

Badminton

Official Rules Guide — Premier Disco Giant Games

2-4 Players	Full-size Court	5-10 min Average game	All ages Recommended
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About the Game

A full-sized badminton set-up — great for burning off some energy, or finding out how unfit you really are. Works as a quick head-to-head or a doubles match.

Object of the Game

Get the shuttlecock over the net into an area your opponent can't reach. You score a point if the shuttlecock lands on the ground on your opponent's side of the net.

How to Play

- 1 Players (or pairs) stand on opposite sides of the net.
- 2 Hit the shuttlecock over the net toward your opponent's side.
- 3 You may only hit the shuttlecock once before it must go over the net.
- 4 If a player hits the shuttlecock outside the court perimeter, their opponent scores a point.

Winning the Game

Since this is a casual set-up, the normal competitive rules of badminton don't need to apply — simply play to an agreed points target, or just keep the rally going for fun. For full official rules, the Badminton Bible website covers the formal scoring system.

A Few Strategy Tips

- **Aim for the gaps.** Placing the shuttlecock where your opponent isn't standing beats hitting it hard.
- **Watch your footwork.** Staying light on your feet gets you to the shuttlecock faster than a flat-footed stance.
- **Vary your shots.** Mixing gentle drops with harder clears keeps your opponent guessing.

Frequently Asked Questions

How many players can play badminton?

Two players for singles, or four for doubles.

Can I hit the shuttlecock more than once?

No — you can only hit it once before it must go over the net.

What happens if the shuttlecock lands outside the court?

The opposing player or team scores a point.

Do we have to play by official rules?

Not at all — this set-up is for casual fun, so feel free to agree your own scoring. Official rules are available from the Badminton Bible website if you'd like to play more formally.