



## 2016 Eastern Canadian Ringette Championships

### Skills Competition Registration

6:45PM - April 15, 2016

Cari Arena (Ice surfaces A&B), Charlottetown, PE

**Division** \_\_\_\_\_ **Team** \_\_\_\_\_

#### **Skill #1 – Forward Skating Race**

Player Name \_\_\_\_\_ Number \_\_\_\_\_

#### **Skill #2 – Target Accuracy and Speed**

Player Name \_\_\_\_\_ Number \_\_\_\_\_

#### **Skill #3 – 2 vs 0**

Player 1 Name \_\_\_\_\_ Number \_\_\_\_\_

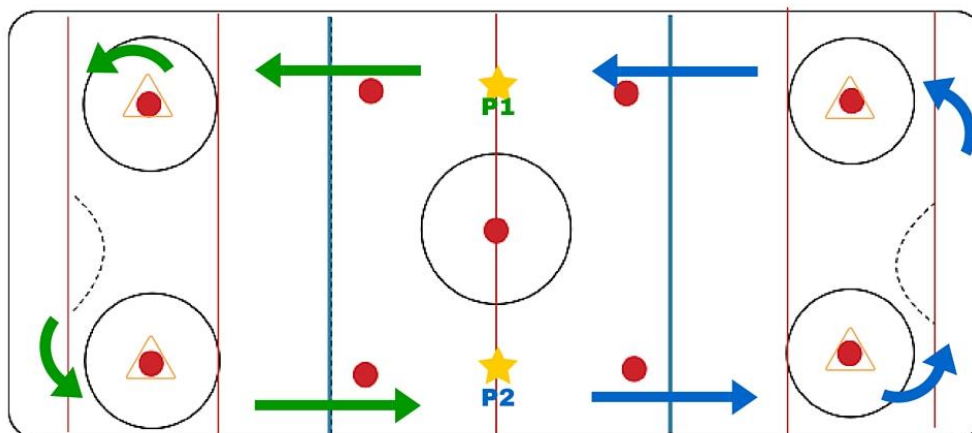
Player 2 Name \_\_\_\_\_ Number \_\_\_\_\_

Goaltender Name \_\_\_\_\_ Number \_\_\_\_\_

#### Additional Information

- A player cannot compete in more than one skill
- Players are asked to be ready 15 minutes prior to the start of the event
- Please see below for detailed description of drills

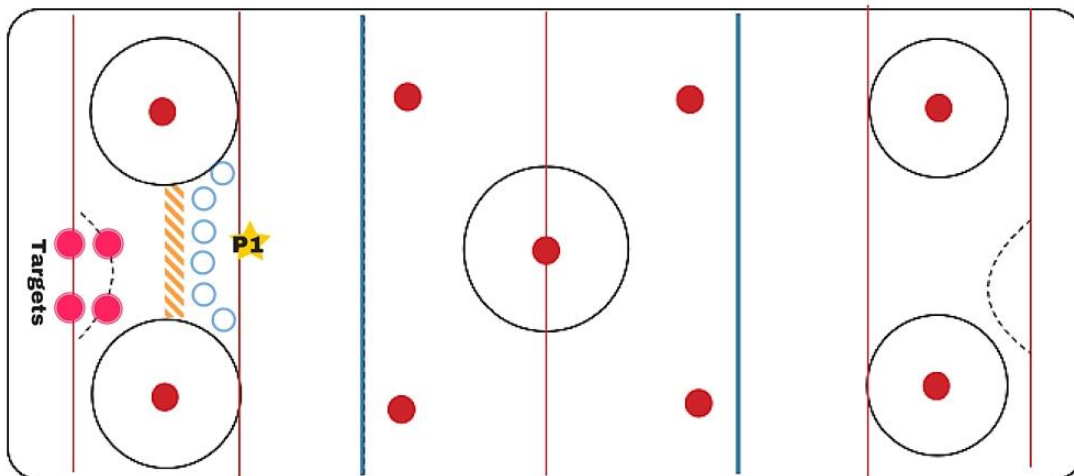
## Skill # 1- Forward Skating Race



Objective	Description	Rules
To achieve the overall fastest time for two forward laps around the perimeter of the ice surface.	<p>Race will be conducted in a time trial format.</p> <p>Two players race against each other.</p> <p>Each player will be timed individually.</p> <ul style="list-style-type: none"> <li>-</li> <li>- players start at centre and alternate sides in same direction</li> <li>- go together on whistle</li> </ul>	<p>Players begin on red line, on opposition sides of the rink. Both players will skate in the direction of counter-clockwise.</p> <p>Players must complete 2 full laps. A player's time begins on the whistle and ends when they cross their respective red lines.</p> <p>Players must go around both nets and to the outside of the pylons. Failure to do so will result in a disqualification.</p>



