Rings are the most distinct items in the Sonic the Hedgehog series. Rings serve as a unique health system in gameplay throughout most of the series. In most cases, as long as the players hold even one ring, it will protect them from losing a life upon taking damage. Instead, the players lose a portion of their rings. The amount varies.

In the Sonic the Hedgehog series, rings are unique items that serve as a health system in gameplay. As long as the players hold at least one ring, it protects them from losing a life upon taking damage. Instead, the players lose a portion of their rings. The amount of rings lost varies. This system adds an interesting layer of gameplay, as players must manage their rings while navigating the levels.