



Introduction (history):

Polish Ringo was created in Warsaw, Poland in the 1950s. Initially, it was a part of the training of a Polish fencer – Włodzimierz Strzyżewski. He was trying to go for a training camp but didn't get permission from his place of work. Instead, he stayed in Warsaw and used rubber rings for his training. Afterwards, he invented a sport, called Ringo (from the shape of the rubber rings, used for playing).

In 1968, this sport was presented during the Olympic Games in Mexico.

Then, it has been constantly developing. The Polish Association of Ringo was created and also the International Federation of Ringo in Poland. Currently, there are regular competitions in this sport, with Polish and World Championships included.

Nowadays, there is the Polish Association of Ringo and International Ringo Federation (based in Poland), which organize many regular competitions in Ringo at various levels in Poland and abroad, including World Championships in this sport.

Description of the game:

Ringo consists in throwing a rubber ring over a tape, a rope, a string or a net so that it falls onto the opponent's field. This ring can be bought cheaply in many stores.

You need a flat surface 12-18 meters long and 6-9 meters wide. It should be divided into two halves, by hanging in the middle a string, a net or a rope at a height depending

on the age and the height of the players (2.00-2.43 meters). You can play one-to-one or in teams of two or three participants each side (or even bigger).

In one-to-one version, one player starts the game with a serve from behind the end line – he or she has to throw the ring over a net or a tape with one hand to the other half of the pitch. The opponent tries to catch it (also with one hand) and flip it again with the same hand over the string/net/tape.

Players only move around the pitch without a ring in their hands. When they catch it, they must stop and flip the ring. When the ring hits the ground on the opponent's field of play, the game is interrupted and the team which managed to force its counterpart not to catch the ring, gets a point.

If the ring flies under the net or falls to the ground off the pitch, the team which committed this mistake loses a point.

In the team version, you play with one ring in teams of 2 or 3 participants a side or you can try a more professional type of ringo – playing with two rings, flying simultaneously!



Integration values and possible adaptations

Ringo is a dynamic game for everyone. It's very simple and easy to organize. You can play both outdoors and indoors, one-to-one, in pairs or in bigger teams. You can organize recreational games almost everywhere. You only need a string, a rope, a tape or something else to hang and a small, rubber ring (ringo) that is cheap and accessible to buy in many stores.

It has been proven that this sport has a very positive effect on widely understood health and physical fitness of children and adults. Besides, it is a joyful game that simply gives a lot of fun to all its players.



The **possible adaptations** for playing with people with disabilities:

A. For people in wheelchairs:

1. They can have able-bodied assistants, who can push their wheelchairs, while moving to catch the ringo.
2. Organise it on a flat surface, without any obstacles.
3. Consider lowering the height of the net/string.

B. For visually impaired people:

1. Use a net/string and ringo in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to ringo.



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