



MITCHELL RINGETTE ASSOCIATION'S

RINGETTE 101

An Introduction to Ringette





MITCHELL RINGETTE ASSOCIATION RINGETTE-101



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.

Over the years, ringette in Canada has noted many achievements and accomplishments. These include the establishment of a Hall of Fame, which recognizes outstanding ringette achievements and contributions to the development of the sport; the introduction of a successful junior and senior National Team Program; the development of programs such as the National Coaching Certification Program and the National Officiating Certification Program; the development and implementation of a comprehensive Long Term Athlete Development model and a Come Try Ringette recruitment system; and an expanding National Ringette League.



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



Ringette tournaments abound. There are local and regional invitational tournaments throughout the season. University teams play competitively across Canada. Most of the provincial and territorial associations hold an annual championship tournament. Ringette has had a presence at the Canada Winter Games since 1991. And the Canadian Ringette Championships have been held every year since 1979.

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). 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.

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.

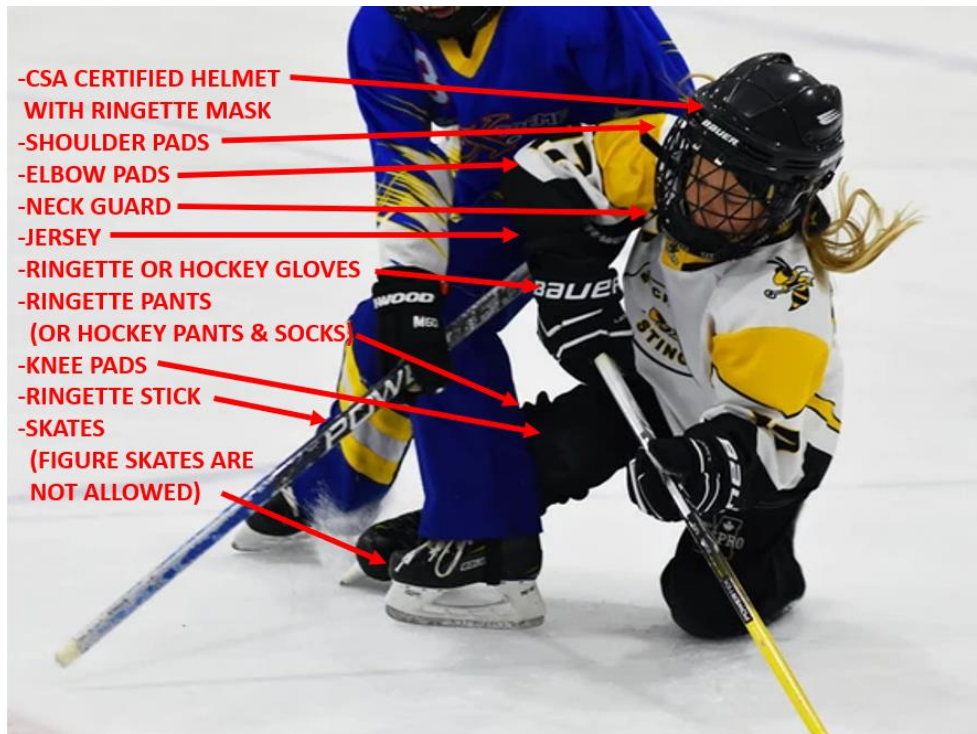


MITCHELL RINGETTE ASSOCIATION RINGETTE-101



RINGETTE EQUIPMENT

1. CSA approved helmet with full cage or shield. Cage must be CSA approved for Ringette (triangular pattern).
2. Shoulder pads - with chest protector.
3. Elbow pads.
4. Throat (neck) protector (BNQ approved).
5. Gloves - ringette or hockey gloves.
6. Girdle - with pelvic protector.
7. Knee pads.
8. Ringette pants, (or hockey pants and socks).
9. Skates - figure skates are not acceptable.
10. Ringette stick.
11. Mouth guard (recommended).
12. Personal Water Bottle (required).
13. A good sport bag to carry or pull at the equipment.





MITCHELL RINGETTE ASSOCIATION

RINGETTE-101



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 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



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



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.

