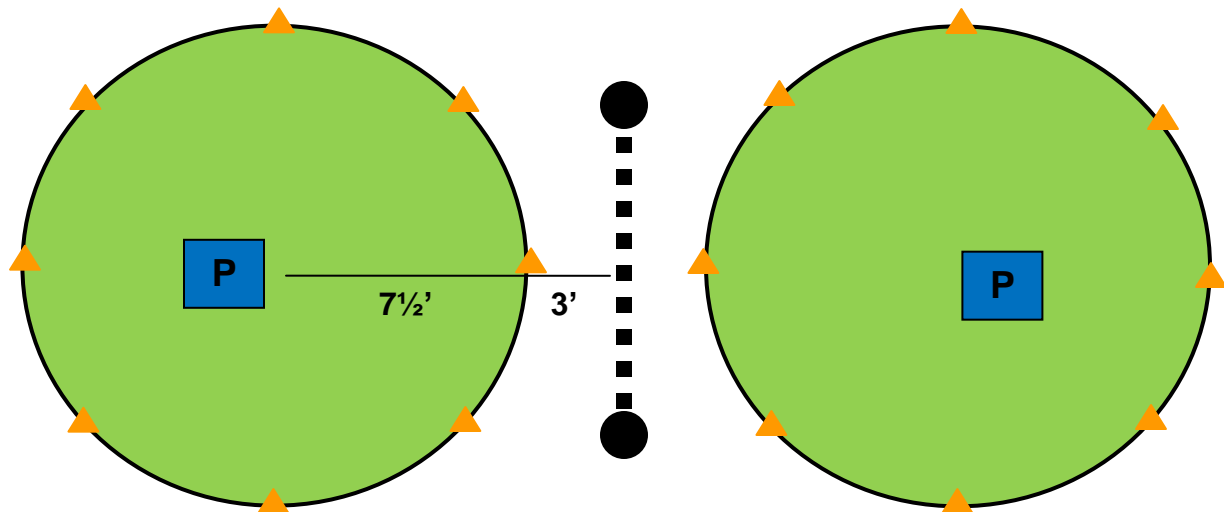


Official OptiHealth Badminton Play Book

Court: OptiHealth Badminton is played on a modified badminton court (see diagram below).

Equipment: 1 badminton bar, 2 badminton racquets, 1 badminton birdie, and 16 markers.

Player Positions: OptiHealth Badminton games are played by 2 players. Each player occupies a circular court (15-foot diameter) on opposite sides of the badminton bar (10-feet wide, 5-feet high).



Object of the Game: Players serve and hit the birdie back and forth over the net in order to score individual points on each turn.

Play Time: Each game consists of 200 turns per player. Each turn consists of 1 attempt to hit the birdie over the bar. An average of 2.25 seconds is allowed for each turn. A full game of 200-turns for each player takes 15 minutes to complete. Players sign-up to play games which are scheduled at 15-minute intervals.

Cost: OptiHealth Badminton costs each player 1 Game Ticket for each 15-minute game (200 hits).

Description of Play

Each player starts in the center of his/her circle. Player 1 starts the game by serving the birdie to his/her opponent. Serves must be an under-hand hit from the center of the circle.

Play continues by the players hitting the birdie back and forth over the bar. To remain in play, the birdie: 1) Must not touch the ground, 2) Must be hit using the racquet only, and 3) must pass over the bar and between the poles.

Either under-hand or over-hand hits are allowed. Players may hit the birdie while standing outside the circle. Double hits, carries, slams, and blocks are not allowed.

Players attempt to keep the birdie in play by making serves or hits that are "fair." A serve or hit is considered fair if the birdie makes it over the bar and either: 1) The player's opponent hits or touches the birdie before it lands on the ground, or 2) If the birdie is not hit or touched by the player's opponent, but the birdie lands on the ground inside the opponent's circle.

Play is interrupted when a player fails to make a fair serve or hit by 1) hitting a “foul” or 2) committing a hit violation.

A serve or hit is considered foul:

- A) If the player misses the birdie when attempting to serve it.
- B) If the player misses the birdie when attempting to hit it, and the birdie lands on the ground inside the player’s circle.
- C) If the player hits the birdie, but the birdie does not make it over the bar.
- D) If the player hits the birdie and the birdie makes it over the bar and between the poles, but the birdie lands on the ground outside the opponent’s circle.

A hit violation occurs when a player double-hits, carries, slams, or blocks the birdie, or a player touches the bar with any part of his/her body or racquet.

After a foul serve, foul hit, or any hit violation, play resumes by the **opponent** attempting an under-hand serve.

Players switch sides at the 1st interruption after 100 turns (half way through the match).

Scoring

Games are self-officiated by the players and their personal score keepers. Each player scores individual points based on the outcome of each player’s turn. Each player’s personal score keeper is responsible for keeping their respective player’s score. Having a personal score keeper is optional for regular play, but is required for documenting an official score or in a tournament.

+1 point for each fair serve or hit (The birdie makes it over the bar and is either touched or hit by the opponent or lands inside the opponent’s circle.)

0 points for each foul serve or hit (The player misses the birdie when attempting a serve, the birdie doesn’t make it over the net, the player misses the birdie when attempting a return hit and the birdie lands inside the player’s circle, or the birdie is not touched or hit by the opponent and it lands outside the opponent’s circle.)

-1 point for each hit violation (double-hit, carry, slam, block) or touching the bar.

Note: The birdie touching the bar is inconsequential to the play of the game. All rules and regulations stay in effect and play continues accordingly.