



What is Ringo?

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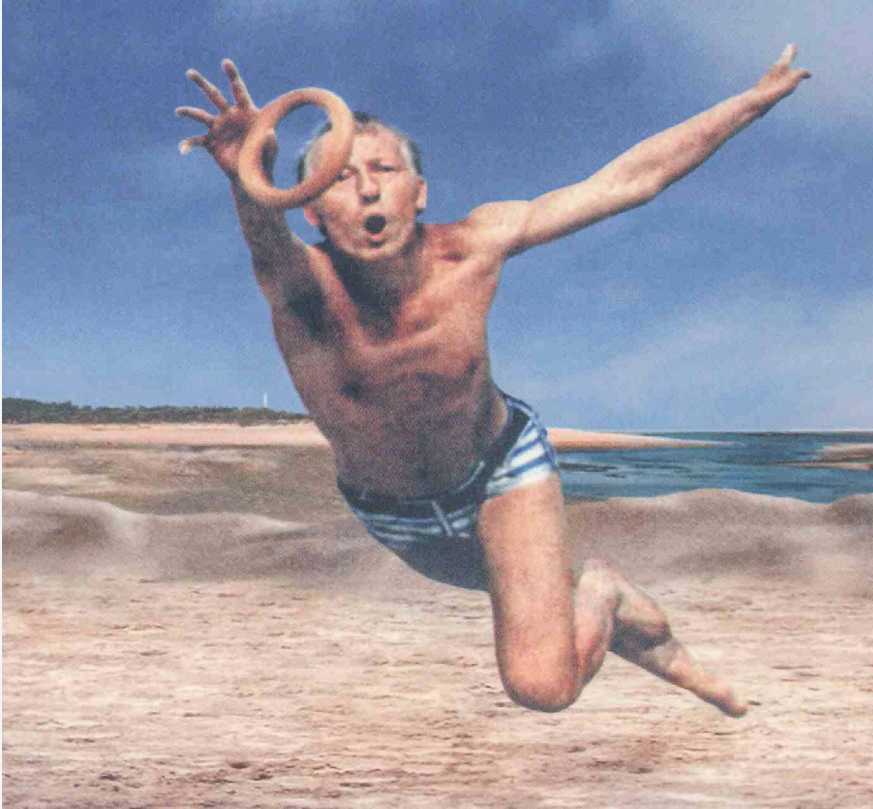
"Sport is the elixir of youth, and the ringo is a sport most universal and accessible to everyone. Ringo required full symmetry of movement, which accelerates the development of functional brain."

[Starosta, 1995]



In existence for over 50 years and, since 1973, as a Polish sport for everyone.

- Wonderful
- Recreational
- Professional
- Rich technique and tactic
- Health values



According to the inventor of the game, "Ringo is a gift for Poland and the world" and "the most democratic of all sports"

Strzyżewski (1972, 1979, 1999)



“Feeling of ringo”

The ability to put optimal strength into a throw and to give the action and speed necessary for the ring to fall onto exactly planned spot.



How to play?

Ringo demo

Ring

- Hollow rubber
- 17cm diameter
- 160g weight
- Made in such manner not to cause serious finger injuries

Ringo demo

Court

- Rectangle
- Doubles: 18mx9m
- Single: 18mx8m
- Separated with a net into two equal parts

Ringo demo

Net

- Similar to volleyball
- 2.43 m (different for young and old age)

Ringo demo

Discipline

- Individual and team sport
- 1 x 1 or team against team
- A team can consist of 2 or 3 players, female, male or just mixed

Ringo demo

Main Goal

- Catch the ring and throw it over the net, so it hits the ground

Ringo demo

Who wins?

