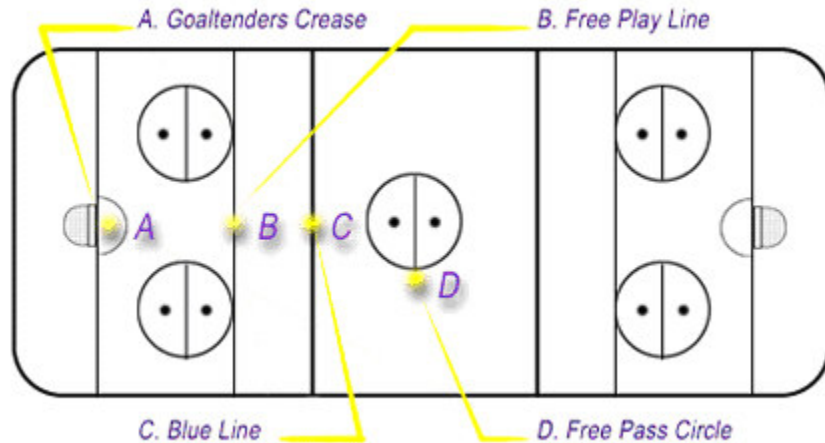


A quick Primer

RINGETTE is played on the same ice surface as hockey. Neither team is allowed to have skaters in the goalie crease. If the team with the ring has a skater in the crease then they lose possession.



- If a player attempts to take the ring out of the crease they lose the ring. If the offensive team loses the ring it is a Goalie Ring. If the defensive team loses the ring then the offensive team gains the ring on a Face-Off in the attacking zone.
- On a Goalie Ring the goalie is given five seconds to throw the ring towards a team mate. The referee counts the seconds by extending his/her arm.
- If the ring is in the crease the goalie has five seconds to get rid of it by either hitting it with her stick or picking it up and throwing it. If the ring is thrown beyond the Blue Line then the offensive team re-gains possession on a *Face-Off*.
- *Face-Offs* in Ringette are like free kicks in soccer. The ring is placed in the appropriate *face-off* circle. On the whistle one player then takes possession and has five seconds to either shoot or pass to a team mate; they cannot 'carry' the ring out of the circle. During this five seconds no other player is allowed in the *Face-Off* circle.
- There is no icing or two-line Off-Side; i.e. the center line does not come into play.
- Penalties, similar to hockey, are called for various infractions. Body contact of any type is not allowed. When a team is two players short they can only have two skaters in their defensive zone.

The details and further explanation of these rules can be found in [Ringette Canada's Official Rule Book](#), available through local or provincial association.

Thanks to Prince George Ringette for Information.