

Goderich Ringette Program



Updated July 2025
Goderich ON
www.goderichringette.ca

What is Ringette?

Ringette is a Canadian invention that has become one of the fastest team sports on ice. Ringette, like hockey, is played on ice with skates and sticks 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 playmaking 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:

Division		Age at Registration	Grades
FUN 1	Learn to Skate	All Ages	
FUN 2	Learn to Play	All Ages	
FUN 3	Learn to Compete	9 years & under	3 & 4
U12	Competitive	11 years & under	5 & 6
U14	Competitive	13 years & under	7 & 8
U16	Competitive	15 years & under	9 & 10
U19	Competitive	18 years & under	11 & 12

Objectives of the FUN1 Program

New to skating

Gaining confidence on the ice

Learning to fall, stand up and move safely

Learning basic game structure

To develop the skating skills and confidence of each player, to provide a strong basis for continued skill development.

To ensure that all players have fun and look forward to coming to ringette each week, and want to return to play the following season

To ensure parents and coaches provide a supportive environment for the players to build confidence and self-esteem.

Objectives of the FUN 2 Program

Learning to lengthen stride

Can glide independently and control speed and direction

Ready to learn basic rules of ringette (positions, blue lines)

This program is for children who are new to ringette. The intention of this program is to introduce players to the sport of ringette.

To provide opportunities for game play to allow players an opportunity to be introduced to the rules and strategies of the game and to learn how to play as part of a team.

Playing Surface: Half Ice

Small sized nets (or equivalent)

Game Play: Inter-club and league play

4 v 4 with a Goalie (stick only)

2 minutes shifts

No officials

Coaches on ice

No penalties

To develop the auxiliary ringette skills of the players (passing, stabbing)

Objectives of the FUN 3 Program

FUN 3 is designed for players who have developed basic skating and ringette skills and are ready to transition into a more structured, game-focused environment. This stage bridges the gap between the introductory FUN 1 & FUN 2 levels and the competitive U12 and older divisions.

Introduces full-ice gameplay with official Ringette rules

Emphasizes team play, positional awareness, and game strategy

Builds confidence in a supportive, development-first environment

Focus on sharpening skating, passing, shooting, and defensive skills

Ringette Rules

Ringette is played on ice with 5 skaters and a goalie. Like hockey, the object of the game is to score goals in the net of your opponent...but that's where the similarities really end. Players use a ringette stick (straight, no blade) to pass, control, and shoot an 8" hollow rubber ring between teammates.

The Free-Pass

- Play is started by a free-pass, similar to the start of a soccer game. The player inside the circle "takes the free-pass" and has 5 seconds to pass the ring outside the circle to a teammate — no other teammates can be inside the circle during those 5 seconds, and the player taking the pass cannot skate over the centre line of that circle.
- A stoppage in play results in a free-pass to restart the game, usually in the nearest free-pass circle.
- That said, some defensive free-passes are replaced by a "goaltender ring" to keep the play moving along — the goalie is given the ring and when the whistle blows, he or she has 5 seconds to pass it out of the crease.

Goal Creases

- No players (or sticks) are allowed in the goal crease at any time, except for the goalie and his or her stick.
- If the goalie has possession of the ring, he or she has 5 seconds to pass the ring out of the crease (by throwing it or passing with the stick). If the goalie passes the ring over the blue line, only the opposing team can touch the ring for the next 5 seconds.

Blue Lines

- Ringette is a truly team-focused sport, encouraging passing through its blue line rules.
- Rules restrict any one player from carrying the ring the full length of the ice, as the ring must be passed over each blue line to ANOTHER player.
- There are no offsides, but players cannot receive a pass from their teammate if it is passed over both blue lines (this is known as the two-line rule).

Free-Play Lines (or "Ringette Lines")

- The thin red line that sits just above the free-pass circles define the deep offensive and defensive zones and limits the number of players that are allowed in these zones.
- Each team is allowed up to 3 skaters at a time in each zone.
- If a team pulls their goaltender off the ice, they can put an extra player into the zone.
- When a team is serving 2 penalties, at least one player from that team must remain.

Penalties

- To promote the safety of the players, intentional contact is not allowed in ringette.
- Most penalties are 2 minutes in length, but some can warrant a 4-minute major if it is deemed intentional or particularly rough.

The Ringette Season

Goderich Ringette's season starts the first week after Labour Day and usually runs until the last weekend in March. The Maitland Recreation Centre is our primary home centre. We hold practices there on Thursday nights and have ice there Saturdays and Sundays for additional practices or games.

