- If two darts land in the same place or cause an overlap of rings, the second dart must be thrown again. If a dart lands in a double, the ring must be pinned so the edge is touching the double wire with the rest of the ring over the darts playing area
- Once all players' target rings are in place, the first player aims (using their preferred throwing hand) to land their darts in their own target ring to score points
- If one dart out of three lands through their own ring they score one point
- If two darts out of three land through their own ring they have a choice to either:-
  » Take two points, or
  » Choose to move their ring or an opponent's ring to another location on the dartboard
- If a player gets three out of three darts through their own ring they have a choice to:-
  » Gain three points
  » Elect to change their ring to a larger ring – making it easier for them to score, or
  » Elect to reduce an opponent's ring to the next size down
- Alternatively a player can aim for an opponent's target ring
- For every dart a player throws through an opponent's ring, a point will be deducted from that opponent's score
- If a player gets 3 darts through their opponents ring they can either:-
- Knock 3 points off that opponent's score
- Change the opponent's ring to a smaller ring, or
- They can elect to change their own ring up a size
- The 6 dart bonus - if a player throws 3 darts through their own ring and elects to take the points, then throws 3 darts through their own ring on their next turn – again, taking the points, they will get a six dart bonus. In total, they receive the 6 points from their throws, and an additional 3 points for the bonus, gaining them a total 9 points for two turns
- The game can be played to achieve any predetermined score of an even number (e.g. 22, 32, 42, 52, 102 etc). To win the game, a player must win by a clear two points. For example; if both players are on 51 points and the game is being played to get 52 points, to win a player must get 53 points to win the game. The first player to reach the determined score wins the game

Game 2 - 20 to 3 (Any number of players)

- A player mounts any sized ring on the 20 point target area. The top of the ring should be aligned with the top of the outer double wire of the target area.
- When the player throws a dart through the ring, they then unpin the ring and let the ring drop down onto the dart. The ring is then re-pinned into position and the dart is removed
- The position of the ring will eventually move down the board, where the process is repeated until the ring is positioned at the bottom in the double 3 point target area
- The aim of the game is to see how few darts it takes to get the ring from the top of the board to the bottom
- If at any point a ring moves as a result of being hit by a dart, the ring must stay in that position until the player has thrown all three of their darts – at which point they can remove their darts and return the ring to its original position
- If a ring comes off the board, it may be replaced immediately.

Game 3 - Killer Rings (One to four players • Five levels of play)

- Beginner's game is ring size 5 and pro game is ring size 1
- Once the level of play has been selected, players either use the same sized number ring or the better players throw at the smaller rings of the opponent's number.
- The objective of the game is to 'kill' your opponents off by throwing darts through their ring
- Players start with a total of three lives, this is the maximum number of lives each player can possess at any one time
- Each time a player throws a dart through an opponent's ring, the player will lose a life. Each time a player throws a dart through their own ring, they will gain a life.

To determine who goes first:

- Player one throws a dart with their opposite hand to determine the starting point for player two. Player two repeats this for player three etc. Player four determines the starting point for player 1
- The player who lands their dart nearest to the bull goes first

To begin play:

- Before any player can start killing off other players they must first land a dart in their own double
- For example – if a player's ring is positioned over both the 20 and 1 section of the board, the number in which the player's first dart (the dart that determined the position of the ring) landed will be the number of the double which the player needs to hit
- A 'Killer' can aim for any one of their opponent's rings
- A player is out once they have lost all three lives
- The sole remaining player wins the game

Game 4 - Eliminator (Any number of players)

- Each player starts with 3 lives. Players can only have 3 lives max in the game
- The player who lands their dart closest to the bull goes first
- Start with the Beginner's ring (Number 5), and pin this between the double and treble on number 1
- Each player will throw a total of 3 darts at the ring
- If a player does not get any of their 3 darts through the ring, they lose a life
- If a player throws 3 of their darts though the ring, they gain a life
- All the players take their turn at the number 1 ring, then the ring is moved to the number 2 position on the board
- The Beginner's ring (No 5), will be used for numbers 1, 2, 3 & 4 on the board
- Ring Number 4 will be used for numbers 5, 6, 7 & 8 on the board
- Ring Number 3 will be used for numbers 9, 10, 11 & 12 on the board
- Ring Number 2 will be used for numbers 13, 14, 15 & 16 on the board
- And ring Number 1 will be used for numbers 17, 18, 19 & 20 on the board
- The players play around the board from number one all the way round to number 20
- If there is no winner when the players reach number 20, then the game continues, starting back at number 1, with the next ring size down, the number 4 ring on 1, 2, 3 and 4 etc
- Repeat these steps until there is only one player left with lives – they are the winner.

