

RINGS

COVID-19 RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics Rings competitions.

Athletes need to follow the social distancing rule of staying 6 feet apart.

OFFICIAL EVENTS OFFERED

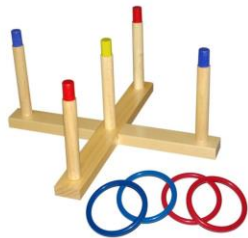
1. Individual Skills (can also be played virtually)
2. Team Competition (doubles two-person)
3. Unified Sports® Rings (two-person)

MEDICAL DEADLINE AND PARTICIPANT ELIGIBILITY

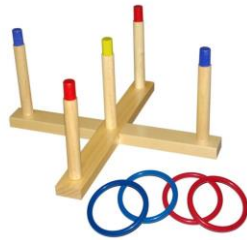
Athletes must have an active Medical Form AND COVID-19 Participant Release Form on file with the Special Olympics State Office. Coaches and Unified Partners must have an active Class A Application AND COVID-19 Participant Release Form on file. The Medical or Class A Forms must be received or postmarked by the registration deadline and remain valid through the results submission window. The COVID-19 Participant Release Form only needs to be completed once and must be received or postmarked by the registration deadline.

SECTION A – GENERAL RULES

1. Individual Skills
 - a. Equipment – 4 Rings and Peg board that has 4 outside pegs and one middle peg



- b. Court- Three foot wide end line with pegboard stationed 12 feet from the end line. Any level surface inside or outside is acceptable
 - c. Scoring – Each athlete will have three consecutive trials. Each trial will consist of tossing 4 rings. The athlete must use an under hand toss. The athlete will retrieve the rings after each trial. At the end of the three trials, the rings will be disinfected before the next athlete.
 - d. Scoring – Each turn will be determined as follows: points are awarded based on the peg their rings are over. The closest outside rings are scored 1 point, farthest outside rings are scored 2 and middle peg scores 3 points. The total of the three trials will be their score.
2. Team Competition
 - a. Coaching: Once competition begins, coaches and spectators are not allowed to coach.
 - b. Equipment – Ring Toss is played with four rings. Peg board has 4 outside pegs and one middle peg



- c. Court- Three foot wide end line with pegboard stationed 12 feet from the end line. Any level surface inside or outside is acceptable. Only one athlete may be at the end line to toss their ring. All others need to stay 6 feet away from the athlete tossing and each other.
- d. Sequence of Play – A coin toss by the referee will determine which team starts. Player one from team A will toss 2 rings, followed by player two of team A toss the other 2 rings. The score is marked down and the official will collect the rings to disinfect. Team B then toss their rings. The athlete must use an under hand toss.
- e. Scoring – At the end of each frame, points will be determined as follows: points are awarded to each team based on the peg their rings are over. The closest outside rings are scored 1 point, farthest outside rings are scored 2 and middle peg scores 3 points. The higher scoring team for each frame will go first for the subsequent frame. The referee will be responsible for the validity of the scoreboard and scorecard.
- f. Ties at the End of Frame – In the event that both teams have the same score, the team that went first will go first for the next frame.
- g. Winning Score-Games are played to 21 points. A time limit of 30 minutes per game is in effect at all competitions. All points are scored in the final frame. No new frame may be started after 25 minutes unless a tie exists. Tie games will be played out until one team is leading at the end of a frame. A forfeited game shall be scored as a 21 – 0 victory for the winning team.
- h. Ties at the end of Tournament Play - if two or more teams are tied in the final place standings at the end of competition, ties will be broken by the following tie break procedure:
 - i. Head to Head
 - ii. Point Differential
 - iii. Total Points Scored
 - iv. Eight Point or 30-Minute Maximum Tie-Break Game
- i. Substitutions
 - i. Official Notification - Officials must be notified of line up changes prior to scheduled game time or it will result in forfeiture of the match.
 - ii. Rotation of the Players between games
 - 1) Rotation of Players – Team rosters may have up to three athletes per team with two athletes playing per game. Player rotation (changing the team lineup) may take place between games and any two of the three athletes on the roster may be used for the line up for any games played.
 - 2) Limitations – Once a player has registered for one team during the tournament, the player may not play for any other team during that tournament.
- j. Timeouts and Delays of Game

