



L'Association Régionale de Ringuette  
**Lac St Louis**  
 Regional Ringette Association



# RINGETTE

play it. love it. live it.

## THE GAME

Ringette is played on ice surface. The players must wear the required protective equipment (see list). The season runs from late August to mid March. Here in North America, ringette is played on an NHL rink surface however, in Europe they play it on an Olympic rink surface.

The ringette stick (no blade) is used to pass, carry, and shoot a hollow rubber ring; the object of the game is to score goals. A player **MUST** pass the ring over each blue line to a teammate, otherwise play is stopped. This is really a team sport. Team effort and cooperation is required to advance the play.

No player may enter the goalie crease and the red center line is not used.

Teams consist of between 9 to 18 players, with 6 players on the ice at one time. This includes a goaltender, who uses a goalie stick, 2 defense, 2 forwards and a centre. For levels A – B – C, they play two 15 minute periods stop-time.

No physical contact, interference or verbal abuse are allowed in ringette.

## FAQ

Does my daughter need to already know how to skate to be able to join? Answer: No, this is the whole point. She will learn how to skate in our Bunnie and Powerskating programs. The whole idea is to have fun, be introduced to the game of ringette and see if there is interest to try out ringette for this upcoming season.

## CATEGORIES

|               |                             |
|---------------|-----------------------------|
| 4 to 7 yrs    | : moustiques – recreational |
| pre-novice    | : advanced moustiques       |
| 8 and 9 yrs   | : novice A - B - C          |
| 10 and 11 yrs | : atome A - B - C           |
| 12 and 13 yrs | : benjamine A - B - C       |
| 14 and 15 yrs | : junior A - B              |
| 16 and 18 yrs | : cadette A - B             |
| 19 to 23 yrs  | : juvenile A - B            |
| 19 +          | : A - B - C                 |
| 18 +          | : Open A                    |
| Regional AA   | : U16 and U19               |

## EQUIPMENT NEEDED

- Hockey helmet
- Ringette specific facemask (Calcoat) or visor type 5 or 6 approved by ACNOR (smaller holes so the straight end of the stick cannot pass through)
- Hockey skates
- Ringette specific girdle (no hockey pants)
- Hockey gloves
- Neck protector
- Elbow pads
- Knee and shin pads
- Shoulder pads (optional but recommended)
- Tape
- Ringette stick
- Pants and a practice sweater

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