

## A fast, fun and competitive team sport

Ringette is a uniquely Canadian winter sport that's as challenging as it is enjoyable. It was created by Sam Jacks in 1963 and has since been dubbed the fastest sport on ice.

The main objective of ringette is to use a stick to hit a ring into the opposing team's goal. The team with the highest score at the end wins.

**Ringette is a great choice if you're looking for a safe competitive sport for your child. They'll learn to skate, pass, and play in a team—all while making friends and having fun. Here are some other reasons to choose ringette.**

Team sport in which players pass to win.

Competition at every skill level.

Safe, no-contact policy.

Fun and fulfilling at any age.

Friendships for a lifetime.



# WHAT IS RINGETTE



[www.kingstonringette.com](http://www.kingstonringette.com)

With ringette teams for every skill level, there's no limit to where your child can go. From recreational to elite leagues, there are plenty of chances for your child to excel.

Many young players develop an instant passion for the sport, relishing the chance to become agile, fluid skaters while having fun. They also enjoy being part of a great community as they build relationships in their team and across the country.

Who knows, they may even make it all the way to the National Ringette League and be part of the best ringette team in the world!



### We shoot, we score!

The rules of ringette make it a true team sport. In order to win, the whole team must shine. The no-contact policy and constant passing make it easy to work together toward a common goal. As we like to put it, the team that scores together, stays together.

### The goal

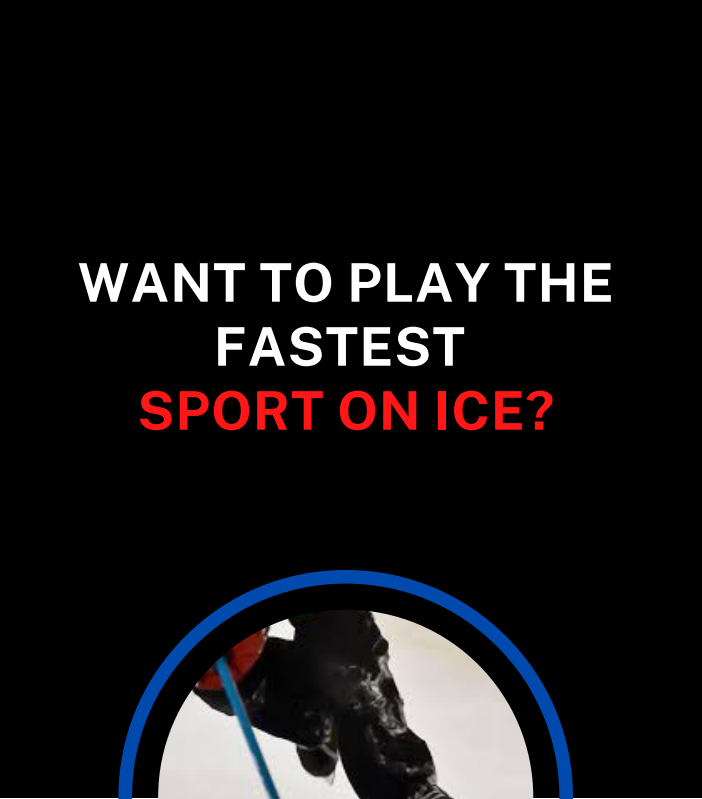
The objective of the game is to use a ringette stick to hit a ring into the opposing team's net. The team with the most goals at the end wins.

### The players

Each team has six players on the ice: two defence, two forwards, a centre and a goalie.

### Benefits of children's ringette

- Develops skating, shooting and passing skills.
- Strengthens social skills and encourages teamwork.
- Facilitates friendships that can last a lifetime.
- Builds confidence on and off the ice.
- Provides a positive and inclusive environment.



## WANT TO PLAY THE FASTEST SPORT ON ICE?



Learn the basics of ringette and try it for yourself. There's no limit to where the ice can take you!