



RINGETTE ROCKS!

Ringette - the fastest sport on ice - is a non-contact team sport played by girls from Senior Kindergarten age up with both house league and various competitive levels.

Mandatory Ringette gear is similar to hockey gear, but the helmet face mask is unique to Ringette with triangles in it. Players use a straight Ringette stick with a special end and they pass a blue rubber ring on the ice.

During regular play, each team has a centre, two forwards (wingers for you hockey fans), two defence and a goalie on the ice. The game starts with a free pass from the free pass circle at centre ice and the player in the circle has five seconds to pass the ring outside the circle into play. During play, the ring has to be passed over the blue line and another player must touch it before the passing player can touch it again. It doesn't matter which team touches it first over the blue line, it just cannot be the player who passed it.

The Ringette rink has a red free play line at both ends of the ice which marks the defensive and offensive zones on the ice. During regular play, each team may only have three skaters plus the goalie in the end zone.

A Ringette game is generally organized in two halves of 15 to 20 minutes long, depending on the level of play. The purpose of the game is to score goals on the opposing team by passing the Ringette ring amongst your teammates and keeping it from the other team. Because of the passing required at the blue line, Ringette is a much more team-oriented sport and team spirit, interaction and cooperation are fundamental elements of Ringette.

The Ringette season generally runs from the end of September when teams are formed until late March/ early April. Ringette registration fees include registration in the London Lynx Tournament in November for Novice level players on up and for a year end tournament for all players, date and location dependant upon level of play. There is no admission charge to our Ringette games.

2009/2010 Divisions: Bunnies** - born 2002-2004; **U10/Novice** – born 2000, 2001; **U12/Petite** – born 1998, 1999; **U14/Tween** – born 1996, 1997; **U16/Junior** – born 1994, 1995; **U19/Belle** –born 1991-1993. **Free Come Try Ringette Saturday, September 12th, 2:00 pm Western Fair, Highbury Ford.** See contact information below to register for Come Try Ringette.

**** FREE for FIRST TIME Bunnies - Bunny Learn to Skate program with a \$100 fundraising requirement.**

REGISTRATION INFORMATION

Contact Martha Wilson, Registrar, 519-680-0585/ mwilson@execulink.com for more information on how to register or visit www.londonringette.com