

R+T PARK BADMINTON REC LEAGUE RULES

Matches are played between 11:30AM to 1PM.

Standings

How teams are ranked:

- Total points will be determined from a team's wins and losses. Wins will be two points and losses will be zero points
- Forfeits will be considered as losses

Starting Plays

- Teams will rally for serve
- The player or team that wins the rally decides whether to serve first or choose which side of the court to start on

Match Format

- Matches will be best out of three sets
- Games will be won by the first team to score 21 by two points OR the first team to score a cap of 23
- A point is scored on every rally, regardless of which side served

Doubles Rules & Court Setup

- Each side has two service courts: right and left.
- The first serve of the game always starts from the right service court.

Serving Rules

- You only get one attempt to serve
- The server must:
 - Contact the shuttle below the waist
 - Use an upward underhand stroke with the racket head pointing downward
 - Keep both feet stationary and within the correct service area
- The serve must land diagonally in the receiver's service court.
- If the server's team wins the rally, the same player continues serving and switches service courts.
- If the receiving team wins the rally, they gain the serve, and the player on the right service court serves next.

Player Positioning

- Only the player designated to receive the serve may return it. If the wrong player returns, the point goes to the serving team.
- After the serve, either player on each team may hit the shuttle.
- Players do not change sides of the court unless they win a point on their serve.

Faults

- A fault results in the loss of the rally. Common faults include:
 - Shuttle is served out of bounds or into the net.
 - Shuttle is hit twice, or a player touches the net or shuttle with their body or racket.
 - Serving or receiving out of turn