ON ICE OFFICIALS SIGNALS - GENERAL

MINOR PENALTIES

BOARDING	BODY CONTACT	CHARGING	CROSS CHECKING
DELAY OF GAME	ELBOWING	HIGH STICKING	HOLDING
HOOKING	ILLEGAL SUBSTITUTION	INTERFERENCE	SLASHING
TRIPPING	PENALTY SHOT	FULLY SERVED	EJECTION
UNSPORTSMANLIKE CONDUCT	MAJOR PENALTY	ROUGH PLAY	MISCONDUCT/MATCH PENALTY

MADRYN COOPER/CSA
RINGETTE CANADA
PHEBOCK



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



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>.

SEVEN GOAL SPREAD & NOT RUNNING UP THE SCORE RULES

- The sport of ringette was developed in such a way that rules are in place to prevent strong teams from running up the scores in a game and crushing the weaker teams.
- There is nothing more discouraging for players, bench staff and parents of an inexperienced team getting overpowered for the entire time on the game clock.
- All bench staff are trained to minimise the imbalance between stronger and weaker teams in a game and will, when required instruct a stronger team to hold back and limit the number of goals scored.
- The intention of these rules is to be compassionate for the weaker teams and is no way intended to punish the stronger teams for their strengths.

- ****It is strongly recommended that all parents become familiar with these rules.****

- Follow the link below for the Ringette Ontario Playing Rules and see the highlights regarding the seven (7) goal spread.

<https://cloud.rampinteractive.com/ringetteontariogames/files/Operating%20Resources/Competition%20Playing%20Rules%20-2023.pdf>

5.6. All goals scored will be entered on the scoresheet, but the maximum difference of goals to be shown on the scoreboard and tournament charts will be seven (7) goals more than the lower scoring team's total. (i.e.: if the score is 12-1, show 8-1. If the lower team scores, change the scoreboard to show 9-2).

5.7. Running time can only be used in the second period/half and will commence at any time during that period when there is a seven (7) goal differential. If the goal differential goes below seven (7), then the game will go back to stop time. If a penalty is called during running time, then the clock stops and restarts when play commences. The clock will stop for injuries or if a time out is called and restarts when play commences during running time.

- The Western Region Ringette League (WRRRL) has, “**Game Rules and Procedures**” that further detail the way games are to be played.
- Follow the link below for the WRRRL Game Rules and Procedures and see the highlights regarding the Coaching requirements.



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



<http://wrra.msa4.rampinteractive.com/content/wrrl---rules-amp-bylaws>

15 Coaches are not to run up scores. Every effort should be made to keep the game fun for each team especially in the lower divisions. If a coach allows their team to dominate a game with no effort to hold back the team it is to be brought to the attention of the appropriate Eastern/Western WRRL Conference Commissioner immediately upon which disciplinary action may be taken.



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



FAQ's

What do the registration fees include?

- The fees vary depending on the age group.
- 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.
- Please see the registration info on our website <https://www.mitchellringette.com/content/registration> for details.

What are the bond requirements?

- Our bond information can be found on our website at the link below;
 - <https://www.mitchellringette.com/content/bond-info>.

What are the fundraising requirements?

- Our fundraising information can be found on our website at the link below;
 - <https://www.mitchellringette.com/content/elmira-chicken-and-maple-syrup-forms>.

What time commitment is required?

- There will be at least one practice ice time assigned to each team per week. The times and arenas may vary so please keep a close eye on the website calendar <https://www.mitchellringette.com/mastercalendar>. The regular game season usually begins in late October and ends in March with Regionals.
- Games can vary but usually there are one, or sometimes two games per week. Away games are in and around the Perth County area and are generally within 1-1/2 hrs. of Mitchell. The games will be at different times and arenas so again please keep a close eye on the website calendar <https://www.mitchellringette.com/mastercalendar>.
- These away games may include but are not limited to Tillsonburg, Hanover, Guelph and Chatham.
- Our home league games are played at either the Mitchell or Monkton arena.
- Our FUN2 program may elect to participate in some tournaments. The number of tournaments will be determined by the parents and the coach. The tournaments



MITCHELL RINGETTE ASSOCIATION

RINGETTE-101



are a great deal of fun and a wonderful way for the teams to experience and enjoy the sport of ringette.

