



LONDON RINGETTE ASSOCIATION NEW PLAYER PACKAGE



ABOUT THE GAME

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.

Since the early 1960s, the sport has continued to grow and currently boasts nearly



30,000 registered players on nearly 2,000 teams, with over 8,000 coaches and over 1,500 officials. While it is primarily a female sport, there are currently over 700 males playing ringette across the country.

Ringette, like hockey, is played on ice with skates and sticks with 6 players per team (5 skaters plus a goalie) 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's no intentional body contact. And 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 speed and agility.

In 2000, a 30-second shot clock was introduced -- for tournaments and higher levels of regular-league play -- to make the game even faster. The shot clock starts when a team gains possession of the ring, and if they have not taken a shot on the net within 30 seconds, a buzzer sounds and the ring is then awarded to the opposing team.

Internationally, ringette is played in a number of countries around the world, including Finland, Sweden, the United States, France, Slovakia, Russia, the Czech Republic, and Abu Dhabi. Since 1990, a World Ringette Championship has been held on a regular basis, with Canada and Finland being the predominant challengers.

ABOUT RINGETTE DIVISIONS & LEVELS

Divisions are categorized by age as of December 31st in the year the season starts.

Within each age group are levels of play, which include B & C (Regional) and A & AA (Provincial/competitive). Depending on the age group, tournaments are held throughout the season, with Regional Championships being the highlight for B & C level teams, while Provincials are the finales for the A & AA level teams that qualify. Boys are accepted to play at any age level but are restricted to regional house league teams (non-competitive).



Provincial Champions in the U16AA and U19AA divisions go on to the Canadian National Ringette Championships, and U14AA Provincial Champions represent Ontario at the Eastern Ringette Championships.

WHY PLAY RINGETTE?

- Ringette emphasizes team play over individual stardom.
- Deliberate contact is prohibited.
- Ringette offers competition at every skill level and for (nearly) all ages — recreational leagues, elite leagues, university, National Ringette League, and international competition.
- Ringette strongly promotes the physical learning principles of Long Term Athlete Development.
- Ringette seeks to develop individuals to their maximum potential as an athlete and as a person.

WHERE CAN YOU GET EQUIPMENT?

Equipment specific to ringette (mask, stick, girdle) can be purchased at Herm's Sports and Source for Sports London. All other equipment can be purchased at any sports store or Canadian Tire.

WHAT EQUIPMENT DO YOU NEED?

- BNQ-approved neck guard
- CSA-approved helmet and ringette facemask (the small triangular mesh)
- Shoulder pads (mandatory for players under 18 years of age)
- Elbow pads
- Jersey (game jerseys provided by the association)
- Gloves
- Protective girdle with a "cup" or a "jill"



(Recommended over hockey pants for regional players. Provincial players must wear a girdle and ringette pants)

- Shin guards with hard knee protection, worn under the pants
- Ringette pants (or socks if wearing hockey pants)
- Skates (hockey/ringette skates, not figure skates)
- Ringette Stick
- Ringette ring (provided by the association)





RINGETTE RULES

Ringette is played on ice with 5 skaters and a goalie. Similar to 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 her 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 outside of their defending zone (leaving only 2 defensive players in the zone instead of 3).

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.

MOVE IT OR LOSE IT

- This rule is not only designed to keep the play moving, but it also helps to ensure the safety of the players. It's also one of the most misunderstood rules, so we suggest watching the following video on YouTube to help you understand and see how this works in actual play: <https://www.youtube.com/watch?v=3wSjIBO-SRY>.

Get the complete list of rules at <http://www.officiatingringette.ca/index.php?page=205>.

LONDON RINGETTE ASSOCIATION

- Regional Players can expect to have 2 ice times per week; one practice night per week (Mondays or Thursdays) and generally have one game on the weekend.
- All teams participate in a year end event. Regional teams attend a Regional Event while Provincial teams attend their respective Provincial events. The entry to these events is included in the player registration fee.
- The Fun1/Fun2 division (Players under age 8) generally have 2 ice times per week, Thursday night and Sunday afternoon.



NEW PLAYER INCENTIVES FOR 2026-2027:

- All new ringette players will receive a \$200 discount from their registration fee.
- All new ringette players also have access to our equipment loan program, subject to availability.

**LONDON RINGETTE ASSOCIATION
REGISTRATION FEES
2026-27 SEASON**

DIVISION:	BIRTH YEAR
FUN1 (U6)	2022, 2021
FUN2 (U8)	2020, 2019
FUN3 (U10)	2018, 2017
U12	2016, 2015
U14	2014, 2013
U16	2012, 2011
U19	2010, 2009, & 2008
18+	2007 & earlier

DIVISION	TOTAL REGISTRATION FEE
<i>**all new players receive a \$200 discount on the fees listed below.</i>	
FUN1	\$300
FUN2	\$500
FUN3/U10	\$825
U12 Regional	\$925
U14/U16/U19 Regional	\$880
U12A	\$1100
U14AA	\$1225
U16AA/U19AA	\$1300
U14A/U16A/U19A	\$1225



18+A	TBD
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Information regarding registration fees:

- Included in registration fee for Fun3 and above is the entry to the London Ringette Tournament in November and the End of Year Tournament (Provincials/Regionals).
- Any new ringette player will receive a \$200 discount from the above stated fee.
- Registration includes a fundraising fee of \$125. There will be an opportunity to recoup this fee through the cash calendar ticket sales.
- Regionals level players can expect to generally have 2 ice times per week; one practice and one game.

For financial assistance opportunities:

Jumpstart:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

KidSport London:

<https://kidsportcanada.ca/ontario/london/>

Respect In Sport Program

Ringette Ontario has mandated that a parent/guardian from each household must complete the Respect In Sport: Parent Program. If you are new to Ringette this coming season please complete the online course:

- The online course costs \$12.00 and takes approximately hour to complete.
- If you have already completed this online course through a different sport such as soccer, hockey, volleyball, you are not required to retake the course.
- Please include your certificate # on RAMP site when you register your athlete.

For more details refer to link: [Respect In Sport Parent Program](#)

For more information visit our website at www.londonringette.com

If you have general enquiries, please reach out to us at londonringette@gmail.com

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