Resources

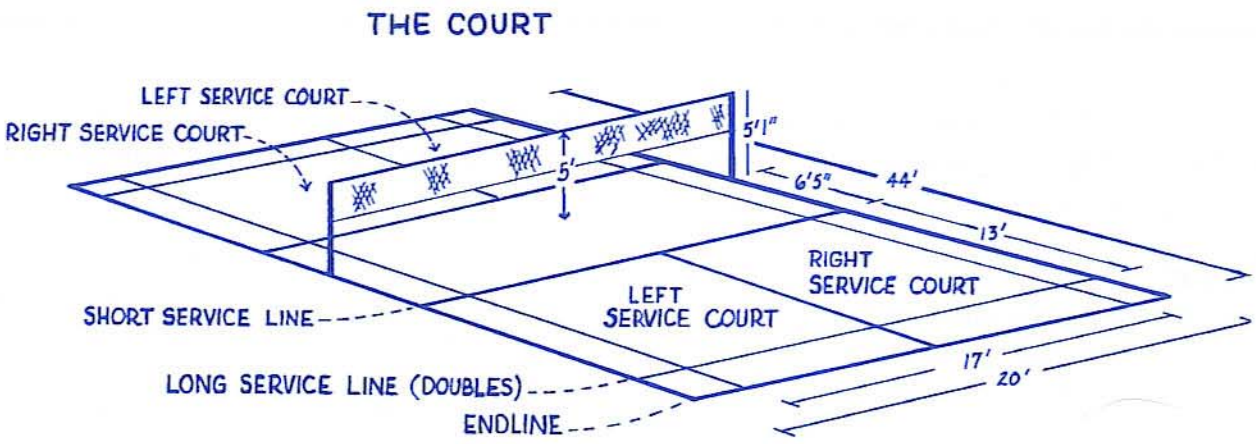
Information on local badminton resources can often be obtained from your local parks and recreation department, community library, or university or college athletic department.

USA Badminton
One Olympic Plaza
Colorado Springs, CO 80909
Phone: 719-578-4808; Fax: 719-578-4507
Web site: http://www.usabadminton.org
USA Badminton is the national governing body for the Olympic sport of badminton in the United States. Their Web site provides information about the game and tournaments, as well as links to other badminton-related sites.

Books:

- *Badminton: Steps to Success,* Tony and William A. Grice (Human Kinetics, 1996)
- *Badminton,* Steve Boga (Stackpole Books, 1996)
- *A Basic Guide to Badminton,* Jeff Klemsak, ed. (Official US Olympic Sports Series) (Griffin Bay Book Store, 1997)
- *Badminton for Beginners,* Ballou (Morton Publishing Co., 1998)

Badminton Rules



USA Badminton adopts the International Badminton Federation's Laws of Badminton, which you can find on the Web at http://www.intbadfed.org/rules.html. These simplified rules cover the toss to begin the game, the basic aim of the rally, serving, and scoring. A link is provided for a more complete listing of laws.

Shots and Strokes

Clear—Hit high and deep so that the shuttle lands near the end line.
Drive—Hit flat and hard at about net level.
Drop—Hit soft and down so the shuttle lands near the net.
Smash—Hit hard and down to put the shuttle away.

Traditional feather shuttle

Synthetic shuttle