1. This game is played by throwing a rubber ring across the net (5 feet from ground).

The court is the same for singles and doubles.

2. The ring is put in play by a serve from behind the service line starting at the right as in tennis.

3. The ring is tossed by either an underhand or a horizontal movement of the arm or wrist, never thrown with a downward movement. It must be caught (before it touches the ground and without touching the clothing of the body) with one hand only and must be returned immediately with a rise of at least 6 inches from the place where it was caught and with the same hand. The player

may not run with, bat, or make false delivery motions (feint) with the ring. The ring may not be crumpled in sending it.

Only one serve is permitted, provided it is not a new serve. Net serve is taken over.

- 4. Scoring is same as in tennis. Player must win 2 out of 3 sets.
- 5. Points are scored for the opponents if the player:
  - a) misses or does not catch the ring before it touches the floor, body or clothing when served or tossed in "play"

b) catches the ring with both hands

c) sorves the ring into the net

d) sorves or tosses the ring outside of the court line or against the ceiling

e) bats the ring f) juggles the ring

g) fails to return the ring immediately h) throws the ring with a downward motion

i) reaches over the net in catching or tossing

j) crumples the ring in throwing it

k) feints with hand holding the ring to mislead the opponent as to direction of delivery

1) allows ring to touch her body or clothing

m) server commits a foot fault

n) served ring fails to go in proper court (diagonnally opposite)

## Suggestions on Playing the Game.

Practice tossing the ring easy during the first few games until

accuracy and speed are developed.

By giving an upward, forward and backhand flipping motion to the hand when close to the net, the ring will travel along the net, rise and drop over where it is not expected.

Learn to use either hand.

Attempt to make a quick return before the opponent recovers

balance or position.

If the ring is going out, do not touch it, for touching it but not catching it would score against the player who touched it last.

## In Doubles Games:

1. In case both players of a pair are absent, set is forfeited to opponent.

2. Each of the 3 teams of an organization plays one set thus making a total of 3 sets for the match.