

# How to Play Ringette

Ringette is a team based sport, most often played on ice. The goal of ringette is to use a stick to shoot a ring into the other team's net.



## Let's look at the details!

### TEAM

Each team has six players on the ice. These include:

- Two defence
- Two forwards
- One center
- One goalie

A team consists of approximately 15-20 players. Six players are on the ice at a time.

### GAME

Games occur between two teams. They are composed of:

- Two 15 to 25-minute halves, with a two-minute halftime period, adding up to about one hour.
- If the game is tied, there are sometimes 10-minute overtime periods or shootouts.

### TOURNAMENT

Usually, a ringette season has two to four tournaments, where teams can play multiple other teams.

Teams that do well advance to continue playing, and others get eliminated.

Tournaments often run over a weekend.

Ringette is most often played on an ice rink with skates and protective equipment.

A game starts with one player in the center ice circle. When the whistle blows, the player has 5 seconds to pass the ring to a teammate outside the center circle.

## Rules

- 1 Any player other than the goalie cannot enter the goalie's crease (the red semi-circle).
- 2 The free play line ("ringette line") marks the area between the blue line and the short end of the rink. Only three players from each team (excluding the defending goalie) are permitted in this zone.
- 3 The blue line cannot be skated over while holding the ring. The ring must be passed over both blue lines to a teammate.
- 4 Ringette does not allow body contact, meaning body checking, slashing with sticks, hitting, or tripping are not allowed. These will result in penalties of two to four minutes.