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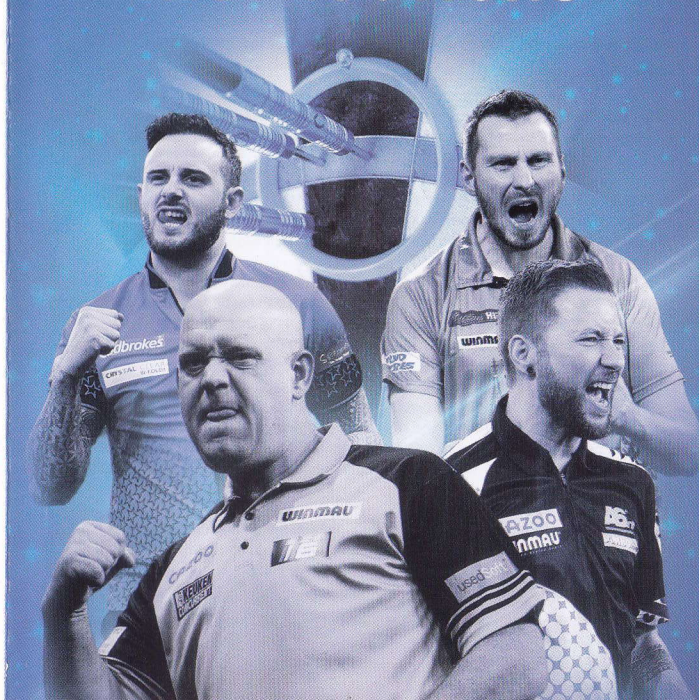
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CONTENTS:

- The Pro ring (No. 1) - 10mm
- The Semi-Pro ring (No. 2) - 15mm
- The Advanced ring (No. 3) - 26mm
- The Improved ring (No. 4) - 45mm
- The Beginner's ring (No. 5) - 60mm
- x2 sets of rings and pins
- x10 progress target charts

Instructions

PDC PRACTICE RINGS make the complex process of improving accuracy, grouping and developing your perfect rhythm simple and subconscious. With a few fun sessions, your days of playing well one day, struggling the next will be over. The progressive ring system and progress charts are designed to help players of all standards, in a fun way that tracks your overall improvement – the harder you work the better you get.

All instructions and games are demonstrated on video simply visit:

www.winmau.com/practicezone

Instructions to start – First session circa 40 minutes

1. Pin a progress chart to the dartboard over the treble 20 with dartboard section face up, and throw around 50 to 100 darts at the chart.

2. Remove the chart and view the reverse of the target writing down your score and the date for future reference. Maybe take a picture on your phone – tweet us your score if you like: @winmau @OfficialPDC we will reply to everyone.

3. Choose a ring size you feel you can fit 3 darts into once in 20 attempts – to build confidence choose a slightly bigger ring than you feel necessary at the start, as your practice improves you will progress through to the much smaller rings. Note: Never push the pins too far into the board as the rings need to be able to rotate to reduce any bounce outs.

4. Place the chosen ring at any point on the dartboard and throw at that ring for about 20/30 minutes - moving the ring around the dartboard regularly keeps your practice more alert. If you want to practice longer no problem, but make sure you have at least a 5/10 minute break every 30 minutes and don't practice more than 2 hours in any one session.

5. Put your darts away and go for a cuppa – that's the end of first session.

Next and previous sessions

1. Decide if the ring you used last time was pushing you enough – basically if you got 2 or more darts in the ring 3 or 4 times out of 10 throws then you need a smaller ring.

