

FOREST XREME RINGETTE PROGRAM

U6

U7

U8



Updated September 2019

Forest, ON N0N 1J0

www.forestringette.com

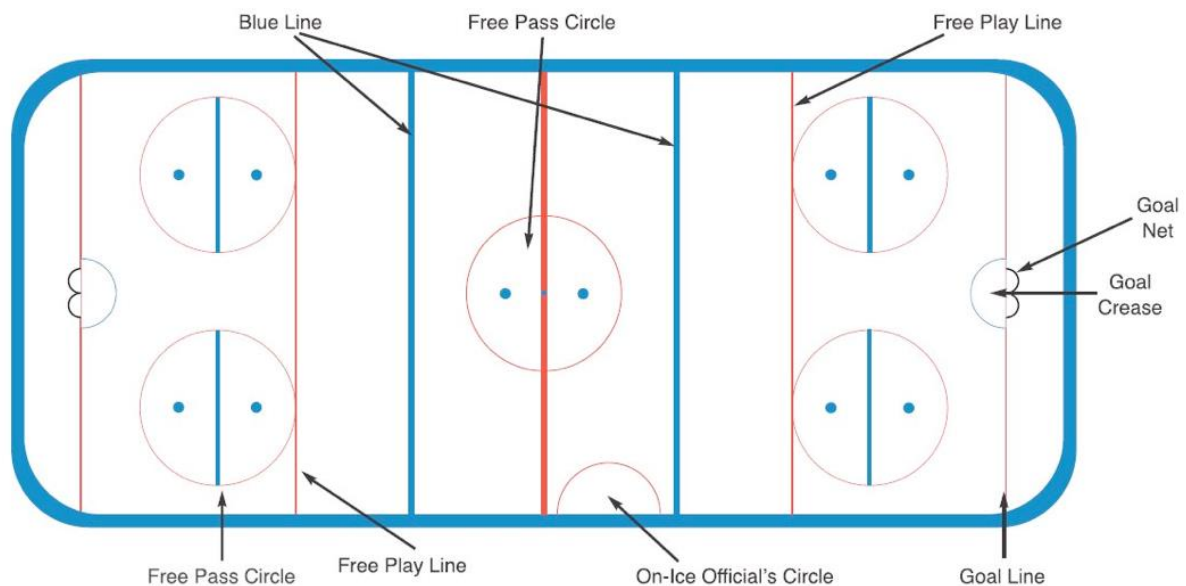
What is Ringette?



Ringette is a Canadian invention that has become one of the fastest team sports on ice. Sam Jacks, a recreation director and sports enthusiast from North Bay, Ontario, invented the sport in 1963 when he saw the need for a winter team sport for girls.

Ringette, like hockey, is played on ice with skates and stick with six players per team on the ice at once. The objective is to score goals by shooting the object of play into the opposing team's net at either end of the rink during stop-time periods of play. But this is where the comparisons between ringette and hockey really end. The stick is straight. The object being pursued by the players is a rubber ring, not a puck. There is no intentional body contact. The rules of ringette make it a wide-open and dynamic sport.

The emphasis is on play-making and skating skills. Players cannot carry the ring across the blue lines on the ice. Only three players from each team, plus the defending goalie, are allowed in the end zones at the same time, which keeps the play open, puts a premium on sharp offensive moves, and requires defending players to skate close to their opponents. These features of the game demand the development of keen skating skills that give ringette players fantastic skating and agility.



Levels of Play



Player's age is based on age as of December 31st at the start of the season.

| Division | Name | Grade | Age |
|----------|-----------|-------------|------------------|
| U6 | Jr. Bunny | JK & SK | 5 years & under |
| U7 | Sr. Bunny | Gr. 1 | 6 years & under |
| U8 | Sr. Bunny | Gr. 2 | 7 years & under |
| U10 | Novice | Gr. 3 & 4 | 9 years & under |
| U12 | Petite | Gr. 5 & 6 | 11 years & under |
| U14 | Tween | Gr. 7 & 8 | 13 years & under |
| U16 | Junior | Gr. 9 & 10 | 15 years & under |
| U19 | Belle | Gr. 11 & 12 | 17 years & under |

Equipment

All players are required to wear all regulation equipment when they are on the ice.



Note: Ringette pants and girdle are required for players novice and up. Hockey pants, hockey socks and jill work fine for U6, U7, and U8.

How are the players organized?



U6

- Players in JK & SK
- Players will practice/skate at one end of the rink

U7 & U8

- Players in Grade 1 & 2
- These players play 12 games per regular season
- These players play in 2 tournaments
- Players will practice/skate at one end of the rink

Players may enter the ice surface once a certified coach is on the ice and the Zamboni doors are closed.

My role as a parent

Parents are their player's biggest cheerleader and fan! Along with bringing your player to the rink for practices and games, parents:

- are a positive role model of sportsmanship
- remain at the arena while the child is on the ice
- run the score clock for games (not included in volunteer hours)
- complete game sheet for games (instructions provided on website)
- complete 4 hours of volunteering in addition to the above items
- providing additional assistance to your child on the ice if you feel necessary (insurance coverage form must be signed before stepping on the ice – by Nov. 1)
- ask the parent rep/coach if you have any questions



The Ringette Season

Forest Xtreme Ringette's season starts the first Saturday after Labour Day and runs until the last weekend in March.

Players in the U6, U7, & U8 program typically skate 2 hours per week. (Wednesdays at 4pm and Saturdays at 8am)

Tournaments

U6

- Bunny Fest (Tuesday of March Break, 2 games, crafts, lunch) in Hensall
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U7 & U8

- Whitby (one day, usually Saturday, 2 games) first weekend in January
- Bunny Fest (Tuesday of March Break, 2 games, crafts, lunch) in Hensall
- Regionals (one day, usually Saturday, 2 games) last weekend of March
- Coaches may choose to register in other tournaments

Raffle Fundraising

Forest Xtreme Ringette organizes fundraising per family. Families are required to write 1 postdated cheque for \$100, dated Nov. 1st. (online now) Families can recoup their \$100 once they sell their raffle tickets.

Banquet

Forest Xtreme Ringette celebrates the season by having a yearend banquet in April for players and their parents. Players and parents are required to buy tickets for the banquet where a meal will be provided.

Volunteer Opportunities



All families within the Forest Xtreme Association are required to complete 4 hours on volunteering. Some examples of volunteer opportunities are:

- Steam Threshers (August)
- Forest Fall Fair (September)
- 3 on 3 tournaments (PD day in November, Family Day, Tuesday of March Break)
- Regionals (last weekend of March)
- Banquet (set up, serving of meal, clean up)
- Any bench staff position, as stated on the TRF
 - Providing additional help on the ice for your child is a choice (insurance coverage form must be signed before stepping on the ice.
- Any ringette board position