

MS MEGA BADMINTON

RULES AND SAFETY

- We suggest each team has between 12-15 players in a team
- Teams must have at least one player on the court at all times / Two teams per court.
- Teams play each other in two-hour blocks eg. Team 1 vs Team 2 will play from 12pm - 2pm
- A match schedule will be made available on event day
- During each two-hour block, EIGHT 13-minute games will be played
- The Team Captain (or appointed representative) is responsible for rostering players on court in 13-minute blocks.
- The order, duration, and number of times a team member plays are at the discretion of the team
- There will be a 2-minute break between each 13-minute game to allow teams to rotate players if they choose to.
- It is up to both teams whether singles or doubles is played. Teams can toss a coin to decide.

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.
- The server must have one foot entirely within either the left or right service box when serving the ball into play. How to win a rally A player wins a rally if the opponent fails to make a good service or return of the ball.

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.