

Badminton

Official Special Olympics rules for Badminton can be found on the [SOI Badminton](#) website. If Badminton becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created from these rules. Here are some details to get you started.

Equipment

- Net – 20 feet wide and 5 feet high
- Racket – standard is approximately 26.5 inches long and 9 inches wide
- Birdie (shuttlecock) – standard is approximately 5 grams and 3.5 inches long
- Court Dimensions: 44 feet long, 17 feet wide (singles), 20 feet wide (doubles)

How to Play

- The goal is to hit a birdie across the net to land in your opponent's court without having them return it.
- If the birdie hits the ground in the opponent's half of the court, a point is won. This includes hitting the lines.
- If the birdie hits the ground out of the opponent's half of the court, if it hits the net, or if a player hits it twice, the point would be conceded.
- Players need to wait for the birdie to cross the net before returning.
 - Players are allowed to follow through over the net, but touching the net with either the body or the racket will result in the point being conceded.
- Serving Rules:
 - The server will start from the right service court and will serve from that side every time they have an even number of points. They will serve from the left every time they have an odd number of points.
 - All players must be stationary until the serve is made.
 - The birdie needs to be hit below the waist height.
 - The serve should go diagonally into the opponent's service box.
 - Each player will retain serve for as long as they keep winning points.
- Modifications for athletes in wheelchairs:
 - Athletes will have option of serving an overhand serve from either serving area.
 - The serving area is shortened to half the distance.

Scoring

- A point is scored on every serve and awarded to whichever side wins the rally. Whoever scores the point will get the next serve.
- A game will be won by the player or pair first scoring 21 points (must win by 2 points).
- A match will consist of the best of any odd number of games (typically 3 or 5).

Possible Events

- Individual Skills – good stations to use for athletes that are learning the sport! More information in the [SOI Badminton Rules](#) on pages 3-4.
- Singles
- Doubles
- Unified Doubles