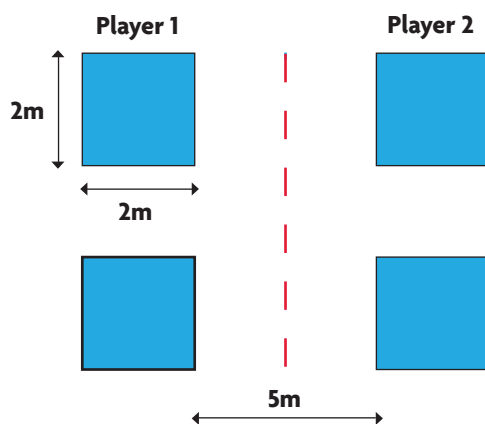


# Box Format

Each player has two 'boxed areas' roughly 2 m<sup>2</sup> in size. The aim of the game is to score points by landing the shuttle in one of your opponent's boxes. Players need to defend their boxes by returning the shuttle. The rally only ends when the shuttle hits the ground

## Layout



## Scoring

- Points are only scored by landing the shuttle in one of your opponent's boxes
- If the shuttle lands outside the boxes no points are scored. The closest player then serves to restart the game
- Each set is to 11 points
- The match is won by the first player to win two sets

## Rules

- The game begins with both players standing in-between their own boxes
- To start one player serves (below waist height) to anywhere in their opponent's side
- Overarm smashes are not permitted at any time in the match
- Players should change ends if a third set is played as the decider

## Equipment

- Two rackets
- Minimum of one shuttlecock per person
- Cones (or anything you have handy to mark out your boxes)
- Net (non-essential)

## Simplify

- Increase the size of your boxes
- Increase number of points awarded for landing shuttle in your opponent's boxes

## Challenge

- Reduce size of your boxes
- Extend the distance between your boxes

**Notice – When playing badminton with anyone from outside your household ensure you are following social distancing. Please check Badminton England website for current badminton specific guidance**