



**MS 24 HOUR MEGA**  
BADMINTON

## **WELCOME TO THE INAUGURAL MS 24 HOUR MEGA BADMINTON EVENT**

The MS 24 Hour Mega Badminton challenge joins with the MS 24 Hour Mega Squash & Racquetball events that commenced in 2010, raising over \$220,000. Alongside the MS 24 Hour Mega Swim all these events provide scholarships to enable people living with multiple sclerosis to follow a dream, big or small, and everything in between.

Congratulations and thank you for taking part in the first MS 24 Hour Badminton Challenge! It's sure to be a weekend of comradery and lasting memories - all while raising much needed funds to support people living with multiple sclerosis.

# Badminton Rules & Safety

- 12 – 15 players in a team.
- Teams must have at least one player on the court at all times for the duration of the 24 hours.
- Two teams per court.
- Teams are rotated every few hours to enable all teams to play each other.
- Each team must keep track of the points accumulated using the score sheet provided. The order, duration and number of times a team member plays is at the discretion of the team.
- Games will be played (rally point scoring) up to 21 points. At 20 all, the player who gains a 2 point lead first, wins that game.
- Each player will receive the number of points they accumulate during playing time (13 minutes) to add to their team total.
- The Team Captain (or appointed representative) is responsible for rostering players on court in 13 minute blocks.
- 2 minute breaks are permitted every 13 minutes.

## Serving

The serve must be hit in an upwards direction, with an underarm hitting action. When you hit the shuttle, the top of the racquet must be below your waist.

The player who won the previous game will serve first in the next game.

## How to win a rally

A player wins a rally if the opponent fails to make a good service or return the shuttlecock.

## Safety

During game play, all official badminton rules should be followed to ensure fairness and safety.

Wearing the proper footwear will help prevent ankle and knee injuries.

Two good ways to avoid eye injuries are to always keep the racket up for protection and to never turn to watch a teammate's swing.