

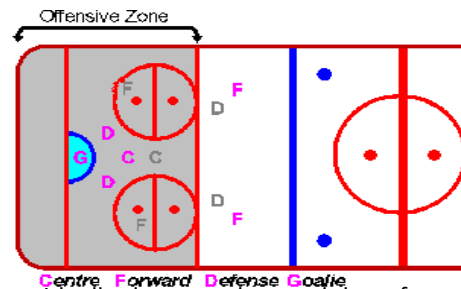
Ringette for Dummies

What is Ringette?

- Fast paced ice sport developed in North Bay, Ontario by the late Sam Jacks in 1963.
- Now played internationally.
- Utilizes zones and team work by making it mandatory to pass over the blue lines
- **Can be played by all ages and skill levels!**

General Rules:

- **Blue Line** – The ring must be passed, shot with the stick, deflected, batted or legally kicked to another player across each blue line
- **Free-play lines** – Each end of the rink has an extra line stretching across the top of the circles, this is called a free-play line and it restricts each team to three players being allowed to be beyond the line in each end.
 - When a team is serving two penalties at least one player from that team must remain outside their defending zone restricted area.
 - If a team pulls their goaltender they can put an extra player into the zone
- **Goal Crease** – No players are allowed in the goal crease at any time except the goalie
- **Free Pass** – The ring is placed in the center of the free pass circle closer to the goal area defended by the team awarded the free pass. Following the whistle the player has 5 seconds to pass the ring outside the circle to a teammate.



- **Penalties** – There is no intentional contact allowed in Ringette, with all rules geared toward the safety of the players.
 - Most penalties are 2 minutes in length but some can warrant a 4 minute major if it is deemed intentional or particularly rough.

Age Divisions include: U7 (Learn to skate), U9, U10, U12, U14, U16, U19, 18+, 30+

Levels of Play include: Houseleague, Recreational, C, B, A, AA

- The Elite AAA athletes from across the province compete in the Ontario Winter Games every two years. Team Ontario is made up from our AAA players and competes at the Canada Winter Games every four years.
- Team Canada is made up of the best players across Canada and competes every four years at the World Championships.

Equipment includes: CSA approved helmet and Ringette facemask, BNQ approved neck protector, elbow pads, protective gloves, girdle or hockey pants, shin pads, skates (no picks!), Ringette stick, shoulder pads (for those in the U19 and under). Goalie equipment – Goal pads, chest protector, goal stick (Blocker and trapper or goalie glove recommended).