

Polskie ringo

(Polish ringo)



Aim of the game: To win 2 or 3 sets of 15 points each by throwing the 'ringo' over the net to the opponent's side.

Set up: Indoor or outdoor volleyball court (18 x 9 meters) with any surface. Place the tape string/net 2.24 meters high

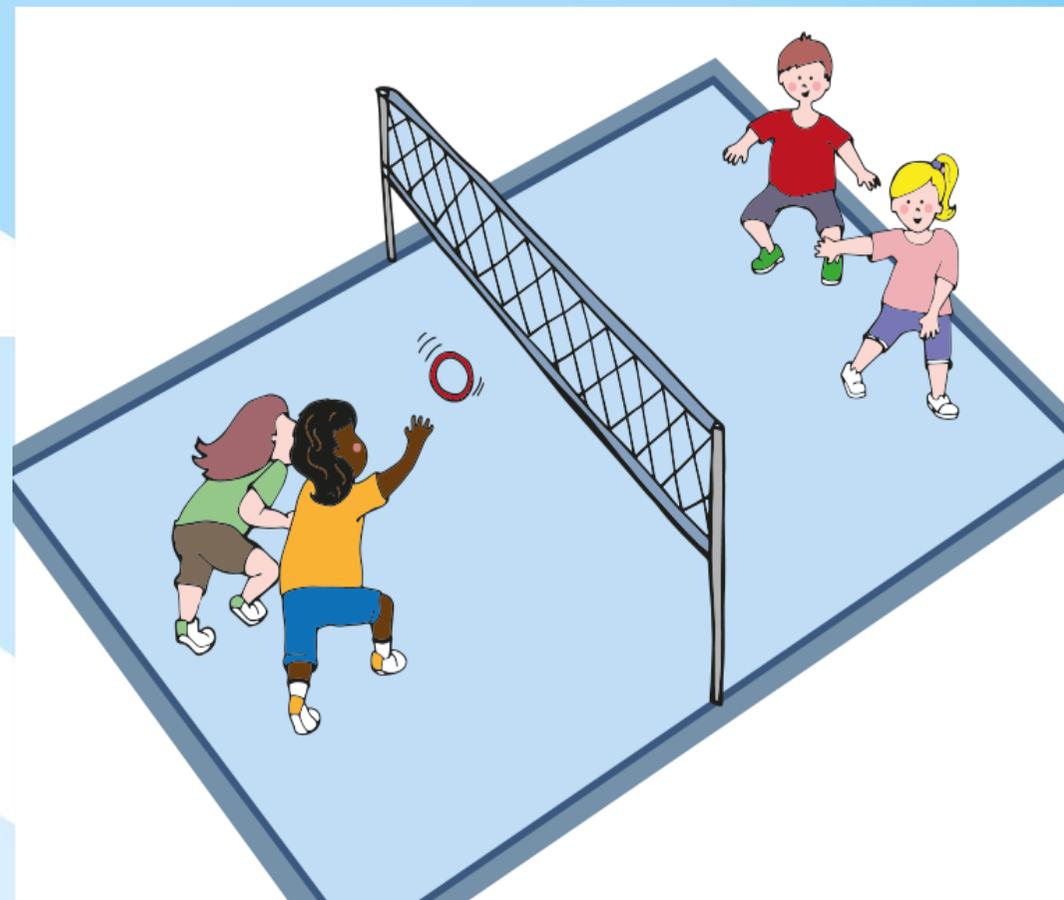
Rules:

In an individual game the serving player starts with a service (throwing the ring over the net to the opponent's side) from behind the end line, while the opponent is awaiting the ring on his half of the court. When he grabs the ring he cannot move with it but only throw it over the net to try to score a point. The game continues until one of the players makes a mistake or doesn't manage to catch the ring.

The 2x2 and 3x3 games begin by having one participant from each side stand behind the end line and serve the 'ringo' at the same time. Serving changes every 3 points at each side. When one of the rings hits the ground the players don't stop the game but play on until the second ring falls down and touches the ground, then the referee counts the points scored by each team.

Points are scored when a player does not catch the ring properly (the ring should be caught with one hand only) or does not catch it at all, a participant changes the ring from one hand to another (he must throw it with the same hand he grabbed it), a ring hits the ground or the net or doesn't cross to the opposite half of the court, the throwing person loses contact with the ground (1 foot must be in contact with the floor at all times), the throwing person tries to fake a toss over the tape, the 'ringo' flies vertically, a player makes more than 1 step forward, a player holds the ring for longer than 5 sec.

A Ringo consists of 2 or 3 winning sets, each up to 15 points with sides swapping every 8 points. If at the end of a set the score equals 14 – 14, the set continues until one of the two teams reaches a two points lead, or the 17th point.



Equipment and Materials:

Rubber ring(s) (1 for individual games; 2 for team games), 12m of tape/string equipped with colourful flags (can also be a net),

Age:
9+

Number of players:
1 - 3 per team

Duration:
2 or 3 sets of 15 points

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Teaching Style

1. Provide clear and simple instruction
2. Encourage players to use space in the court effectively
3. Encourage players to try different ways of throwing – e.g. underarm or overarm
4. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Increase/decrease the net level
2. Use string with flags instead of a net
3. Have bells on the net – make sure it is a bright colour

Rules

1. Each player must touch the ringo before it is thrown back
2. Allow an increased number of steps with the ringo
3. Allow players to catch the ringo any way they want
4. Introduce 2 ringos at the same time

Environment

1. Increase/decrease size of court
2. Increase/decrease number of players on each team