Here are the current Ringette associations that operate under the **Lower Ontario Ringette League (LORL)** for upcoming season: Ajax Pickering, Barrie, Burlington, Caledonia, Cambridge, Chatham, Dorchester, Elora Fergus, Etobicoke, Forest, **Goderich**, Guelph, Hamilton, Hanover, Kitchener, London, Manvers, Markham Stouffville, Mississauga, Mitchell, Muskoka, Newmarket, Niagara Falls, Oshawa, Paris, Richmond Hill, St. Catharines, St. Marys, St. Thomas, Sunderland, Tillsonburg, Waterloo, Wellington North, Whitby. **At the younger age groups, loops are always based on Geography** with splitting by standings being an option as they get older.

What does a typical season look like for my player?

FUN1

All ice times at this age group are designated as practices. They have a 50-minute space, but we start the season with 30-minute sessions and build up.

Learning to skate is a primary focus for this age group (after having fun!), with the introduction of ringette skills (through drills and play) as the season progresses.

There are opportunities for 1-2 "tournaments" with the Fun 2 group during the season (see tournament section below for more details).

FUN2

Skill development is a primary focus for this age group (after having fun!).

All FUN2 players will play league games over the course of the season. This team usually has their first game of the season at our Ringette Day on the last Saturday of October.

All players will have the opportunity to play in tournaments (typically 1-2), at the discretion of the coach (see more information regarding tournaments below).

FUN3

1st half of league play begins October 4th. This team will have 20 games total, half will be home games and half away. These will be split between the first half of the season which goes until the end of the calendar year and the second half is January to March.

Loops (the teams that you play against) will be created based on geography first, then standings, with geography being given the top priority.

Additional Program Info:

At Goderich Ringette, we understand that every player develops at their own pace—and we want each child to feel challenged, supported, and confident on the ice.

Movement Between FUN Levels

Our FUN 1, FUN 2, and FUN 3 programs are designed to be flexible and development-focused. Just because a player starts the season in FUN 1 doesn't mean they will stay there all year. Players often move up throughout the season as their skills, confidence, and comfort on the ice grow.

By November 1, coaches from each FUN level meet to discuss player development and may recommend movement between groups. These decisions are based on:

- Skating ability
- Understanding of the game
- Confidence and engagement in practices
- Readiness for more advanced play

No movement will occur without a conversation with the player's family, and any changes are made with the goal of ensuring your child is in the right environment to thrive.

Shared Ice Time

We normally share practice ice with other teams, but each group will have their own designated space.

What About Travel?

We understand travel can be a concern for families, but at the Goderich Ringette Association (GRA), we've structured the season to keep travel manageable and family-friendly.

Fun 2 players have a total of 16 games per season, split evenly into two halves — 8 games in the first half, and 8 in the second. Each half includes 4 away games, so you'll be traveling only about 4 times per half-season.

Fun 3 and up players play a full 20-game season, also split into two halves with 10 games each. In each half, there are 5 away games, keeping travel balanced throughout the season.

The Lower Ontario Ringette League (LORL) will schedule double-headers, allowing players to enjoy two games in one trip — which reduces travel days.

Half the games are played right here in Goderich, giving families plenty of opportunities to cheer on their athletes at our local arena.

Families also often carpool to make away games more social and less of a hassle. Plus, most games happen on weekends, making it easier to fit ringette into your family's schedule.

With this balanced approach, travel becomes a manageable and even enjoyable part of the ringette experience.

Player responsibilities

All players should be present at all practices and games. Things happen, but it is important for players to remember that they are members of a team. This is a great opportunity for your child to learn how important commitment is to a team.

All players should come to each game and practice ready to have FUN.

My Role as a Parent

Parents are their child'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 your player is on the ice.

Complete 5 volunteer hours in addition to the above items (see a list of opportunities below).

Demonstrate commitment to the team by ensuring their player is attending practices and games.

Consistently check the RAMP app for scheduled ice times and changes, and RSVP to all games and practices.

Give ample notice to the coach when your player will be absent so he or she has adequate time to fill the spot and to offer the opportunity to other players who are keen to attend.

Please be sure to arrive 30 minutes prior to games and practices to ensure that your child has time to get their equipment on and can participate fully. Each player is very important to the team.

Safety

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

The Rule of Two is a Safe Sport guideline designed to protect athletes and coaches by ensuring that no adult is ever alone with a minor. Two screened and certified adults (preferably of different genders) should always be present when interacting with players. Applies during practices, games, team events, meetings, and travel. One-on-one interactions should be conducted in open, observable, and interruptible environments. What This Means for Parents and Volunteers: Never leave a coach or volunteer alone with a player. Help maintain compliance by volunteering as an additional adult when needed. This rule helps create a safe, inclusive, and accountable environment for all players and staff involved in Goderich Ringette. The Fun 1, 2 and 3 programs allow parents in the change rooms to help the players dress. For U12 and up, no parents are allowed in the change rooms. Skates are tied in the halls.

