

# **Rules and Regulations: Badminton**

## **Competition Rules**

1. The game is played best 2 out of 3 sets.
2. Each set is won by the player/team that reaches 21 points first.
3. A serve must clear the net and land in the opponent's court.
4. Players hit the shuttlecock over the net to the opponent's side.
5. A point is scored when the opponent fails to return the shuttlecock.
6. Players switch sides after each set.
7. The server serves from the right service court to the opponent's right service court.
8. A fault occurs if the server hits the shuttle out of bounds or into the net.
9. If the shuttle lands outside the opponent's court, it's out of bounds.
10. Players cannot touch the net with any part of their body or racket.
11. A let is called if the shuttle hits the net but still lands in the opponent's court.
12. The receiver must stand diagonally opposite the server.

## **General Rules and Regulations:**

1. Only indoor non-marking shoes are allowed within the field of play.
2. Rings, bracelets or any kind of jewelry are strictly not allowed during play.
3. Food and beverages are prohibited at the field of play.
4. Outside food is strictly prohibited.
5. Chewing gum is strictly prohibited.

6. Spectators/Parents/Guardians should be seated at the gallery/sports cafe while coaching is in session.
7. CAPSA is not responsible for member's personal belongings.
8. Booking timings are to be strictly followed.
9. Spectators/Parents/Guardians shall not disturb coaching.
10. Members are not allowed to play outside the respective fields of play.
11. Alcohol, tobacco or any kind of intoxicants are strictly prohibited.
12. CAPSA shall not be responsible for traffic delays & member safety before and after pick-up or drop.

## **Badminton: Etiquettes to be followed**

1. Respect opponents, teammates, and officials.
2. Be honest about calls.
3. Greet opponents before and after the match.
4. Thank the umpire or referee for their service.
5. Wear proper badminton attire.
6. Arrive on time for matches and warm-ups.
7. Keep the court and surrounding areas clean.
8. Demonstrate good sportsmanship, whether winning or losing.