

FVRA: Introduction to Ringette

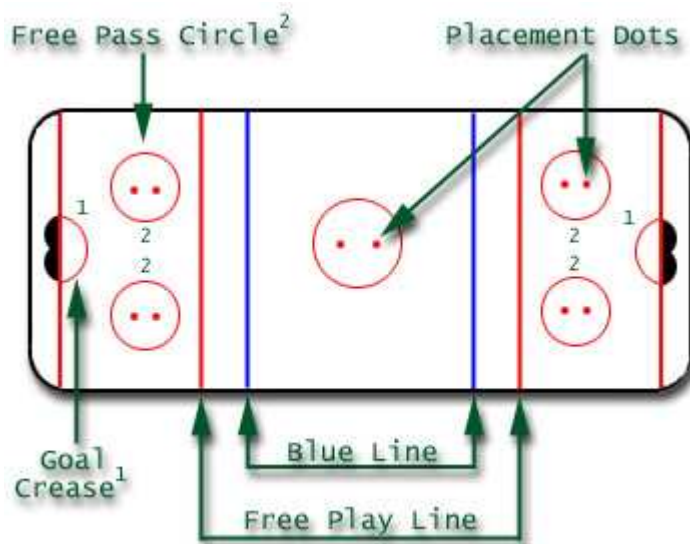
Ringette is a Canadian game introduced in 1963 in North Bay, Ontario. Originally designed to be a unique winter team sport for girls and an alternative to hockey, Ringette has evolved into a fast paced, exciting sport that combines the speed of hockey with the strategy of basketball or lacrosse. Ringette is played on ice in which players use a straight, tapered stick to pass, carry, and shoot a 6" rubber ring with the object being to score goals.

Teams consist of up to 18 players, with six on the ice at one time including a goaltender, two defence, two forwards and a centre. The emphasis is on play-making and skating skills. Players cannot carry the ring across the blue lines on the ice. Only three players from each team, plus the defending goalie, are allowed in the end zones at the same time, which keeps the play open, puts a premium on sharp offensive moves, and requires defending players to skate close to their opponents. These features of the game demand the development of keen skating skills that give Ringette players fantastic skating speed and agility.

Although many comparisons have been made to the sport of hockey, Ringette differs largely in that the hitting, clutching, grabbing, and obstruction and interference that routinely occurs in hockey is prohibited in Ringette, resulting in a fast-skating, highly-skilled passing game.

The FVRA is a volunteer association that was started in 1996. Today we have grown to over 160 registered players aged 5 and up. The association also has a supporting cast of coaches, managers, parents and other volunteers. The FVRA is home to all players living in Langley, Aldergrove & Abbotsford (or further east). The mandate of the FVRA is to promote sportsmanship, fun, competition, physical fitness, friendship and the teaching and playing the game of Ringette.

Rink Layout



The rink markings are essentially the same as ice hockey, with the addition of two free play red lines. For protection, the goalie is the only player allowed in the 8-ft. goal crease.