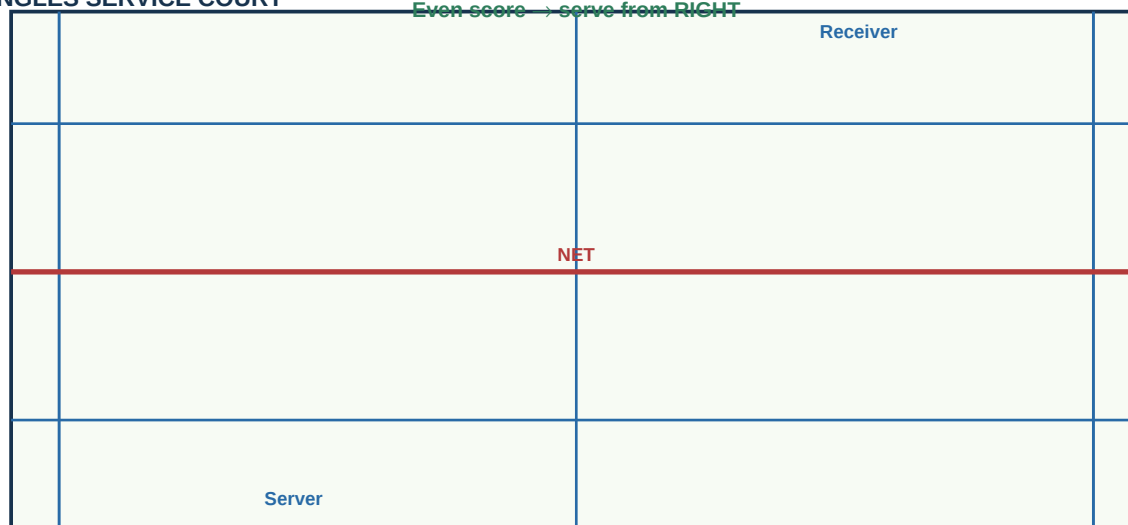
If the score is 19–18 and the receiver wins the next rally, the receiver becomes the side with the new point and the score becomes 19–19. The side that wins the next rally leads 20–19. The same rally-scoring principle applies regardless of who served the previous rally.

Match habit: always know your score, the opponent's score, and the game number before starting the next rally.

4. Service rules — singles & doubles

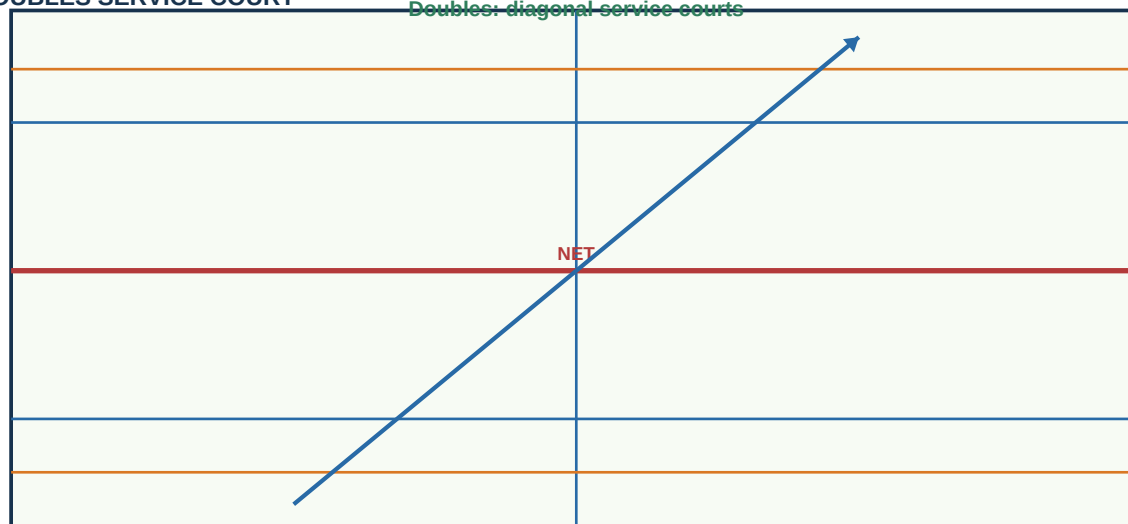
Use this section as a pre-match service checklist.

