

# This is how we play **RINGETTE**

*PLAY IT, LOVE IT, LIVE IT.*

## *The fastest team sport on ice!*

### ***We play with a ring and a straight stick.***

The ring is hollow and made of rubber. Sticks are not recycled hockey sticks. Companies produce sticks with tapered ends with steel, aluminum or plastic tips. Different styles, flex and weight are available.

### ***We play 5 on 5 plus goalkeepers.***

Teams are usually made up of 11 - 17 players; with 6 skaters on the ice at the same time. (A goalie, two defense, a center and two forward)

### ***We pass the ring a every blue line.***

A player cannot carry the ring over the blue line in any direction. The ring must be passed over the blue line to another teammate. That teammate is permitted to skate ahead of the ring carrier and already be across the blue line before the ring crosses it.

### ***We never enter the Goalkeeper's crease.***

If the ring lands in or on the crease, the only player that can touch it is the goalkeeper. The goalkeeper usually picks up the ring and throws it to a teammate. The goalie has five seconds to pass the ring out of her crease.

### ***We have 30 seconds to take a shot on net.***

You will notice the free play lines (small red line at the top of the circles) on the ice. From this line to the end boards, it's a game of 3 on 3. Players can rotate in and out of the free play zones producing a lot of movement and creativity.

### ***We wear protective equipment.***

Players wear a neck guard, elbow, knee and shin pads and equipment that provides hip and tailbone protection. Helmets with a full face mask are mandatory. The masks must have triangular or tight horizontal bars to prevent the stick from penetrating.

### ***We don't body check.***

Ringette promotes a no-contact policy when it comes to the physical aspect of its game. Penalties are given when a player, make excessive body contact with another player, checks a player to high on the stick, trips, hits or interferes another player.