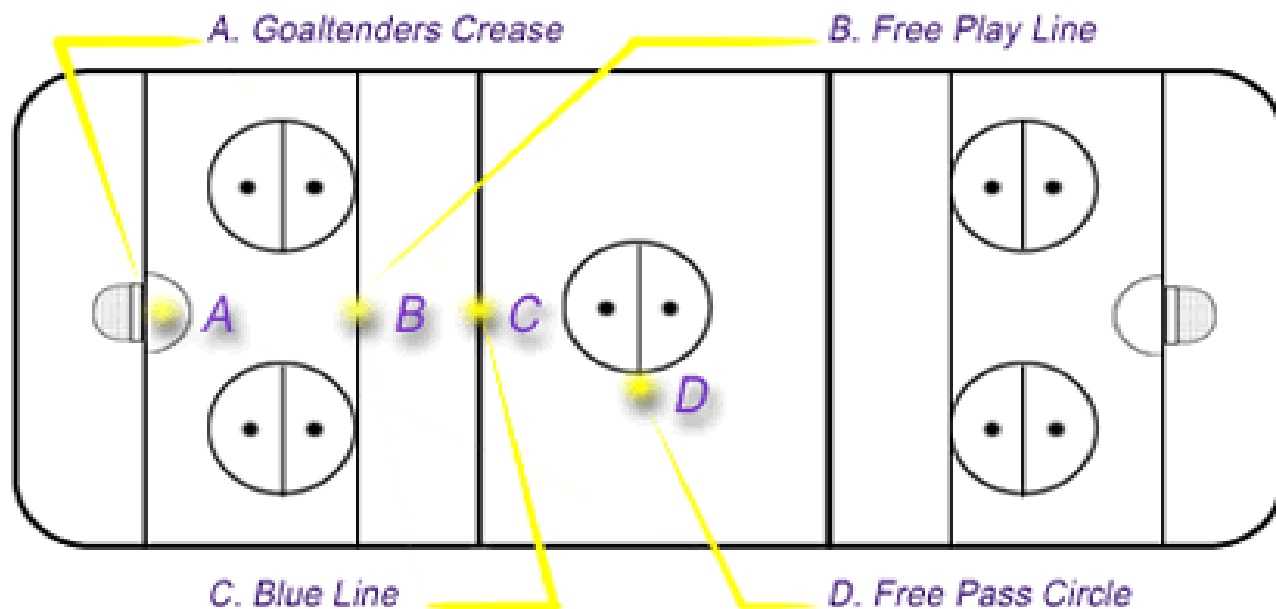


Basic Ringette Rules & Area of Play!



- Ringette promotes strong skating, positioning, passing & team play.
- Ringette promotes fitness, camaraderie & sportsmanship.

Basic Ringette Rules: (See diagram above)

- A) **Goaltenders Crease:** No stick or player can enter the crease. It will be whistled down.
- Goaltender can pick up the ring in the crease and will throw (as best they can) toward a desired corner or teammate → called a *Goalie Ring!*
 - Goaltender has 5 seconds to release the ring
- B) **Free Play Line (or Ringette Line):** This line creates zone play.
- Only 3 offensive players can pass this line in the offensive zone
 - Only 3 defensive players can pass this line in the defensive zone
- C) **Blue Line:** Players must pass the ring across the blue line. If carried across the blue line play will be whistled down and ring possession will be lost.
- 1st Option is to pass to another player, 2nd Option is to bank the ring off an opponent & retrieve it back, or 3rd Option is to bank the ring off the boards.
- D) **Free Pass Circle (or Centre Circle):** There are no face-offs in Ringette.
- Player has 5 seconds to pass from the dots (shown above) to the outside of the circle or loss of possession will occur → *Accuracy & Effort* is needed
 - Free pass will occur after every goal and at start of each half.
- E) **On-ice coaching terms:** (Please familiarize your child to these!)
- *Hashmarks* on zone circles & *Face-off circles* outside blue line
 - *Take the ring:* Command to a player to take the free ring in a designated circle
 - *2 Line pass:* If ring crosses 2 blue lines and we pick it up in the offensive zone, play will be whistled down.