SINGLES SERVICE COURT



Odd score → serve from LEFT

DOUBLES SERVICE COURT



Serve from right when serving score is even

Core BWF service requirements include: server and receiver stand in diagonally opposite service courts without touching their service-court boundary lines; the racket initially hits the base of the shuttle; and the shuttle must be below the applicable service-height requirement at impact under the current law/competition setup.

Check	Singles	Doubles
Diagonal service courts	Yes	Yes
Server score even	Serve from right court	Serve from right court
Server score odd	Serve from left court	Serve from left court
Serve must cross short service line	Yes	Yes
Long service limit	Back boundary	Doubles long service line
Receiver position	Diagonal service court	Diagonal service court
After serving side wins rally	Same server serves again from alternate court	Same server serves again from alternate court
After receiving side wins rally	Receiving side becomes serving side	Receiving side becomes serving side

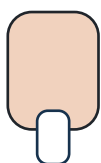
Service-height note

The BWF Laws include a 1.15 m service-height provision in the fixed-height service law/competition framework. Some documents also contain alternative wording for specific contexts. For a tournament, follow the service law and event regulations actually in force.

5. Grips & racket preparation

Good badminton technique begins with a relaxed hand, not a permanently tight grip.

RELAXED FOREHAND / GENERAL GRIP



Relaxed grip

Thumb and index finger form a soft 'V'

Do not squeeze continuously.

Grip	Main use	Key feeling
Basic forehand / handshake grip	Forehand clears, drives, smashes, many overheads	Racket face can be adjusted with finger/thumb control.
Backhand grip	Backhand serves, backhand drives and many backhand defensive shots	Thumb supports the wider bevel area for quick control.
Panhandle grip	Some net kills and specific interceptions	Useful for certain near-net situations; poor choice as a universal grip.
Thumb grip	Backhand net/drive situations	Thumb provides quick pressure and direction.

Grip-change drill

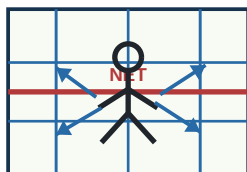
- 1 Start in ready position with a relaxed neutral grip.
- 2 Shadow 10 forehand overhead swings.
- 3 Immediately change to a backhand grip and shadow 10 backhand actions.
- 4 Repeat 5 cycles without looking at the racket hand.
- 5 Add a split step before every shadow stroke.

Common grip error: holding the racket tightly throughout the rally. A relaxed grip allows faster racket-head movement and easier grip changes.

6. Ready position & movement base

The ready position is a launch position—not a frozen stance.

READY POSITION



Racket up
Knees slightly bent
Weight on balls of feet
Recover to base

A useful ready position keeps the body balanced so the first movement can go forward, sideways or backward. The exact stance changes with the opponent's shot, but the principles stay consistent.

Element	Coaching cue
Feet	Approximately shoulder width or slightly wider; stay light.
Knees	Soft bend; avoid locking the knees.
Weight	Balanced and ready to move, generally toward the balls of the feet.
Racket	Held up in front of the body, not hanging by the side.
Head/eyes	Watch the shuttle and opponent's racket preparation.
Recovery	After the stroke, return toward a useful base position unless the tactical situation requires staying forward.

Split step

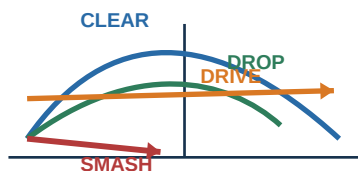
Use a small, timed split step around the opponent's contact moment. The goal is to load both legs so you can push in the direction of the shuttle. It should be small enough that it does not become a jump.

7. Basic strokes

Build reliable contact before adding power.

