



# Badminton

## Sport Rules

*Special Olympics*





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## 1. GOVERNING RULES

The Official Special Olympics Sports Rules for Badminton shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Badminton World Federation (BWF) rules for badminton found at <http://www.bwfbadminton.org/>. BWF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Badminton or Article I. In such cases, the Official Special Olympics Sports Rules for Badminton shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## 2. OFFICIAL EVENTS

The range of events, including fundamental events, individual events, and relay events, is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

- Individual Skills Competition
  - Singles
  - Doubles
  - Unified Sports® Doubles
  - Mixed Doubles
  - Unified Sports Mixed Doubles

## 3. COMPETITION RULES

### 3.1 Modifications

- 3.1.1 Special Olympics wheelchair athletes will have the option of serving an overhead serve from either the left or right serving area.
- 3.1.2 The serving area is shortened to half the distance for Special Olympics wheelchair athletes.

### 3.2 Unified Sports Doubles

- 3.2.1 Each Unified Sports doubles team shall consist of one athlete and one partner.
- 3.2.2 Each team shall determine its own order of service and selection of courts.

### 3.3 Individual Skills Competition

#### 3.3.1 Hand Feeding

- 3.3.1.1 The feeder (usually the coach) holds five shuttles at one time in his/her arm and throws the shuttles, one at a time, to the athlete like a dart would be thrown.
- 3.3.1.2 The athlete tries to hit the shuttles with his/her racquet and is awarded one point each time he/she hits the shuttle.

#### 3.3.2 Racquet Feeding (for overhead strokes)

- 3.3.2.1 The feeder (coach) holds five shuttles and one at a time hits the shuttle high to the athlete using an underhand stroke.
- 3.3.2.2 The athlete is awarded one point if he/she hits the shuttle.



- 3.3.2.3 Whether the athlete misses or hits the shuttle, another is immediately hit and the count continues.
- 3.3.3 The "Ups" Contest
  - 3.3.3.1 The shuttle is repeatedly hit in the air by the athlete.
  - 3.3.3.2 One point is awarded for each hit within a 30-second time frame.
  - 3.3.3.3 If the shuttle hits the floor, another shuttle is given and the count continues.
- 3.3.4 Forehand Stroke
  - 3.3.4.1 The athlete stands in the center of the court with the feeder (coach) positioned on the opposite side of the net.
  - 3.3.4.2 The feeder, using an underhand serve, hits the shuttle to the forehand side of the athlete.
  - 3.3.4.3 The athlete has five attempts and receives one point for each successful forehand stroke that goes over the net and into the court.
- 3.3.5 Backhand Stroke
  - 3.3.5.1 Served and scored the same as the forehand stroke except that the feeder (coach) hits the shuttle to the backhand side of the athlete.
- 3.3.6 Serve
  - 3.3.6.1 The athlete has five attempts to serve from either side of the service court.
  - 3.3.6.2 If unable to serve the underhand serve, the overhand serve may be used.
  - 3.3.6.3 1 point is received for each serve landing in the correct service box.
  - 3.3.6.4 Zero points are given for any serve outside the service box.
- 3.3.7 Final Score
  - 3.3.7.1 Final score is determined by adding all the scores together for each of the six Individual Skills Competition



# BADMINTON SPORT RULES

*Special Olympics*

