

To: Ringette Canada PTSO Executive Directors
From: Shelley Coolidge, Sport Director
Date: June 9, 2025
Subject: Equipment Related Rule Changes to be implemented

Please find information below regarding details of the approved rule changes regarding shoulder pads, gloves, and ringette sticks. These changes were implemented in order to improve athlete safety. Should you have any questions, please contact Ringette Canada at ringette@ringette.ca.

The Ringette Canada Board of Directors has approved the following rule changes, **effective September 1, 2025**. Please note the changes in red.

2.1 Knee, Shin, Shoulder and Elbow Pads

All players shall wear knee, shin and elbow pads. A plastic shell, or similar hard shell protection, is required in all knee protectors (goalkeepers excluded). All players registered in U19 and younger age groups shall wear shoulder pads designed for participation in ice sports.

Additional context:

All athletes registered in U19 age categories **and** younger must wear **hard-shell shoulder capped** shoulder pads designed for ice sports. This also includes all athletes participating in Ringette Canada's national U17 and U18 development programs, as well as all U16 and U19 teams participating in CRCs. It does not apply to athletes aged 18 or younger playing in the National Ringette League, Open, University, or the Junior and Senior National Teams.

Officials will enforce this rule. Athletes not wearing appropriate shoulder pads will not be permitted to play until they are wearing appropriate shoulder pads.

Shoulder pads cannot be cut or altered in any way. Football pads and padded shirts are not acceptable.

The Sport Injury Prevention Research Centre has created this helpful infographic about the protection that shoulder pads offer, [available here and on our website](#). Ultimately, Ringette Canada has the utmost concern for athlete safety, and research has proven that the use of shoulder pads reduces the impact of shoulder-to-head contact regarding concussions. Our website will be updated to include more of the original research from the University of Calgary as it becomes available.

Education for teams should include a note to Team Managers that an athlete may need to size their jersey up to accommodate their shoulder pads.

5.7 Gloves

5.7.a All players shall wear gloves that fully cover the hands and that have two layers of material on the back with some type of protective padding material in between.

NOTE: A protective glove that, as a result of wear, has small or insignificant holes in the palm need not be removed from play. However, should such holes compromise the safety of a player, that player should not be allowed to use the glove.

5.7.b Palmless gloves and gloves that expose the **volnar aspect (underside) of the wrist to the risk of injury are prohibited.**

Additional context:

Athletes may not play with lacrosse, ball hockey, street hockey, broomball, or other similar types of gloves. They have not been tested for cut-resistance, which is a player safety issue.

Palms of gloves must be fully intact. Gloves that have had the palms cut or are worn out may not be used, and must be re-palmed in order to be played with.

Athletes are permitted and encouraged to wear other cut-resistant pieces of equipment like sleeves and socks **in addition to** wearing the mandatory equipment.

This rule applies to all competition levels and age categories.

5.2 Ringette Sticks

5.2.b The Ringette stick may be made of wood, plastic, aluminum or any similar material. In the case of composite sticks that employ more than one material in their construction, **sticks and tips must be manufactured specifically for Ringette and designed to meet the sport's regulations and performance standards. Modified or repurposed composite sticks from other sports are not permitted. Should one of the replaceable pieces separate during the game if possible it should be returned to the team to determine if it can be safely and legally repaired.**

5.2.c A stick can be painted. However, if it is commercially manufactured, the make and model shall still be visible. Should the make and model not be visible, the stick will be deemed to be illegal.

5.2.d Both ends of the stick shall be free of cracks and splinters. If the surface of the stick is textured, the difference between the lands and grooves shall not exceed 1mm (0.04 in.) Tape may not be added to the playing end of the stick. **Should a stick be deemed broken other than the separation of replaceable pieces, it shall be removed from play for the remainder of the game.**

Additional context:

Sticks used to play ringette **must** be manufactured specifically for ringette. Any brand of tip can be used in any brand of stick - they do not have to be from the same manufacturer. If a stick and tip become separated during the game, an Official will return them to the players' bench. If they can be safely repaired during game play, the athlete may continue to use that stick.

This rule applies to all competition levels and age categories.