Stroke	Primary objective	Key technical cue	Typical mistake
Forehand clear	Move opponent backward / gain time	Rotate body, reach high, contact in front, recover	Arm-only swing
Backhand clear	Escape pressure / change depth	Early preparation, thumb support, contact high where possible	Late contact
Drop	Reduce shuttle speed and land near front court	Same preparation as clear when possible; softer finish	Telegraphing the drop
Smash	Attack a weak/high shuttle	Contact high and in front; accelerate through	Trying to hit only with arm
Drive	Flat, fast exchange	Compact swing, early contact	Large backswing
Net shot	Make shuttle tumble/roll near tape	Fine finger control; soft touch	Too much wrist/arm
Lift	Send shuttle high/deep from front court	Use legs/forearm/fingers to create height and depth	Lifting short
Block	Defend smash/fast attack	Racket stable, short action, redirect	Big swing

SHOT TRAJECTORIES — CLEAR, DROP, SMASH & DRIVE



Technical priority: contact quality → direction → consistency → speed → disguise/power. Do not reverse this order.

8. Types of shots

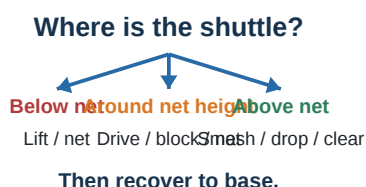
The word 'shot' describes both the stroke and the tactical purpose.

Shot	Trajectory	Best starting purpose
High clear	High and deep	Create time; push opponent to rear court.
Attacking clear	Deep but flatter	Move opponent back while reducing their recovery time.
Straight drop	Soft downward path	Bring opponent forward without exposing yourself.
Cross-court drop	Diagonal soft path	Move opponent laterally; use selectively.
Full smash	Steep and fast	Attack a loose/high shuttle.
Stick smash	Compact, fast attacking shot	Attack without a huge backswing.
Jump smash	Higher contact / greater steepness	Advanced attacking option; requires landing control.
Straight drive	Flat, fast	Pressure opponent or exchange quickly.
Cross drive	Flat diagonal	Change direction in a fast exchange.
Net shot	Very tight near tape	Force a lift or create a weak reply.
Net kill	Fast downward finish	Finish a shuttle that is clearly above net height.
Lift	High and deep	Defensive escape from front court.
Push	Controlled medium-flat shot	Move opponent or redirect a loose shuttle.
Block	Soft defensive redirection	Use opponent's pace rather than creating a large swing.

9. When to play each shot

Use the shuttle height, your balance, opponent position and risk level to choose.

SHOT SELECTION DECISION TREE



Situation	Common option	Why
Shuttle clearly above net and you are balanced	Smash / drop / clear	You have attacking or pressure options.
Shuttle high but you are under pressure	Clear	Create time and regain balance.
Shuttle near net and above tape	Net kill / tight net / push	Use the height before it disappears.
Shuttle below net height	Lift / controlled net shot	Avoid forcing an attacking shot from a low contact.
Opponent is far back	Drop / short variation	Bring them forward.
Opponent is far forward	Clear / lift	Use the open rear space.
Opponent is off to one side	Straight or cross to open space	Exploit court geometry.
You are late and off-balance	High clear / lift	Recover rather than forcing a winner.
Opponent attacks repeatedly	Block / lift / counter-drive	Change the rally pattern and regain control.

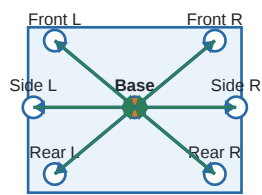
Simple rule

Play the shot your contact allows—not the shot you planned two seconds earlier. If the shuttle arrives low, late or behind you, change the plan and choose a safer response.

10. Footwork fundamentals

Efficient badminton movement is a chain of small decisions.

SIX-CORNER MOVEMENT MAP



Six-corner movement

Split step → push → reach → hit → recover

Do not watch your feet; watch the shuttle.

Phase	Action	Goal
1. Split	Small split step near opponent contact	Prepare both legs.
2. First push	Push toward the shuttle direction	Win time.
3. Travel	Chasse, step, crossover or combination as appropriate	Reach efficiently.
4. Hit	Stable contact position	Transfer control to the shot.
5. Recover	Push away from the corner	Return toward base.
6. Rebalance	Re-establish ready position	Prepare for next shot.

