GENERAL
- No jewelry or headwear other than headbands.
- ONLY AU faculty/staff/students are allowed to participate.
- Personal badminton racquets are acceptable, but birdies will be property of Recreational Services.

SCORING
- Games will be best out of 3 matches to 15 points.
- Only the serving side can score points.
- If the score becomes 13 or 14 all, the side which first scored 13 or 14 shall have the choice of "setting" or "nonsetting" the game. (Rule #4)
  This choice can only be made when the score is first reached and must be made before the next service is delivered.
- If the game has been set, the score is called "LOVE ALL" and the side first scoring the set number of points wins the game.
  - 13 all setting to five (5) points
  - 14 all setting to three (3) points
- If a match goes to a third game, volley to see who serves first.
- If any part of the birdie touches the line, it is in.

CHANGING SIDES
- Players shall change sides of the court after each game.

SERVICE
- Volley to see who gets to serve first.
- The serving team gives one person the opportunity to serve. After the first service of the game both teammates must serve before losing the shuttlecock to their opponents. Example: Team A: Player 1 & 2 Team B Player 1 & 2. Team A wins the volley and serves first, first serve only A1 gets to serve, once there is a side out then B1 and B2 get to serve. This process is followed throughout the game.
- At the start of the game, and each time a side gains the right to serve, the service shall be delivered from the right side of the court. Then you switch sides after each serve if you score. You always serve to the opposite service box.
- All serves must be contacted below the waist.
- The server can serve anywhere within their service box.
- The birdie cannot hit the net on the serve. If the birdie hits the net or there is a fault on the first serve the player loses their service. There will not be a second serve on a fault.
- After the serve is returned, a player may hit the shuttle from any position on that player's side of the net.
STROKES:
- The racquet can never go over the net.
- Any type of hit is legal during the volley.
- One hit per side.
- The birdie can hit the net during a volley.