Equipment

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

DIAMOND MASKS AND RINGETTE STICKS ARE MANDATORY. Cut-off hockey sticks are not permitted

Equipment can be purchased second hand at our used equipment swap/sale. Facebook marketplace is also a great resource or even just putting a post on your personal page saying you're looking for gear. Herm's Sport Exchange in London is also a great spot. It has new and used equipment.

Locally, you can find new equipment at Canadian Tire and 360 Bikes and Boards.

Note: Hockey pants, hockey socks and jill are adequate but as the kids age you will see more players in ringette pants and girdles. Mouth guards are optional.

Jerseys are provided to players for games and are normally collected after a game. If you end up taking an ice crushers jersey home, please return it to your team's jersey volunteer.



What do the registration fees include?

If you are a first-time player for the Fun1 or Fun2, your first year is free! If you are Fun 3 or older, your first year is half price.

Fees are for practice ice time and regional league game ice times and referees. They do not include player/team photos, tournament fees or other events the team may choose to participate in.

Fees include Ringette Ontario player membership and player insurance cost.

Goalie equipment is supplied for all age groups.

By participating in fundraising activities and volunteering time, families help us keep registration fees as low as possible while maintaining a high-quality ringette program for all players.

Please see the registration info on our website <https://goderichringette.ca/content/registrationfor details>.

Registration fees can be paid in two installments. The first half is due by September 1st, and the second half is due by December 1st. You are welcome to pay before then though ;) Registration payment can be e-transferred to treasurer@goderichringette.ca.

Tournaments

Tournaments are chosen by coaches, but we do discuss as an association and try to attend a tournament together. Normally, we try to do one tournament in the first half of the season, one in the second half of the season and then we will attend a year end tournament.

Tournament cost is split among the players families. This can work out anywhere between \$30-60 per player depending on the cost of the tournament and the number of players on your team.

Fun 2 tournaments use a jamboree format. They are one day (Saturday) and the teams get two games.

You do have the choice to opt out of a tournament.

Fundraising

Goderich Ringette requires that all families fundraise \$250 per family per season. Here is a list of fundraising opportunities

Pepperettes and Mint Smoothies (October)

Metzger Meats and Elmira Chicken (November)

Robinson's Maple Syrup and Raffle Calendars (December)

For any questions regarding Fundraising, please reach out to Amy Vandenhoven, Fundraising Coordinator at fundraising@goderichringette.ca

GRA Volunteer Bond

Goderich Ringette is made great by the volunteers that donate a tremendous amount of their time and energy to help to coach our teams and run events and fundraisers.

To help ensure we have enough help to keep things running smoothly, the new policy asks that each player's family volunteer 5 hours of time throughout the season.

Families will provide a \$300 Bond via a post-dated cheque to the team manager at the beginning of the season. We encourage the use of cheques, but if that is not possible, an e-transfer will be accepted (please use the note section of the e-transfer to explain what your transfer is for and the name of the player). Cheques will be held by the Treasurer and not cashed unless the bond hour commitment is not met by the end of season. All bond hours will be tracked by the GRA executive.

Players may not step on the ice until a bond cheque has been received.

Time Keeping / Score Keeping / Shot Clock hours for regular home games are regarded as normal activities in support of your team and will not count as Association Bond Hours.

We welcome volunteering from high school students in order to obtain volunteer credits, however these hours will also not qualify as Bond Hours.

The exemptions from Bond Hour requirements are:

Coaches, Bench Staff and Parent Rep

Executive Board Members

Families of Junior Coaches will be exempted from 50% of the bond hours.

Volunteer Opportunities to receive bond hours:

Teams

- Water bottles - Full Credit
- Jerseys - Full Credit

Fundraising

- Help sort and distribute

Used Equipment Sale

Ringette Day

Kids Dance

Santa Claus Parade

Christmas Party

3 on 3 Tournament

Come Try Ringette

Coaching & On-Ice Support

Our ringette programs rely on the dedication of volunteers to help create a fun, safe, and supportive environment for our players. We're always looking for committed individuals to help in the following roles:

- **Coach**
- **Assistant Coach**
- **Trainer**
- **On-Ice Volunteer**

Whether you have previous experience or are just passionate about supporting young athletes, we encourage you to get involved. If you have **special skills**—such as **strong skating abilities** or **first aid training**—your expertise is especially valuable.

All volunteers working directly with players must:

- Register on the **RAMP platform**
- Complete a **police background check**
- Meet any necessary certification or training requirements (as outlined by Ringette Ontario)

If you're interested in helping out, please reach out to the **GRA Coaching Director** Becky Moore at coaching@goderichringette.ca or your player's coach. Your involvement can make a huge difference in a player's season—and it's a great way to contribute to the team and the community.