Footwork is not one universal pattern. The best pattern depends on distance, shuttle height, time available, and whether you are moving forward, sideways or backward.

Training cue: quiet feet, small preparation, decisive first push, controlled recovery.

11. Six-corner footwork patterns

Shadow training teaches movement before shuttle speed is added.

Corner	Movement idea	Stroke examples
Front forehand	Split → chasse/step → lunge → recover	Forehand net, net kill, lift
Front backhand	Split → push → lunge → recover	Backhand net, lift
Side forehand	Split → side push → hit → recover	Drive, defensive forehand, block
Side backhand	Split → side push → hit → recover	Backhand drive/block
Rear forehand	Split → chasse/crossover → overhead → recover	Clear, drop, smash
Rear backhand	Split → crossover/chasse → backhand/around-the-head → recover	Backhand clear/drop or around-the-head forehand

Shadow routine

- 1 10 repetitions front forehand.
- 2 10 repetitions front backhand.
- 3 10 repetitions side forehand.
- 4 10 repetitions side backhand.
- 5 10 repetitions rear forehand.
- 6 10 repetitions rear backhand.
- 7 Repeat the six-corner cycle at 50%, 70%, then 85% speed while keeping technique controlled.

Do not turn footwork into a sprint drill. If the final lunge or recovery becomes unstable, reduce speed.

12. Movement + stroke combinations

Connect the legs and racket into one action.

Combo	Pattern	Target
1	Rear forehand → clear → recover	Deep backcourt
2	Rear forehand → drop → recover	Front court
3	Front forehand → net shot → recover	Tight net area
4	Front forehand → lift → recover	Deep rear court
5	Side movement → drive → recover	Flat exchange
6	Rear forehand → smash → follow-in	Mid/front court finish
7	Rear backhand → clear → recover	Deep rear court
8	Defensive side movement → block → ready	Short block reply

Two-person feeding drill

- 1 Feeder sends one predictable shuttle to a chosen corner.
- 2 Player moves using split step and correct footwork.
- 3 Player performs the assigned stroke.
- 4 Player recovers to base before the next feed.
- 5 Complete 10 quality repetitions, then change corner.

Progression: predictable feed → random feed → two-shot pattern → three-shot pattern → live rally.

13. Practice modules

Each module has a purpose, setup, progression and success measure.

Module	Time	Setup	Success measure
Grip & shadow	10 min	Racket, mirror or camera	No unnecessary grip tension; stable racket position.
Contact wall	10–15 min	Wall / safe rebound target	Consistent contact at comfortable height.
Straight clear	15 min	Feeder + rear-court target	8/10 clears reach intended deep zone.
Drop control	15 min	Feeder + front target	7/10 land inside target area.
Net touch	10 min	Feeder at net	7/10 cross the tape and fall tight.
Drive exchange	10 min	Partner / feeder	20 controlled contacts without wild swing.
Six-corner shadow	10 min	Court only	Movement remains balanced at 70–85% pace.
Smash + follow	15 min	Feeder + target	Attack followed by recovery; no falling forward.
Defense block	15 min	Feeder attacks	Return stays playable and player recovers.
Serve accuracy	15 min	Service court targets	8/10 legal serves in target zone.

SKILL PROGRESSION

Technique → consistency → decision-making → pressure



14. Service practice module

Build legality first, then placement, then disguise.

Drill	Reps	Focus
Shadow service action	20	Stable stance and legal setup.
Right-court target	20	Even-score service court.
Left-court target	20	Odd-score service court.
Short serve depth	20	Clear the net and land near short service line.
Doubles long limit	20	Keep serve inside doubles long service line.
Flick serve	10 each side	Controlled change of pace; maintain legal action.
Serve + first shot	20 rallies	Predict opponent return and prepare next stroke.

Service target zones

- Short serve: aim for a low trajectory that crosses the net safely and lands close to the front service area.
- Flick serve: use sparingly as a change-up, especially when the receiver is leaning forward.
- High serve in singles: use when legal and tactically appropriate to push the receiver backward.
- Practice both straight and appropriate diagonal placements.

