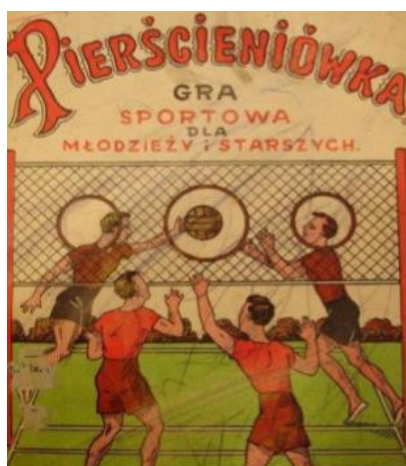




Introduction:

The Polish traditional game "Pierścieniówka" (eng. Ringnetball) was invented by a Polish teacher – Władysław Robakowski during his observations of fishermen, throwing buoys through leaky nets on Polish lakes.



Integrational values

Ringnetball is an effective sport tool for integrating people with physical disabilities with able-bodied people. The game can be played by players with physical disabilities, e.g. in wheelchairs, and able-bodied players (the so-called "walking"), who play in a standing position. See section: "Possible adaptations to the needs of people with disabilities."



Essentials

The aim of the game is to throw the ball through one of the three holes in the net so that it falls on the opposing team's court or to force the opponents to make a mistake (e.g. not catching the ball or not throwing it correctly through the hole in the net).

Playing area and equipment:

The pitch has the dimensions of 18m x 9m, similar to a volleyball court.



Equipment

A **net** with 3 special holes in the middle (available in Poland). One hole with a diameter of 70 cm in the center and two with a diameter of 50 cm on the sides; a volleyball ball.



Number of players:

2 teams, 4-6 players on each side + max. 5 substitutes.



The aim of the game is to throw the ball through one of the three holes in the net so that it falls on the opposing team's court or to force the opponents to make a mistake (e.g. not catching the ball or not throwing it correctly through the hole in the net).

The ball can be thrown with any part of the body. A player may throw the ball once, and a team may throw it a maximum of 3 times, before passing it to the opponent's side. The maximum number of players on the pitch is 12 people, max. 6 in each team.

In case of a larger number of players, the remaining players are substitutes. **In integration Ringnetball**, each team must have 2 players, playing in a sitting position (chair, wheelchair, etc.) during the game.

A set is won when a team scores at least 15 points and has an advantage of at least 2 points over its opponent.

The time and length of the game, just like in volleyball, is not limited. The match continues until one team wins 3 sets. If necessary, the fifth set is played as a tie-break and follows the same principles as the previous ones.

Serving and throwing the ball in Pierścieniówka:

The game begins with a serve over the net (as in volleyball). The serve must be made from an appropriate zone (different for able-bodied players – those playing in a standing position – and for players with disabilities).

After serving the ball to the opponent's side, the receiving team, in order not to lose a point, should catch the ball with both hands and use a maximum of 3 passes to throw it through one of the 3 holes.

If the ball is not caught in the playing area, or if it touches the ground while passing, the serving team scores a point.

Then the player from the team that scored the point returns to the serving court and serves again.



Players' positions:

3 players are situated in the **first line** – these are the attackers – their playing field is separated from the net by a minimum of 1.5 m.

2-3 remaining players are in the **defense line**.

Each player has the same functions – he or she can both throw the ball through holes in the net and catch (defend) it. However, none of them can cross the 1.5 m line from the net.

The right winger from the second line starts the game – he/she serves the ball by hitting, throwing or kicking it (depending on his/her mobility). After each point loss, the serving player is rotated.

Each team can pass the ball 1 to 3 times, after which it must be thrown to the opposite side through one of the three hole in the net. If not, the opposing team receives a point and the serving team is changed.

Players can take a maximum of **three steps** (or three hand movements for wheelchair mobility).

They can also pass the ball to other players and move without the ball to be in the best position to pass the ball through the hole. Players also have the option of throwing the ball directly through the hole, without passing.



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The pitch is surrounded by two side lines and two end lines. The free zone around the pitch should be at least two meters on each side.

The pitch is divided into two halves, separated by a net suspended in the middle, parallel to the end line. The net is suspended at the same height as in volleyball. The referee supervises the rules of the game.

Possible adaptations to the needs of people with disabilities

Ringnetball can be used as a game for various types of disabilities:

a) for people with physical disabilities:

- changing the height of the net,
- change in the dimensions of the pitch,
- changing the size of the ball (smaller, bigger, heavier, lighter),
- using sound facilities (e.g. a ball with bells),
- reducing the distance of 1.5 m from the net,
- reducing the distance from the net when serving,
- allowing more touches of the ball (more passes).

b) for people with visual disabilities, it is recommended to use bright colors (ball, net, holes, pitch border markers etc.),

c) for people with intellectual disabilities, no changes are necessary. However, it is important to clearly explain the rules, and to provide help during the game at the beginning in understanding the stages of its course (serving as in volleyball, then catching the ball, passing or throwing it through one of the holes in the net).



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