- Parents may be required to help out with the team in such roles as coach, assistant coach, manager, trainer, timekeepers, tournament help and parent rep.

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.

Parent responsibilities

- 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 has the opportunity to participate fully. Each player is very important to the team as a whole.
- The fundraising requirements and bond hour details can be found on the website, <https://www.mitchellringette.com/content/elmira-chicken-and-maple-syrup-forms>.
- Please consider volunteering to make the experience for your child even more rewarding. There are a number of ways you can make a difference whether you skate or not. Just ask how you can help and we will find something that suits you and the time you can give.
- Everyone benefits when you give of your time.

Can I help on the bench?

- Parents are encouraged to participate in the coaching of their children's team(s).
- All bench staff are required to have certification and a police check.
- There must be a certified female on the bench for every game.
- For a detailed list of the coaching requirements, see the information on the following link, <http://ringetteontariogames.msa4.rampinteractive.com/content/team-staff-qualification-pathways>



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



Can I join the Executive?

- All positions in the Mitchell Ringette Association's Executive are filled by volunteers from the community.
- Parents are encouraged to participate in the Association's Executive.
- There are a number of jobs available to suit all time and commitment needs.
- Meetings are held once a month during the season and when required over the summer months.

Are spaces limited or are there registration caps?

- Mitchell Ringette Association will not cap player numbers.
- All athletes who register will find a home on a team.
- If the numbers warrant it, two or more teams can be hosted in the same age group.

If I have other questions, who can I contact?

- Mitchell Ringette Association's President @
presidentmitchellringette@gmail.com or any of the Mitchell Ringette Executive.
- Contact information can be found on our website
<https://www.mitchellringette.com/executive>.



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



Website Resources

Ringette Canada

- **What is Ringette?**
<https://www.ringette.ca/our-sport/what-is-ringette/>
- **How do I become a Coach?**
<http://www.coachingringette.ca/c/>
- **How do I become an Official?**
<https://www.officiatingringette.ca/o/index.php?page=204>
- **Official Ringette Rule Book**
<https://www.officiatingringette.ca/o/index.php?page=205>

Ringette Ontario

- **Bench Staff Requirements**
<http://ringetteontariogames.msa4.rampinteractive.com/content/team-staff-qualification-pathways>
- **News / Member Notices**
<http://ringetteontariogames.msa4.rampinteractive.com/content/member-notices>
- **Ringette Ontario Games** – location of all league and tournament game information:
<http://ringetteontariogames.msa4.rampinteractive.com/>

Western Region Ringette League

- Mitchell's regional location for local ringette information:
<http://wrra.msa4.rampinteractive.com/>

Mitchell Ringette Association's Website

<https://www.mitchellringette.com>

Mitchell Ringette Association's Facebook page

<https://www.facebook.com/mitchellstingers>



MITCHELL RINGETTE ASSOCIATION RINGETTE-101



Ringette Entertainment

RMR: Ringette Night in Canada

- The Rick Mercer Report show visits the Cambridge Turbos for a ringette lesson.
<https://www.youtube.com/watch?v=xFAKtHFswx0>

New to Ringette basics

- <https://www.youtube.com/watch?v=4gi54waCFt4>
- <https://www.youtube.com/watch?v=BWPH0Pp5h30>

Ringette Canada's YouTube Channel

- <https://www.youtube.com/c/RingetteCanadaRingetteCanada>

Ringette Ontario's YouTube Channel

- <https://www.youtube.com/@ringetteontario9843>

Catriona Le May Doan explains why she loves Ringette!

Watch for the Mitchell Stingers in this one.

- <https://www.youtube.com/watch?v=zSpveMDPsu8>

Moms talk about why Ringette is a great sport!

- Watch for the Mitchell Stingers in this one.
- https://www.youtube.com/watch?v=lqPDI3_HJpQ

Dad's and Ringette

- <https://www.youtube.com/watch?v=qQ0cZxJPk-k>

Ringette: Friends for Life!

<https://www.youtube.com/watch?v=0uIBY3uB15A>