



AirBadminton
The New Outdoor Game



GETTING STARTED



AirBadminton is designed to be played **outdoors only!**

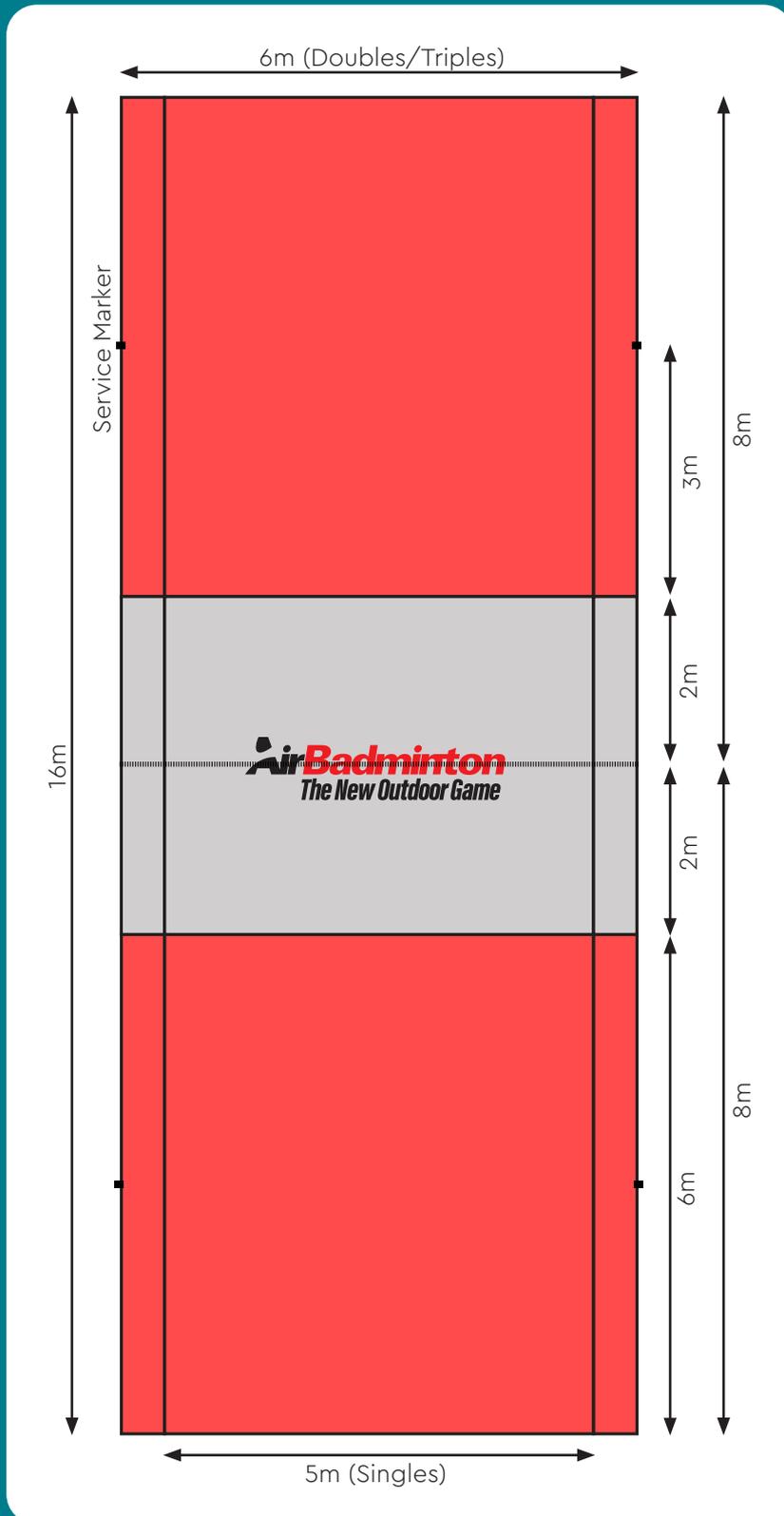
Set-up a positive playing environment

Surface – Grass, sand or hard surface to play on.

Weather – choose a day with a low level of wind, can be overcast – or if it is sunny you'll need sunglasses.

Location – A large flat space, level and uniform as possible, free of rocks, holes and anything else which can represent risk to players (if playing on grass ensure it is dry so players don't slip).

Where possible, the court should be set up side on to the prevailing wind direction to allow for the best wind resistance.



Court Size

The AirBadminton court is 16 metres long, compared to the 13.4 metre indoor badminton court. This is due to the fact that the AirBadminton court has a 2m dead zone at the front of the court in order to incentive rallies away from net area, which will lead to a better AirShuttle flight performance.



Equipment

First impressions are important, so its best to set up a court with a net and markings.

- When playing on grass and hard surface courts, posts shall be 1.55m in height from the surface of the court
- For sand surface, the posts shall be 1.5m in height and the top of the net from the surface should be 1.45m at the centre of the court

Rackets

Remember the AirShuttle is heavier (8g vs 5g) so a string tension of between 17–20 pounds and thicker string is recommended (Shuttle Time rackets fit this)



SHUTTLE TIME

OCEANIA

Utilising AirShuttle for Shuttle Time lessons:

The characteristics of the AirShuttle make nets shots very difficult to control, and the net area has been taken out by marking a 2m dead zone, to encourage strokes away from the net. Therefore, not all Shuttle Time activities are applicable to AirBadminton.

Here are some activities/lessons that will be useful for an initial experience with the AirShuttle:

- L2V5 [Hitting Targets with Change of Grips](#)
- L5V3 / V4 [Chasse and Hit: Forehand and Backhand](#)
- L7V2 [Keep the Shuttle Up](#)
- L7V3 [Backhand Short Serve](#)
- L8V3 [Backhand Lift](#)
- L9V3 [Forehand Lift](#)
- L9V5 [The Golf Game](#)
- L11V4 [Flat Play](#)
- L12V4 [How Many Shots per Minute?](#)
- L13V3 / V4 [Forehand Clear and Rally](#)
- L17 V2 / V3 / V4 [Smash, Block and Defence Practice](#)

The next step... play!!!

- Singles, Doubles, Triples!!!



Rules

Scoring

- For AirBadminton recreational activities, the BWF recommended scoring system is the best of five games to eleven points. However, you can alternate the scoring system to suit your activities.
- If the score is tied at 10-all, the side which gains a two-point lead first will win the game. If the score becomes 12-all, the side scoring the 13th point wins.
- The winning side will serve first in the next game
- Players shall change ends during every game when the leading score reaches 6 points, as well as at the end of each game

Serving

- There is a 3m marker clearly visible on the side line. The player shall serve from anywhere behind this marker within the court, with both feet stationary. The server may direct the AirShuttle anywhere into the opposition's playing area beyond the 2m line
- Unlike traditional badminton, there is no centre line that divides the court into equal left and right service courts
- Use the under arm service technique. The whole AirShuttle should be below net height at the point of impact.

Triples

- In Triples players are not allowed to hit two consecutive returns
- The player must allow another member of the team to take the next return. This rule creates more movement and increases the strategic element of the game



AirShuttle usage

Please monitor AirShuttle usage and give us feedback.

We would love your feedback, please contact nadia@badmintonoceania.org

For more information, visit
BadmintonOceania.org/AirBadminton