

KITCHENER RINGETTE ASSOCIATION PARENT HANDBOOK

*Promoting team play, friendship, and participation
through the sport of ringette*



WELCOME TO RINGETTE!

Welcome to the Kitchener Ringette Association (KRA) and thank you for joining the exciting, fast-paced, and uniquely Canadian sport of Ringette! Whether your family is new to the game or returning for another season, we are committed to providing a fun, inclusive, and development-focused experience for all athletes. We encourage you to visit our website www.kitcheneringette.com for the most up-to-date information, schedules, contacts, and news. You can also follow us on [Instagram](#) and [Facebook](#).

WHAT IS RINGETTE?

Ringette is a non-contact ice sport invented in Canada in 1963. It is played with a straight stick and a rubber ring, with an emphasis on passing, skating, and teamwork. Unlike hockey, players must pass over blue lines and only three skaters are allowed in each zone, promoting cooperation and strategic play.

Ringette is governed nationally by [Ringette Canada](#) and provincially by [Ringette Ontario](#). Competitive opportunities exist from grassroots "Learn to Play" all the way to the National Ringette League and international competition.

AGE DIVISIONS

KRA offers both regional (house league) and provincial (competitive) programs:

- Fundamentals: Learn to Skate / Learn to Play (FUN1, FUN2, FUN3)
- Regional Teams: U12(A,B,C), U14(B,C), U16(B,C) U19(B,C)
- Provincial Teams: U14A/AA, U16A/AA, U19A/AA
- Open Division: 18+

Provincial tryouts (A/AA) typically occur in the spring. Team formation for regional level teams occurs in the fall. Final team placement is based on skill and development considerations.

SEASON OVERVIEW

- **Regional Team Start-Up Weekend: September – player evaluations and team placement**
The goal of Start-Up Weekend is to ensure players are placed on teams that match their skill level, supporting balanced competition and a positive season experience for all.
 - **Player Skill Assessments:** Athletes attend on-ice sessions where qualified evaluators assess skating, ring control, game sense, and overall play to help determine appropriate team placement.

- **Team Formation:** Using evaluation results, we work to form regional teams (typically at the B or C level) that are competitively balanced to ensure fair and enjoyable gameplay throughout the season.
- **Focus on Positive Experience:** By striving to place like-skilled players together, Start-Up Weekend aims to set the stage for a fun, developmental, and rewarding experience for every participant.
- **League Play:** September–March (via Great Lakes Ringette League-A/AA (GLRL), October- March for Lower Ontario Ringette League-Fun 3, U12(A,B,C), U14(B,C), U16(B,C) U19(B,C).
- **KRA Golden Ring Tournament:** Hosted annually on the first weekend in February.
- **Regionals/Provincials Year-End Tournaments:** March–April.
- **Off-Ice Events:** Santa Claus Parade, team socials, skills clinics.
- **Game and practice schedules:** These vary by team and division. Most teams practice 1–2 times per week and play games on weekends.

TRAVEL EXPECTATIONS

- Most travel is within 1–2 hours of Kitchener. Both [GLRL](#) and [LORL](#) encompass Southwestern Ontario and Greater Toronto Area. The leagues try to limit travel as best they can, however families can expect travel regardless of level of play.
- May involve travel across Ontario and occasional overnight stays for tournaments. Approx. 3-4 tournaments per season is typical.
- Families are expected to arrange transportation and accommodation as needed (teams usually coordinate carpools or group rates).

COSTS & FUNDRAISING

KRA strives to keep ringette affordable. Registration fees cover ice time, referees, league costs, insurance, and administration. Additional team fees may include:

- Tournament entry fees
- Extra practice ice
- Social events and team apparel

To support team fees, teams can organize their own team-based fundraising, for example. bottle drives, selling chocolate bars etc.

VOLUNTEERING & BINGO

KRA is volunteer run; your involvement keeps our programs running! Every family is expected to volunteer throughout the season. Potential volunteer roles are as follows:

- KRA's annual Golden Ring tournament
- Bingo (KRA assists with monthly bingo games, this helps to keep our registration fees low)
- Team manager, coach, trainer
- Shot clock operator

Opportunities will be communicated by team staff or posted on our website.

EQUIPMENT REQUIREMENTS

Players are responsible for purchasing their own equipment, including:

- CSA-approved helmet with Ringette face mask
- BNQ neck protector
- Shoulder, elbow, hip/tailbone, knee and shin protection
- Protective gloves and hockey skates
- Ringette pants (mandatory for provincial players)
- Specifically manufactured ringette stick (homemade, and/or cut off hockey sticks are prohibited)

Goalie gear is provided by KRA for players wishing to try the position. **Please contact the Equipment Manager (equipment@kitchenerringette.com) for assistance with borrowing equipment or sourcing used items.**

CODE OF CONDUCT

We expect all participants, parents, coaches, and spectators—to embody KRA’s values of respect, inclusion, and fair play. We follow Ringette Ontario’s [Fair Ice](#) and [Zero Tolerance Policies](#). Highlights include:

- Respect all officials, coaches, players, and opponents.
- Use the 24-hour rule before approaching a coach with concerns.
- Positive cheering only—no negative comments toward players, officials, or teams.
- Social media use must reflect KRA’s mission and uphold privacy and integrity.

Violations may result in disciplinary action, including removal from games or the program.

QUESTIONS?

Please visit: www.kitchenerringette.com

Email: office@kitchenerringette.com

You can also reach out to your coach, manager, or a KRA Executive Member listed on our [website](#).