Service is not just 'starting the rally'. It is the first tactical decision of the rally.

15. Net-play module

The objective is control, not simply hitting the shuttle over the net.

Skill	Exercise	Target
Forehand net	10 feeds × 3 sets	Shuttle lands tight with controlled height.
Backhand net	10 feeds × 3 sets	Same goal from backhand side.
Net kill	10 feeds	Only attack clearly favorable height.
Net lift	10 feeds	Deep lift when attack is unavailable.
Net + recovery	10 two-shot sequences	Return to useful base after every action.
Tight net vs safe net	10 each	Learn when to reduce risk.

Net decision rule

If your shuttle is below net height, do not force a kill. Lift or play a controlled net shot. If the shuttle is comfortably above net height and you are balanced, a net kill or push becomes more realistic.

16. Overhead clear, drop & smash module

Stage	Exercise	Repetitions
Shadow	Overhead preparation + contact	20
Clear	Straight clear	20
Clear recovery	Clear + return to base	20
Drop	Clear-like preparation + soft finish	20
Smash	Controlled smash at 70%	15
Smash follow	Smash + forward movement	15
Three-choice	Feeder gives high shuttle; choose clear/drop/smash	20

Three-choice drill

The feeder gives a similar high shuttle each time, but the player must choose among clear, drop and smash based on the feeder's call or target. This develops decision-making instead of memorizing a single response.

Power comes after positioning. If you cannot reach the shuttle with balance, increasing swing speed usually increases error rather than useful pressure.

17. Defensive module

Defense is an active skill: absorb, redirect, recover and counter.

Defensive action	Use when	Cue
Block	Fast attack arrives at manageable height	Short racket movement; use incoming pace.
Lift	You are under pressure near front court	High and deep; buy time.
Drive defense	Attack is flat and you have enough height	Compact contact; redirect to space.
Counter-drive	Opponent's attack is predictable	Take shuttle early and change direction.
Defensive clear	Singles pressure at rear court	Create time and reset rally.

Defense drill

- 1 Partner feeds controlled smashes to forehand body.
- 2 Player blocks straight for 10 reps.
- 3 Repeat to backhand body.
- 4 Repeat with alternating sides.
- 5 Progress to random feeding.
- 6 Finish each sequence with a recovery to ready position.

18. 4-week beginner training plan

Five sessions per week is optional; quality matters more than volume.

Week	Main focus	Suggested session structure
Week 1	Grip, ready position, basic movement, serve	10 min warm-up + 15 min grip/shadow + 20 min serve + 20 min clears + 10 min footwork
Week 2	Clear, drop, net, six-corner movement	10 + 20 overhead + 20 net + 20 footwork + 15 rally
Week 3	Smash, defense, drives, shot selection	10 + 20 attack + 20 defense + 15 drives + 20 decision drills
Week 4	Rally construction and match play	10 + 15 technical review + 20 patterns + 30 match play + 10 review

Weekly testing

Test	Week 1 target	Week 4 target
Legal short serves	6/10	9/10
Deep forehand clears	5/10	8/10
Net shots inside target	5/10	8/10
Six-corner shadow quality	Controlled	Controlled at faster pace
Rally length	5+	10–20+ with control

19. Intermediate development plan

Move from isolated skills to patterns and tactical constraints.

Block	Drills	Performance goal
Technical quality	Clear/drop/smash/net variations	Repeatable contact under moderate movement.
Movement	Six-corner random feed	Recover efficiently without crossing feet unnecessarily.
Decision-making	Two-choice and three-choice feeds	Select a shot based on shuttle and opponent position.
Pressure	Score-based games to 7 or 11	Execute technique while tracking score.
Match play	Singles/doubles with tactical goals	Use planned patterns, then adapt.
Video review	Record 1–2 games	Identify repeated errors, not isolated mistakes.

Example tactical constraint

Play a half-court singles game where every rally must contain at least one clear or drop before an attack. The goal is not to 'win the drill'; it is to learn how depth and front-back movement change the opponent's position.

