

Welcome to Ringette!

I'm sure you have lots of questions and hopefully this flyer will help; included is general information, some simple rules about the game and a list of equipment that your child will need to play ringette this season.

Ice Times:

In the past, we have practices on Wednesday nights starting around 5pm and again on Sundays around noon. Practices are an hour long. Actual times are NOT concrete right now because our teams are not set until September and the arena needs specifics. The arena also needs to share the ice between ringette, hockey and other ice sports. Sunday practice times also depend on "game" times (for each ringette level). Ringette is given a block of time by the arena and we have to play within it. Every year is a little bit different depending on how many players and how many teams we have.

Prices & Website Information:

Prices vary each year and depend on the age (and level of play) of your child. The best way to find these prices is to visit our website page at www.tillsonburgringette.com. We also have a Facebook site that keeps you up to date on what is going on in our organization and has pictures of things we are doing. (Just search Tillsonburg Ringette Association and ask to join)

Part of ringette is volunteering. We are not a big organization. We have coaches and executive members that volunteer their time and work hard to deliver an excellent Ringette program for your child. We also offer a Learn to Skate (LTS) Program for beginners. This is usually a small group with lots of one on one assistance from our older girls.

Fun Things We Do Throughout the Year:

Through the year we have Dances, Sleepovers, Bottle Drives, Car Washes, 3 on 3, NRL Games, Turtlefest and more events that you are invited to come help at and build lasting relationships with your team. We also count on your help to make things run. Ringette is a TEAM sport that builds friendships and skills on and off the ice. It is a sport that "Once you play it, you WILL love it!"

Some Key RULES of RINGETTE

Ringette is played 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.

Ringette is played 5 on 5 plus goalkeepers.

Teams are usually made up of 11 to 17 players; with six skaters on the ice at the same time (a goalie, two defence, a centre and two forwards).

The ring is passed at every blue line.

A player cannot carry the ring over a blue line in either 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.

Players never enter the goalkeeper's crease.

If the ring lands in or on the crease, the only player who 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 it out of her crease.

Players have 30 seconds to take a shot on net. (at U12 level and up)

Teams have 30 seconds to take a shot on goal after they gain possession of the ring. If time runs out on the shot clock, a buzzer sounds and the other team is awarded the ring.

In the offensive zones the game is played 3 on 3.

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.

Ringette players wear protective equipment.

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

There is no intentional body contact.

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

What Equipment Do I Need to Play?

- ringette stick
- mouth guard
- skates (must be “hockey skates”)
- shin pads, worn under the pants
- protective girdle with a ‘cup’ or a ‘Jill’
- ringette pants
- gloves
- elbow pads
- jersey (for practices)
- helmet with ringette facemask
- neck guard
- chest/shoulder pads
- water bottle with long spout

** Many of our girls use pants with over the shoulder straps and our colours are blue and burgundy.



If you have any questions or concerns, please contact PR or Information at www.tillsonburgringette.com as we are always available to answer questions! Thanks for considering RINGETTE!
The FASTEST GAME ON ICE!