- Player or team who reaches 15 points wins the match
- 14:14 - up to 16
- 15:15 - one side score 17

Ringo demo

Service

- One handed
- Single
 - changes every 3 points
 - if ring touches net after service, reservice is declared
- Team
 - changes every 5 or 6 points
 - if ring touches net after service, no point for any team

Ringo demo

Catch

- One handed (if catch with two handed it is fault)
- After catch it, if ring touches playground it is fault
- Is possible to recatch the ring
- Player can catch two rings simultaneously

Ringo demo

Steps

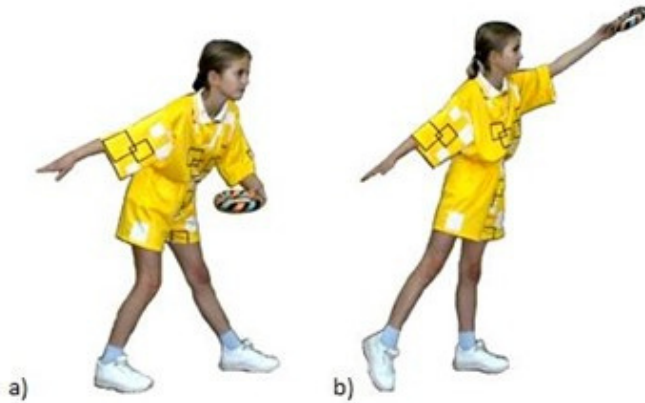
- While catching the ring with one foot on the ground, player is allowed to make one step forward to the net
- After catching in flight, player is allowed to make two steps

Ringo demo

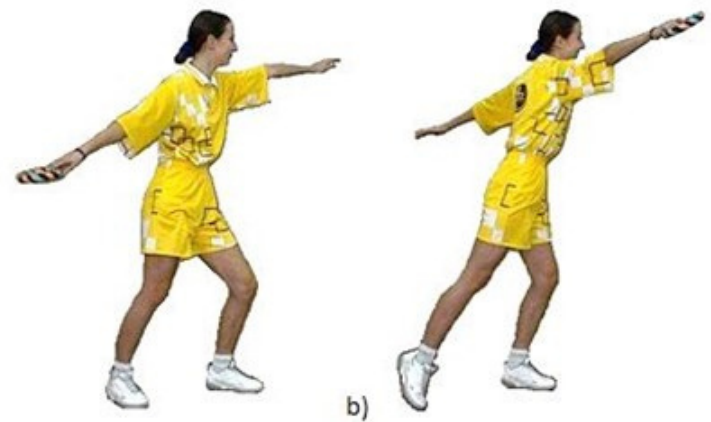
Throw

- Vertical throws are not allowed
- The ring should flight parallel to the playground
- Wobbling more than 45 degrees is not allowed

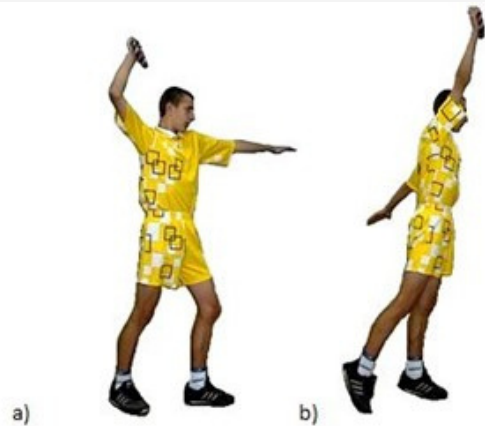
Throw techniques



Phasis of technique throw from bottom – a) final and b) beginning [Wangryn, 2001].



Phasis of technique discus throw - a) beginning, b) final [Wagryn, 2001]



Phasis of technique from above or higher (top) throw: a) beginning, b) final [Wangryn, 2001].



Phasis of technique javelin throw - a) beginning, b) final [Wangryn, 2001]

Ringo demo

Passive game

- Only in team plays
- If one ring is thrown twice high to the last third
- Active game is expected if two rings are in play then after two high throws



Webgraphy

<http://www.ringo.org.pl/irf/index.php/12-about-ringo>
(International Ringo Federation, 2012)

Thank you for watching!

**Let's see if you were
paying attention!**