20. Singles tactics

Use space, time and recovery—not just power.

Situation	Useful pattern	Reasoning
Opponent stays deep	Drop → clear	Move them front/back.
Opponent stays forward	Clear	Use rear space.
Opponent has weak backhand	Deep to backhand + follow-up	Apply repeatable pressure.
Opponent attacks short	Lift deep / clear	Regain time.
You are under pressure	High/deep clear	Reset rather than force.
Opponent is late to rear court	Drop or controlled attack	Use their reduced recovery time.
Opponent returns predictably	Serve + planned third shot	Build a repeatable rally start.

A simple singles rally model

Move opponent → create a weaker reply → attack the weaker reply → recover. The first shot does not need to win the rally. It can create the next opportunity.

21. Doubles tactics

Doubles rewards communication, rotation and compact movement.

Situation	Common formation	Main idea
Serving side after a good short serve	Front/back	Server covers front; partner prepares rear attack.
Receiving side	Side-by-side initially	Protect against the serve/first attack.
Attacking rally	Front/back	Rear player attacks; front player intercepts.
Defending smash	Side-by-side	Share width and block/drive.
Opponent lifts	Front/back attack	Rear player attacks; front player hunts interceptions.
Partner moves forward	Other player covers rear	Rotate rather than standing still.

Communication

- Call clearly when taking a difficult shuttle.
- Agree who covers the middle on common patterns.
- After every shot, ask: 'Where is my partner? Where is the opponent? Where is the next likely shuttle?'
- Do not both chase the same shuttle unless the situation demands it.

22. Common mistakes & corrections

Use this table during video review or coaching.

Mistake	What it looks like	Correction
Racket too low	Slow reaction to drives	Keep racket in front and ready.
Standing upright	Slow first step	Soft knees and balanced base.
Watching own feet	Late reactions	Keep eyes on shuttle/opponent.
Huge backswing on drives	Contact late	Use compact preparation.
Over-gripping	Stiff strokes	Relax grip; squeeze only at key contact.
No recovery	Player remains in corner	Recover immediately unless following the shuttle tactically.
Smashing every high shuttle	Errors and fatigue	Mix clear/drop/smash based on position.
Lifting weakly	Opponent attacks again	Aim higher/deeper and improve contact.
Cross-court too often	Opponent predicts	Use straight shots and cross-court selectively.
Serving without a plan	Predictable returns	Choose serve based on receiver position and score.

23. Warm-up, recovery & safety

Train consistently by protecting movement quality.

Phase	Time	Examples
General warm-up	3–5 min	Easy jog, skipping, court movement.
Dynamic mobility	4–6 min	Ankle, knee, hip, shoulder and trunk movements.
Badminton-specific	5–8 min	Shadow footwork, light drives, gentle clears.
Main training	30–60 min	Technical or tactical session.
Cool-down	5 min	Easy movement and relaxed mobility.

Safety reminders

- Stop or reduce intensity if you develop sharp pain, dizziness or unusual shortness of breath.
- Use court shoes with appropriate grip; keep soles clean.
- Do not start maximum-effort jumping/smashing without warming up.
- Hydrate, especially in hot indoor environments.
- Allow recovery between hard sessions when legs or shoulders are fatigued.

24. Quick reference sheets

Print this section for court-side use.

READY POSITION — 7-SECOND CHECK

1	Feet light and balanced
2	Knees soft
3	Racket up
4	Eyes on shuttle/opponent
5	Split step as opponent hits
6	Push toward shuttle
7	Recover after contact

SHOT CHOICE — QUICK GUIDE

High + balanced	Smash / drop / clear
High + late	Clear
Above net near tape	Net kill / push / tight net
Below net	Lift / controlled net
Opponent deep	Drop / short variation
Opponent forward	Clear / lift
Under heavy attack	Block / lift / counter-drive

SERVICE — QUICK GUIDE

Even serving score	Right service court
Odd serving score	Left service court
Server/receiver	Diagonal service courts
Singles long limit	Back boundary
Doubles long limit	Doubles long service line
Rally won by receiver	Receiver becomes server

25. Coaching checklist & progress tracker

Score skills over time rather than judging a single session.