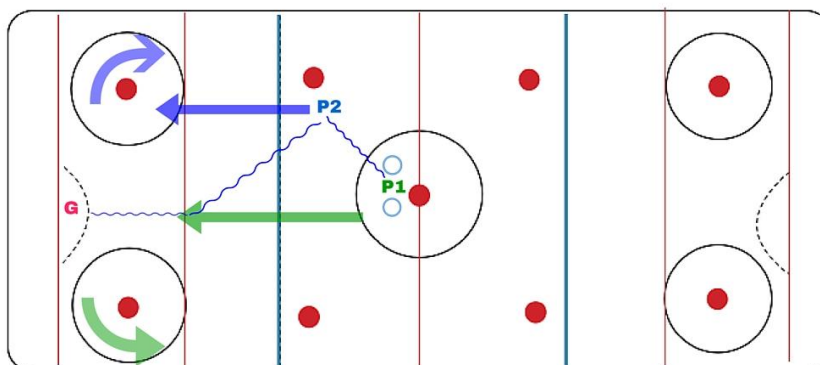
## Skill #2 – Target Accuracy and Speed



Objective	Description	Rules
To hit the most targets in the least amount of time.	<p>Players will be given six chances (rings) to hit four targets placed in each corner of the net.</p> <p>Players receive one point per target hit for a maximum of four points.</p> <p>Players are timed – the player with the highest number of targets hit, with the fastest time will be declared the winner.</p>	<p>Player must take shot from behind the line. Shot will not count if player steps over the line.</p> <p>Players cannot receive multiple points for hitting the same target.</p> <p>Time begins on the whistle and ends when the player hits the fourth target <u>or</u> when the sixth ring has been shot.</p> <p>Players will have a maximum of two minutes to complete the skill. If they exceed this time, they will be counted for how many points were accumulated when the two minutes were up.</p>



### Skill #3 – 2 vs 0\*



Objective	Description	Rules
<p><b>Skaters Objective:</b> to score two goals the shortest amount of time.</p> <p><b>Goaltender Objective:</b> to have the longest amount of time before two goals are scored on them.</p>	<p>The skaters are trying to score two goals against a goalie from an opposing team. (Pairings will be drawn at random.)</p> <p>Player 1 start in the centre circle. Player 2 can start anywhere in the neutral zone.</p> <p>On the whistle, Player 1 makes the pass to Player 2. Skaters are not restricted by the number of passes they can make, however the pass must be made over the blue line.</p> <p>If the shot is taken and the <u>goaltender saves the ring</u>, she has the freedom to throw the ring anywhere in their defensive zone. The goaltender cannot throw the ring over the blue line.</p> <p>If the shot is taken and the <u>ring goes in the net</u> <b>both players</b> must leave the offensive zone to retrieve the second ring. Once the ring is retrieved, the above process begins again.</p>	<p><b>Skaters:</b></p> <p>The skaters will be from the same team (as chosen by the coaching staff).</p> <p>Only one ring can be in play at any given time. Once the first ring goes in the net, it cannot come back into play.</p> <p>Both players must leave the offensive zone to retrieve the second ring.</p> <p>Time begins on the whistle and ends when the second goal is scored.</p> <p>If a player carries the ring over the blue line, 30 seconds per offense will be added their final time.</p> <p>If a player enters the crease, 30 seconds per offense will be added their final time.</p> <p><b>Goaltender:</b></p> <p>If the goaltender throws the ring over the blue line, 30 seconds will be deducted from their time.</p>

\*Image is an example, there are no restrictions on the number of passes made before shooting, (with exception to the mandatory blue line pass).