- i. Circumstances
 - 1) Timeout – The official may grant a timeout whenever the circumstances explained appear to be of sufficient validity to do so. The timeout will be limited to 10 minutes.
 - 2) Intentional Delay of Game – If, in the opinion of the official, the game is intentionally delayed without sufficient or valid reason, the official must give a warning. If play is not resumed immediately, the delaying team will forfeit the match.
- k. Specific Fouls
 - i. Foul line Fouls –any part of the player’s foot or any apparatus used by an athlete such as a wheelchair, crutches, cane, etc., may not cross the foul line. A referee, as a result of witnessing the foul, must call all fouls. The penalty for a player committing the foul will be to declare the specific ring being thrown dead. The referee remove the just-released ring from the court.
 - ii. Player Plays More than Allotted Number of Rings – When a player tosses an extra ring during a frame, the ring in question is declared dead.
 - iii. If a player from the wrong team tosses first, the referee will return the ring and begin the frame over.
- l. Player Behavior
 - i. Whenever possible, a player should move off the court when an opponent is playing.
 - ii. Unsportsmanlike Conduct - Players shall act in a sportsmanlike manner at all times. Any act that is deemed as poor sportsmanship such as insulting language, gestures, actions, or words which produce ill-will, if flagrant, may result in disqualification.

SECTION B – DIVISIONING

1. All teams will play as coed open teams.
2. Teams will be divisioned according to a “Team Score” compiled in the Ring Toss Skills Assessment Test prior to district competitions, coaches’ input and scores of at least two games played versus other Special Olympics Ring Toss teams. The Ring Toss Skills Assessment Test “Team Average” is determined by adding the team’s top two players’ scores and dividing that total by two.

SECTION C – UNIFORMS

1. Proper Attire – Players will dress in a manner which will serve to bring credit to them and the sport of Ring Toss. Players not wearing proper attire will not be allowed to participate. All players on a team shall wear uniform tops that are identical in color, trim and style. Players may wear shorts, warm-up pants, or pants that need not be identical in color. (Player bottoms may vary between shorts and long pants on the same team.) No denim jeans or cut offs!
2. Footwear – Players will not be permitted to wear shoes which may damage or disrupt the court surface. Shoes must cover participant’s toes. Players will not be permitted to compete wearing sandals, flip flops or no shoes.

SECTION D – UNIFIED COMPETITION

1. Each Unified Sports team event shall consist of one athlete and one partner for all rounds.
2. Each game shall follow the same rules as above.

RINGS SKILLS ASSESSMENT TEST (RSAT)

1. The RSAT is designed specifically to measure the basic skills necessary to participate in the sport of Rings i.e., the delivery of the ring, while focusing on a target.
2. All athletes to be entered in Rings competition must have completed the entire RSAT (along with his or her team members) in order to be eligible for all Rings competition.
3. Caution: You should administer the RSAT only after athletes have become familiar with the scoring area and procedures. In addition, administer the RSAT shortly before your district entries are due.

**RINGS SKILLS ASSESSMENT TEST (RSAT)
SCORE SHEET**

Agency Number: _____ Agency Name: _____

Team Name: _____

Test:

- a. Each player being tested will stand behind the throwing line 12 feet from the peg board and will deliver four rings. The tosses will be totaled up.
- b. They will have three consecutive trials. The rings will then be disinfected before the next athlete.
- c. All three trials will be added.
- d. The two top players scores will be added together and then divided by 2. This is the team average.

TEAM MEMBERS		TRIALS 15 feet from the peg boards			*TOTAL OF 3 scores from each trial
		1	2	3	
1					
2					
3					

IMPORTANT:

RSAT TEAM AVERAGE When all three trials are completed, each of the three scores shall be added together into one cumulative score.

The sum of the top two (best) athlete totals for all of the three trials = _____ divided by 2 = _____

Transfer this total to district registrations. If you have more than one team, rank your teams, with the best team having 1 the next 2 and so forth.