

E-LAKSHYA

PREFACE



Lakshya is an initiative taken by the Rotaract club of Gayatri Vidya Parishad (RACGVP) in the year 2018-19. Lakshya mainly focuses on creating awareness about the importance of sports along with academia and ensuring that all students participate actively. Every year, Rotaractors conduct this event explaining the importance of physical education and the way it helps us in improving our mental health. They try to engage them in fun and exhilarating mini-sports competitions followed by prize distribution. In this way, we stimulate young minds through Lakshya.

What if the schools are closed? You still have your home, get set play! This year (2021-22), though the COVID-19 pandemic has become an obstacle for us to make them play on grounds, we did not stop as learning has no boundaries. Thereby taking forward Lakshya through online platforms as E-Lakshya, by releasing the guides of various sports. Each month a guide is released consisting of a set of rules and regulations to play. Further, the Rotaractors visit several Zilla Parishad High Schools (ZPHS) and present the game guide to the heads of the respective educational institutions. Later the guide will be passed down to students to learn and understand the rules of the game which shall be conducted after the pandemic.

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BADMINTON



Badminton was invented long ago; its origins date back at least two thousand years to the game of battledore and shuttlecock in ancient Greece, India, and China. Badminton took its name from Badminton House in Gloucestershire, the home of the Duke of Beaufort, where the sport was played in the last century. The game may have originally developed among expatriate officers in British India, which was very popular by the 1870s. Early on, the game was also known as Poona or Poonah, where it was played by British army officers stationed at the garrison town of Poona, India, in the 1860s.

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. The most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton first appeared in the Olympic Games as a demonstration sport in 1972 and as an exhibition sport in 1988. Later at the 1992 Games, it became a full-medal Olympic sport. Playing badminton regularly can help strengthen the heart muscle and reduce the risk of Coronary heart disease (CHD). It also counts as a moderate-intensity activity, so it's a great way to get some of your recommended minimum of 150 minutes a week.



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How to play

1. The objective of the game is to score points by successfully hitting the Shuttlecock over the net and having it land in the designated court areas.
2. A game can take place with either two (singles) or four (doubles) players. One-against-one is called singles and two-against-two is called doubles.
3. Each game will start with a toss to determine which player will serve first and which side the opponent would like to start.
4. Players must serve diagonally across the net to their opponent.
5. Each player will retain serve for as long as they keep winning points.
6. In doubles, each team gets two chances to serve, one for each player. The members of a team serve alternatively.
7. After losing two serves the opposite team gets a chance to serve, and they start from the right side of the court.
8. The server serves from the right of the service court if the players haven't scored any points or if they have scored an even number of points and vice-versa.
9. In doubles, the server will keep serving and switch serving stations, while alternating sides with their team-mate, so long as they keep winning points.

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How to play

10. When the serving side wins a rally, a point is added to its score and the player/team serves the next rally.
11. Similarly, when the receiving side wins a rally, they add a point to their score and serve the next rally.
12. A rally is won when a player or team makes a fault or when the shuttle lands in the opponent's court.
13. To win each game, one of the teams must earn 21 points first, and win by two in the process. So, if both teams have a score of 20, one team must win by 22-20, and so on.
14. If both teams cannot win by 2 and keep going until the score is 29-all, then the first team to score 30 points wins.
15. The winner of a game also wins the right to serve first in the next game.



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Rules and Regulations

1. An official match has to be played indoors on the proper court because even light winds affect the course of the Shuttlecock.
2. In singles, a badminton court is 13.41m (44ft) long and 5.18m (17ft) wide but the width extends to 6.1m (20ft) in doubles. The net is situated through the middle of the court and is set at 1.55m.
3. A player wins a rally when he strikes the shuttlecock and it touches the floor of the opponent's side of the court or when the opponent commits a fault.
4. The most common type of fault is when a player fails to hit the Shuttlecock over the net or lands outside the court's boundary.
5. A fault is also called if a player deliberately distracts their opponent, the shuttlecock is caught in the racket, or if the player continues to infract with the laws of badminton.
6. Any part of a player's body cannot touch the shuttlecock in the middle of a rally, even if it touches the player's clothes it is still a contact fault.
7. Each side can strike the shuttlecock only once before it passes over the net. Once hit, a player can't strike the shuttlecock in a new movement or shot.
8. The racket of a player should not land on the opposing team's side.
9. The shuttlecock should not be carried on or come to rest on the racquet.

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Rules and Regulations

10. A player should not reach over the net to hit the shuttlecock.
11. If a player touches the net with any part of their body or racket then it is deemed a fault and their opponent receives the point.
12. A serve must carry crosscourt (diagonally) to be valid and it must be hit underarm and below the server's waist. No overarm serves are allowed.
13. Both feet of a player should be on the ground while serving and receiving the service.
14. During the serve, a player should not touch any of the lines of the court until the server strikes the shuttlecock.
15. Let may be called by the referee if an unforeseen or accidental circumstance arose.
16. The game has only two rest periods coming in the form of a 90-second rest after the first game and a 5 minute rest period after the second game.

