

Sports Together (2026-2027) Badminton Rules and Regulations

1. The Court Dimensions

In doubles, you use the entire court. A common phrase to remember is: "**Doubles are long and wide.**"

- **The Side Boundaries:** The outer side alleys ("tramlines") are **in**.
- **The Serve Boundary:** During the serve, the back alley is **out**. The serve must land past the short service line but cannot go past the first back line (the doubles long service line).
- **After the Serve:** Once the rally begins, the entire court—all the way to the very back boundary line—is fair game.

2. Scoring System (The 11-Point Rule)

Badminton uses the **Rally Point System**, meaning you don't have to be serving to win a point.

- Every time there is a serve, a point is scored.
- Matches are usually the best of **3 games to 11 points**.
- At 20-all, the side that gains a **2-point lead** first wins that game (e.g., 12-10).
- If the score reaches 19-all, the side scoring the **20th point** wins that game.

3. The Serving Rotation (The Golden Rules)

This is usually where players get confused. To keep it simple, remember that **your score determines which side you serve**, and **you only switch boxes with your partner when you score a point on your own serve**.

Determining the side

- **Even Scores (0, 2, 4, 6...):** The serving team serves from the **Right** service court.
- **Odd Scores (1, 3, 5, 7...):** The serving team serves from the **Left** service court.

How the Rotation works

1. **At the start of the game (0-0):** The serving pair decides who serves first, and they stand in the right court. The receiving pair decides who receives, standing diagonally opposite.
2. **If the serving side wins the rally:** They get a point. The *same server* moves to the other service court (Left) to serve the other opponent. **The players switch sides.**
3. **If the receiving side wins the rally:** They get a point and become the new serving side. **Nobody switches sides.** They look at their total score: if it's odd, whoever is *already standing* in the left court serves; if even, whoever is in the right court serves.

Service Rules

- The serve must be hit below the server's waist.
- The racket head must point downward at the moment of contact.
- Both feet of the server and receiver must remain in contact with the floor until the shuttle is struck.
- The server and receiver must stand within their respective service courts without touching the boundary lines.
- The shuttle must land diagonally in the opponent's correct service court.

A serve touching the net and landing in the correct service court is considered legal.

Faults

A fault is called if:

- The shuttle lands outside the court.
- The shuttle passes through or under the net.
- The shuttle fails to pass over the net.
- A player touches the net with a racket or body during play.
- A player hits the shuttle twice in succession.
- The shuttle is caught or carried on the racket.
- A player invades the opponent's court over or under the net and interferes with play.

- The wrong player serves or receives.
- The serve is made from the incorrect service court.

Note: Players do not change their respective service courts until they win a point on their own serve. This ensures you naturally rotate throughout the game.