



## **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 welcome to play at any age level but are restricted to regional house league teams (non-competitive).

Provincial Champions in the U16 and U19 AA divisions go on to the Canadian National Ringette Championships, and U14 AA Provincial Champions represent Ontario at the Eastern 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, Source for Sports, and Pete's Sports. All other equipment can be purchased at any sports store or Canadian Tire.



## WHAT EQUIPMENT DO YOU NEED?

- CSA-approved helmet and ringette facemask
- BNQ-approved neck guard
- 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

- Players can expect to have 2 ice times per week; one practice night per week (Mondays) 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 perspective provincial event. The entry to these events is included in the player registration fee.
- The Fun1/Fun2 division (Players born in 2015 and later) have 2 ice times per week, Thursday night and Sunday afternoon.

### NEW PLAYER INCENTIVES FOR 2022-23:

- All new FUN1/FUN2 players are only required to pay the Ringette Ontario fee of \$43.50 which covers the Ringette Ontario player fee and insurance cost, and the lottery fee of \$125.
- All new ringette players (U10 and above) will receive a \$200 discount from their registration fee.
- NEW THIS YEAR....All new players will receive a NEW stick to keep!

## LONDON RINGETTE ASSOCIATION

### REGISTRATION FEES

#### 2022-23 SEASON

<b>DIVISION:</b>	<b>BIRTH YEAR</b>
FUN1 (U6)	2017, 2018
FUN2 (U8)	2015, 2016
FUN3 (U10)	2013, 2014
U12	2011, 2012
U14	2009, 2010
U16	2007, 2008
U19	2004, 2005, & 2006
18+	2003 & earlier



DIVISION	TOTAL REGISTRATION FEE FOR 2022-23 SEASON
FUN1/FUN2 New Player	\$125*
FUN1/FUN2 Returning Player	\$330
FUN3/U10	\$605
U12/U14	\$635
U16/U19	\$695
U12A/U14A/U19A	\$1,000
U16AA	\$1,075
Open A	TBD

Information regarding registration fees:

- All new FUN1/FUN2 players are only required to pay the \$125 lottery fee to LRA.
- Any new ringette player, FUN3/U10 and above, will receive a \$200 discount from the above stated fee.
- Included in registration fee is the year end event entry fee (provincials regionals).
- Registration includes a lottery fee of \$125. There will be an opportunity to recoup this fee through a cash calendar that we will share more info on shortly.
- Players can expect to have 2 ice times per week; generally, one practice and one game.
- **ALL PLAYERS (including 18+) will pay Ringette Ontario directly for their membership fees, dues and insurance.** This step will be incorporated within RAMP when you register with your HOME association. For the 2022/23 season, the Ringette Ontario cost is \$56.50 for all U10 and older players and \$43.50 for all FUN1/FUN2 players.

For financial assistance opportunities:

Jumpstart:

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

KidSport London:

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



For more information visit our website at [www.londonringette.com](http://www.londonringette.com)

If you have general enquiries, please reach out to us at [londonringette@gmail.com](mailto:londonringette@gmail.com)

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