

# Ringtennis

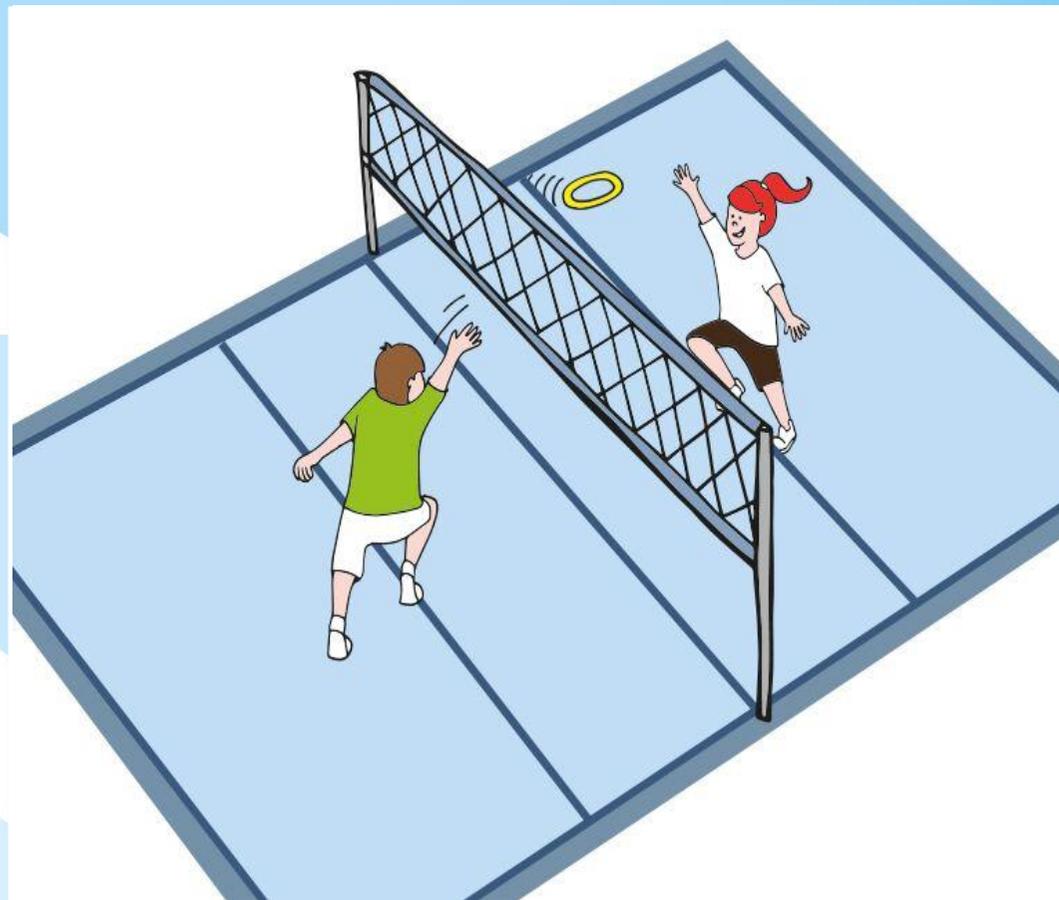


**Aim of the game:** To throw the 'ring' over the net to the opponent's side

**Set up:** Any indoor or outdoor area that allows the participants to play. Court size: 12,2 m x 3,7 m (single) or 12,2 m x 5,5 m (double).

## Rules:

2 playing zones (each: 4,60 m base line x 5,20 m side line). Between the playing zones is the net and the neutral zone (1,80m). Ringtennis is designed as a no contact game. Matches are played for 10 minutes (adults) or for 8 minutes (children) in both directions. Each point is gained via a mistake of the opponent, or lost by the player's own mistake. If both players/teams score the same number of "rings" the match ends with a draw. The ring has to be served by the player who won the last point. The serve has to be made immediately and from behind the baseline (the field's border). The opponent(s) have to try to catch the ring with one hand only, and to score by throwing the ring back – and so on until one of the players faults. Players are allowed to take two steps once the ring has been caught and should throw it back before taking the third step. Downward shots are not allowed.



## Equipment and Materials:

Ring made of white or yellow solid rubber; net (height: 1,65)

**Age:**  
5+

**Number of players:**  
1x1 or 2x2

**Duration:**  
2 x 8 minutes.

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## Let's Inklusivize TSG!

### Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the team
3. Complete a walk through the playing area
4. Practice games 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. Range of rings can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used
3. Brightly coloured equipment can be used
4. Use a flat net or just a line instead of the net

### Rules

1. Allow the ring to be picked up from the ground (instead of being caught) in a defined time frame
2. Allow the ring to be caught with both hands
3. Increase/decrease time limit
4. Increase/decrease number of players

### Environment

1. Increase/decrease the playing area/distance/ boundaries/zones/shape
2. Ensure the playing area has a smooth surface and is free of obstacles
3. Increase/decrease level of net