The Parent Rep is also an essential part of every team, helping to organize, support, and communicate on behalf of the families and coaches. This volunteer role keeps things running smoothly off the ice so players and coaches can focus on the game.

Key Responsibilities:

- Team Communication
 - Set up and manage the team's communication app (WhatsApp, TeamSnap, etc.) based on the coach's preference.
- Fundraising
 - Coordinate team fundraising efforts with the GRA Fundraising Representative.
- Game Day Support
 - Organize volunteers for scorekeeping at home games.
- Tournaments
 - Work with the coach to book hotel room blocks for tournaments.
 - Plan and schedule team dinners and help with travel coordination.
 - Coordinate team gift baskets for Ringette Day
- Team Roles
 - Recruit and assign other parent volunteers for roles such as:
 - Jersey coordinator
 - Water bottle manager
- Team Bonding
 - Support the coach in planning team-building activities.

The Parent Rep plays a big part in shaping a positive experience for both players and families. If you're organized, enjoy connecting with people, and want to help your child's team succeed, this is a great way to get involved!

2025-26 Executive:

President	president@goderichringette.ca	Megan Frayne
Vice President	vicepresident@goderichringette.ca	Mark Moore
Treasurer	treasurer@goderichringette.ca	Lorraine Ridder
Secretary	secretary@goderichringette.ca	Shawna Baxter
Registration	registration@goderichringette.ca	Jenni Arthur
Ice Scheduler	icescheduler@goderichringette.ca	Tanya Shepherd
Fundraising Chair	fundraising@goderichringette.ca	Amy Vandenhoven
Coach Liaison	coaching@goderichringette.ca	Becky Moore
Equipment Manager	equipment@goderichringette.ca	Derrick Vallee
Ringette Day Chair	ringetteday@goderichringette.ca	Becky Meriam
Ringette Day Chair	ringetteday@goderichringette.ca	Rachel Lynn
Player Development	playerdevelopment@goderichringette.ca	Linda Bolinger
Communications	communications@goderichringette.ca	Tiffany Craig
Referee in Chief	shukers@quadro.net	Karen Shucker
Webmaster	webmaster@goderichringette.ca	Wes Morley
Past President	pastpresident@goderichringette.ca	Brian Hesse

Chain of Communication

To ensure smooth communication and efficient resolution of questions or concerns, please follow this chain of communication:

Player to Coach (when appropriate)

Older players are encouraged to speak directly with their coach to promote accountability and confidence.

Parent to Coach

If your child is younger or you're raising a concern, contact your team's coach or assistant coach first.

Coach to Parent Rep or Division Coordinator

If further clarification or assistance is needed, your coach may reach out to the Parent Rep or Division Coordinator.

Parent Rep / Coordinator to Coaching Director or Executive Member

For issues that require broader team or association input, the Parent Rep or coach can escalate to a member of the GRA Executive.

GRA Executive / President

For matters that cannot be resolved at previous levels, the Executive or President will become involved to help find a solution.

Please Note:

Allow 24–48 hours for response time before escalating a concern.

Always approach communication respectfully and constructively.

The 24-Hour Rule

At Goderich Ringette, we follow the 24-Hour Rule to encourage respectful, thoughtful communication between parents and team staff.

What is the 24-Hour Rule? If you have a concern following a game or practice—about coaching decisions, playing time, team dynamics, or similar topics—we ask that you wait 24 hours before bringing it to the coach or staff.

Why We Use It:

- Emotions can run high during and after games. Waiting 24 hours allows time to reflect and approach the situation with a clear head.
- It promotes respectful and constructive conversations.
- It helps protect the team environment and ensures discussions are productive, not reactionary.

Important:

- This rule applies to non-urgent concerns only.
- If your concern involves player safety, bullying, harassment, or urgent misconduct, do not wait—please report it immediately to the coach, Parent Rep, or a member of the GRA Executive.

The 24-Hour Rule isn't about avoiding communication, it's about encouraging the kind of communication that builds trust, respect, and a stronger team.

Communication

Clear and consistent communication is key to a successful ringette season. Here's how we stay connected:

GRA Executive Communication

- The GRA Executive shares important association-wide updates primarily through email.
- Please ensure the email address you use during registration is one you check regularly.

Team Communication

- Most teams use a WhatsApp group chat for quick updates and reminders.
- Coaches and team staff may also send emails for scheduling, game details, and other team news.
- The RAMP App is used for:
 - Viewing your team's schedule
 - RSVPing to games and practices
 - Notifying coaches of absences

Website & Calendar

- Visit www.goderichringette.ca for team info, policies and rules, news, schedules, event details, and more.
- You can subscribe to your team's calendar directly from the website to sync events with your personal calendar.

Social Media

- Follow us for updates, photos, and event highlights on Facebook or Instagram.