

Pierścieniówka

(The net ring ball)



Aim of the game: To pass the ball through one of the three rings in the net in such a way that the ball strikes the ground within the other team's half.

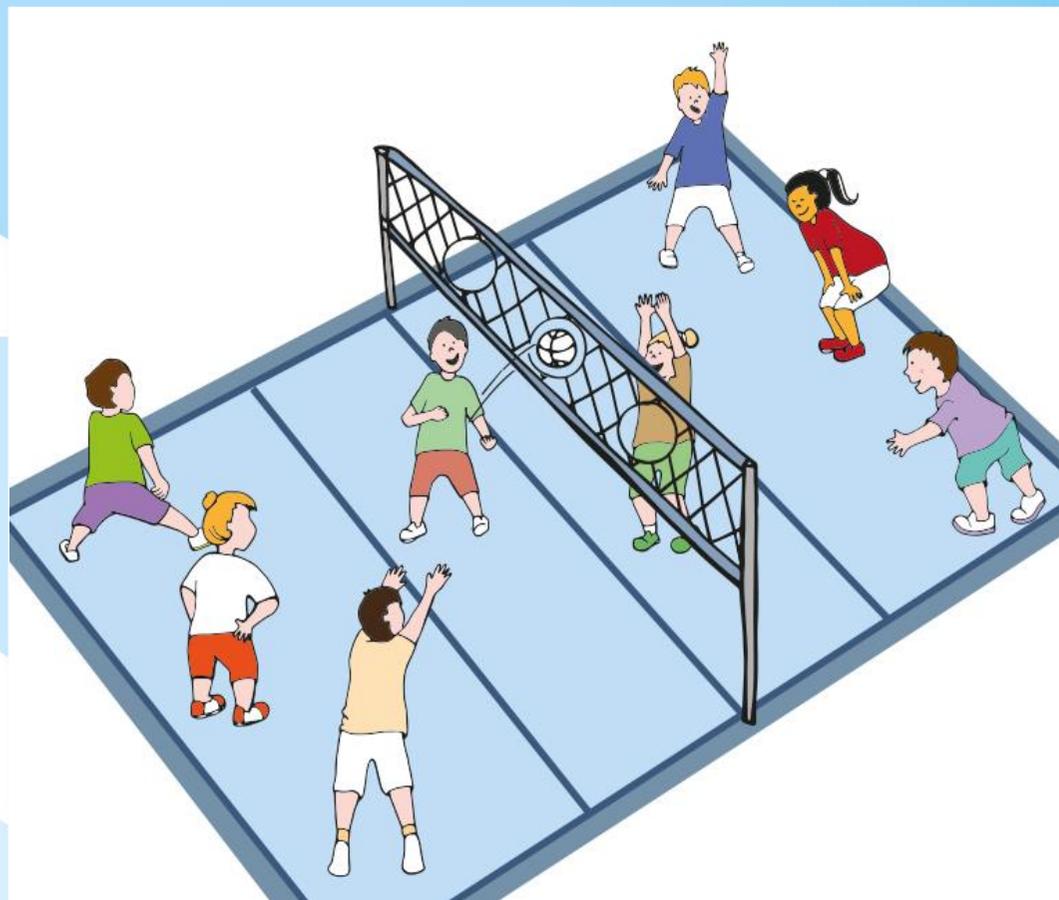
Set up: Draw a 18x9 m playing field on any indoor or outdoor area such as a volleyball court and place a pierścieniówka net 2.24 m high. Draw 2 parallel lines 1.5 m from each side of the net.

Rules:

Three of each team's players are confined to playing in the rear part of their side, which extends from the rear boundary to 1.5 meters from the net. One player (the playmaker) stands on the front boundary which is 1.5 meters to the net or centerline.

At the beginning of the game, a player serves the ball over the net. Once over the net, the ball cannot touch the ground and must be passed between teammates a maximum of three times. If the ball touches the ground/floor or goes out of bounds, the opposing team scores a point. The playmaker's role is to pass the ball to one of the three players of his team in the back area to enable their teammate to pass the ball through one of the three rings. In contrast to volleyball, players can catch the ball before passing. The playmaker may not throw the ball through the rings. All players can move during a game, but only without the ball. No player can move while holding the ball.

There is a rotation of players after each change of service (like in a volleyball game). The first team to reach 15 points (with the rule of 2 advantage points) wins a set. The game is over after 3 sets.



Equipment and Materials:

A special pierścieniówka net with three holes in it and a volleyball.

Age:
10+

Number of players:
3 to 6 per team

Duration:
3 sets of 15 points

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams
3. Complete a walk through the playing area
4. Practice game before introducing scoring
5. Encourage players to communicate throughout the game
6. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Increase/decrease the level of net
2. Range of balls can be used that vary in weight, size, speed, texture, density etc.
3. Audible equipment can be used (e.g. bell or rattle ball, nets that have a buzzer)
4. Brightly coloured equipment can be used

Rules

1. Increase/decrease number of players
2. Allow ball to bounce once before being returned
3. Minimise the number of rules or introduce one rule at a time
4. Allow players to catch the ball any way they can



Environment

1. Increase/decrease size of boundary areas
2. Increase/decrease size of playing area