2. Repeat step 4 above for at least another 10 sessions (using smaller rings when necessary).

3. Repeat steps 1 and 2 above with the progress chart and compare the score to your first recorded score, tweet us any results @winmau @OfficialPDC

Top tips for continued improvement

1. Use the progress charts at least once a month on different areas of the board – this will help you to plot your progress as the weeks go by removing guess work by improving scores. You can even test different dart set ups to see what set or shafts and flights really suit your game

2. Go at your own pace. Don't worry about starting off with the Beginner's ring (Number 5), even if you're a good player as this builds confidence very quickly.

3. Have fun sessions where you use more than one ring at a time around the board as it teaches you to move your aim and how you need to naturally move to do this.

4. Practice every segment on the dartboard by throwing darts at rings placed on parts of the dartboard you would never normally practice on. This will really help improve your darts game. How many times do you often see a top dart player on TV miss a single number on a check out and lose the match or leg? More often than you think!

5. Select a ring starting with the Beginner's ring (Number 5) and put on the number 1 segment of the board between the double and treble and throw 3 darts through the ring. Then move the ring to the number 2 and do the same. Repeat this process going through all the numbers; 3, 4, 5, 6… up to the 20. As you improve and become more confident move down a size ring.

6. For advanced accuracy training, move onto putting the rings over the **trebles and doubles** and any other areas of the dartboard that need improving and follow the same process of beginning with easiest and progressing to number 1 ring.

7. It's vital to practice the rhythm of your **checkouts** for better accuracy in your finishing. Try putting the Pro rings (number 1) on the doubles, such as double 20, double 10, double 16 or double 8. Then try some practice **checkouts** eg.

109 - Place a ring over treble 19, single 12, and the Pro ring (Number 1) over double 20.

132 - Place a ring over treble 20, treble 16, and the Pro ring (Number 1) over double 12.

133 - Put the Advanced ring (Number 3) over treble 20, Semi-Pro ring (Number 2) over treble 19, and the Pro ring (Number 1) over double 8.

8. Give all of the **Games** below a try as they can really help. The 20 to 3 game will help you to consistently throw your darts straight.

9. Remember, when you play in your local pub or a darts tournament and cannot use the rings, imagine that the rings are on the board. The **visualisation process** is what these practice rings are all about and will really help you maintain your grouping and aiming.

I feel this is the most important tip I can give you. To be good at any sport you need to **practice and have dedication**. You only get out of darts what you put in. Regularly use the darts practice rings and I can guarantee you will improve your game through better natural rhythm.

SEE OUR FULL RANGE
WINMAU.COM

Practice Ring Games (Videos at winmau.com/practicezone)

There are 4 great games to choose from, all designed to help a specific part of your game – don't leave any out.

1. Group Play
2. 20 to 3
3. Killer Rings
4. Eliminator

Game 1 – Group Play (1 to 4 players ▪ 3 levels)

Before the game starts, players choose the level of game they will be playing; Level 1, 2 or 3

Level one – Beginner game
All players start with the Improved ring (Number 4 the 2nd largest ring). This enables the player to choose to go up in size to the Beginner's ring (Number 5) or down in size to the Advanced ring (Number 3).

Level two – Advanced game
All players start with the Advanced ring (Number 3), and are able to choose to go up in size to the Improved ring (Number 4) or down in size to the Semi-Pro ring (Number 2).

Level three – Pro game
All players start with the Semi-Pro ring (Number 2), and are able to choose to go up in size to the Advanced ring (Number 3) or down in size to the pro ring (Number 1).

How to play:

- Each player takes it in turn to throw one dart at the bull's eye; the player who lands their dart closest to the bullseye will begin their turn first. The second closest will have their turn second etc.

- Player 1 then throws the dart with their opposite hand in order to determine the next player's starting ring position. For example if you are left handed – you will use your right hand to throw the first dart – and vice versa if you are right handed.

- Player 2 does the same thing to determine the position of player 3's target ring. This continues until the final player throws to determine the position of Player 1's target ring.

- The opponents ring is positioned around the dart and must be completely within the playing area of the dartboard.