The game of badminton originated in India during the late 1870s. It is a game of agility, speed, quick reaction time, and it requires tremendous concentration. The game is played on a regulation court with a racquet and a shuttlecock or "birdie". Games can be played either as doubles or singles—we will learn the rules of doubles so as not to cause confusion.

Games and Match
- A game is **21 points** in doubles/rally scoring/win by 2
- 2 out of 3 games = a match

Doubles Play
1. The teacher appoints students to a court. Switch sides after game. The side winning the game serves first in the next game.
2. A point is awarded after each hand of service.
3. At the beginning of the game, the server serves from the right service court-the score is even. As the game continues, if the server’s score is odd, the server serves from the left service court.
4. When serving the shuttle, the server must abide by the following rules:
   - **BOTH** feet planted on the ground and inside the service area during the serve.
   - Contact with the shuttle must be made **BELOW** the server's waist.
   - The serve must be **UNDERHAND**.
5. When serving, the shuttle must travel over the net to the service court that is diagonal from the server. The serve must travel past the short service line and land within the area of the diagonal court. Only the receiver in the diagonal court is allowed to return the serve.
6. The player to serve depends upon the score. If the team has even points, it is the right hand server. If the team has odd points, serve comes from the left. The partners rotate courts after winning a point. Even score serves from the right/odd score is from the left.
7. If the diagonal receiver fails to return the serve or if during a rally, the opposing team commits a fault, the serving team earns a point and continues to serve.
8. If a player misses the shuttle completely on a serve, he/she may try again. It is a fault if any part of the racket touches the shuttle, but the serve does not go over the net.
9. The shuttle may be contacted only once on each side of the net.
10. A player may not reach over the net to contact the bird, however, a follow through of the racket is allowed during play, as long as he/she does not touch the net.
11. Lines are in play.

Faults: A rally continues until a fault occurs. The most common faults are as follows:

- Missing the shuttle completely.
- Not hitting it over the net.
- Hitting the shuttle out of bounds.
- Touching the net with your body or racket while shuttle is in play.
- Hitting the shuttle two times in a row.
- Overhead serves, moving feet during a serve, or hitting shuttle above the waist.
- Hitting the shuttle before it crosses over the net.
- Being hit by the shuttle.
- Hitting the shuttle into the net.