Skill	Week 1	Week 2	Week 3	Week 4	Notes
Grip control					
Ready position					
Split step					
Forehand clear					
Backhand clear					
Drop					
Smash					
Net shot					
Serve					
Defense					
Six-corner footwork					
Shot selection					
Singles rally					
Doubles movement					

Suggested rating

Use **1 = learning**, **2 = inconsistent**, **3 = functional**, **4 = reliable**, **5 = reliable under pressure**. This is a coaching scale, not an official badminton rating.

26. 30-minute practice templates

Choose a template based on the skill you need most.

Template	Session
Template A — Beginner	5 min warm-up; 5 min ready/shadow; 10 min serve; 5 min clear; 5 min easy rally.
Template B — Footwork	5 min warm-up; 10 min six-corner shadow; 10 min corner feed; 5 min recovery drill.
Template C — Attack	5 min warm-up; 10 min clear/drop; 10 min smash; 5 min smash + follow-up.
Template D — Defense	5 min warm-up; 10 min block; 10 min lift/drive defense; 5 min defensive rally.
Template E — Net	5 min warm-up; 10 min net; 5 min kill; 5 min lift; 5 min net-to-rear movement.
Template F — Match prep	5 min warm-up; 10 min serve/receive; 10 min first-3-shot patterns; 5 min score game.

Training rule

If technique deteriorates, stop the set, reset, and restart. More repetitions are not automatically better repetitions.

27. Official rules summary — what to remember

This is a learning summary, not a substitute for the complete Laws.

- Match: normally best of three games.
- Game: normally first to 21, with the two-point lead rule at 20-all and a 30-point cap.
- Every rally scores a point.
- Players change ends after game 1; after game 2 if a third is required; and in game 3 when a side first reaches 11.
- Server and receiver stand in diagonally opposite service courts and should not touch their service-court boundary lines at the relevant service moment.
- Service court is selected by the server's score: even = right, odd = left.
- Singles uses the back boundary as the long service limit.
- Doubles uses the doubles long service line as the rear service limit.
- The racket initially hits the base of the shuttle.
- Service-height and racket-direction requirements must be followed according to the applicable BWF service law/event setup.
- Faults can arise from incorrect service, shuttle landing out, shuttle failing to pass the net, player contact with the net, illegal invasion/interference, and other situations defined in the Laws.

For competition, always check the current BWF Laws and the tournament's technical regulations before relying on a coaching summary.

28. Official references & notes

Primary rules source

Badminton World Federation (BWF), **Laws of Badminton**, BWF Statutes, Section 4.1. The official document covers definitions, equipment, court, scoring, change of ends, service, faults, intervals, conduct and related laws.

BWF court/equipment source

BWF Statutes, Section 4.1.2, **Variations in Court and Equipment**, including court diagrams and net-height specifications.

BWF technical-official source

BWF Statutes, Section 4.1.1, **Instructions to Technical Officials**, including service-law interpretations and service-height provisions.

Source	Official URL
BWF Laws of Badminton	https://system.bwfbadminton.com/documents/folder_1_81/Statutes/CHAPTER-4---RULES-OF-THE-GAME/SECTION%204.1-%20Laws%20of%20Badminton.pdf
BWF Court & Equipment Variations	https://system.bwfbadminton.com/documents/folder_1_81/Statutes/CHAPTER-4---RULES-OF-THE-GAME/Section%204.1.2-%20-%20Variations%20in%20Court%20Equipment.pdf
BWF Instructions to Technical Officials	https://system.bwfbadminton.com/documents/folder_1_81/Statutes/CHAPTER-4---RULES-OF-THE-GAME/Section%204.1.1-%20-%20Instructions%20to%20Technical%20Officials%20%28ITTO%29.pdf

Prepared on 27 September 2026. Coaching content in this handbook is educational guidance; it does not replace instruction from a qualified coach or the complete BWF Laws used by a particular event.