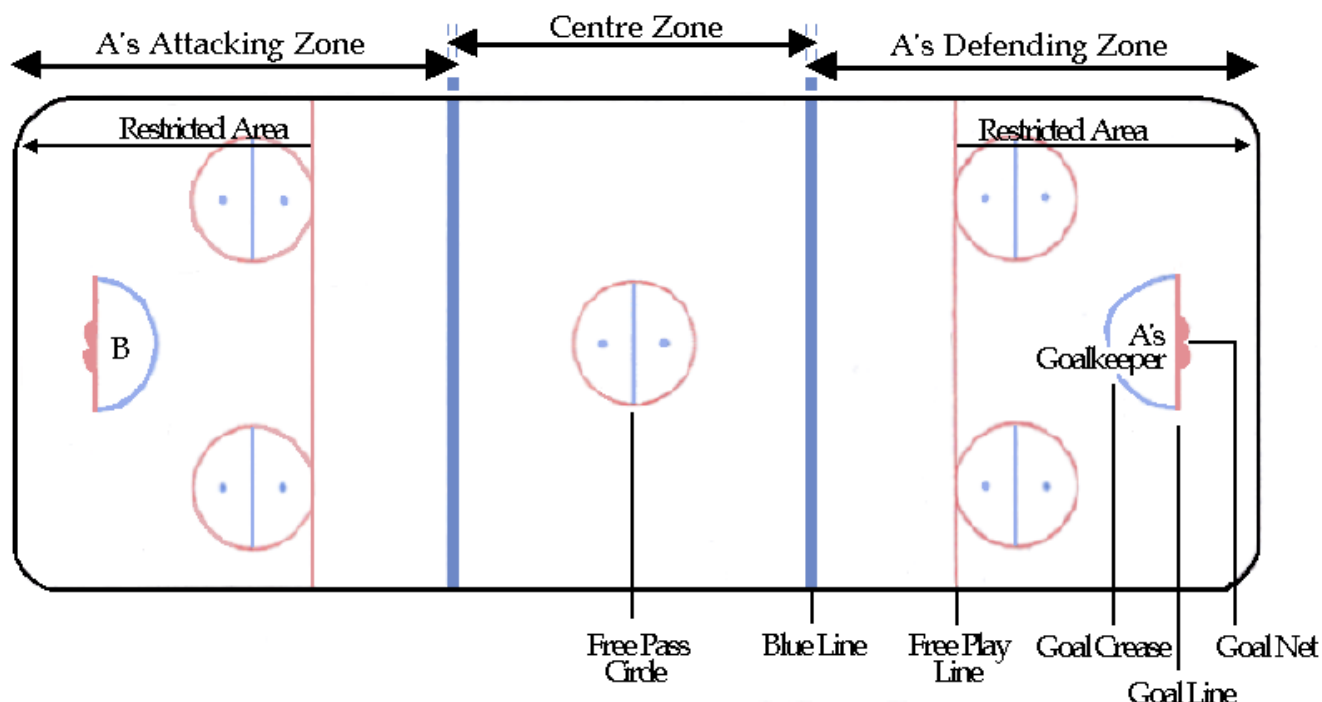


International Ringette Federation: Basic Rules



Ringette is a fast paced team ice sport. It is played on a regulation ice rink with a rubber ring and straight sticks. While play is in progress, no more than six players (five skaters and a goalkeeper) per team are permitted on the ice at one time.

The home team has the choice of goal areas to defend for the first and third periods of the game. The teams exchange goal areas to defend for the second period.

Let the game begin! A free pass (similar to the kick to start a soccer/football match) is awarded to the home team in the centre ice circle. Free passes are awarded for most stoppages in play. For a free pass, the ring is placed in the centre of the half of the free pass circle closer to the goal area defended by the team taking the free pass. The player taking the free pass is the only player permitted in the free pass circle. The player taking the free pass must put the ring into play entirely outside the free pass circle within five seconds. This player may not play the ring until it is entirely outside the free pass circle and the ring has been contacted by another player. A defending zone free pass is replaced by a "goalkeeper ring" (kind of like a goalkeeper's kick in soccer/football). The goalkeeper must put the ring into play entirely outside the goal crease within five seconds and may not contact the ring once it is entirely outside the goal crease until it is contacted by another player.

To ensure maximum team participation, the ring must be passed across each blue line. The last player to contact the ring when it is entirely on one side of a blue line may not play the ring on the other side of that blue line until the ring is contacted by another player. Also, the ring may not be passed to a teammate directly from one end zone to the other end zone across both blue lines.

A maximum of three skaters from each team are permitted in the restricted area (the area from the free play line to the end boards) in each end zone. A team can "pull" their goalkeeper and put an extra skater on the ice during the last two minutes of regulation time, at any time during overtime and during the delayed calling of a penalty to the opposing team. During this goalkeeper substitution, a maximum of four skaters from the team making the substitution are permitted in the restricted area in each end zone.

In order to protect the goalkeeper, the goalkeeper is the only player permitted in the goal crease. No other player may contact the ring while it is on or inside the goal crease. When the ring is inside or on the goal crease, the goalkeeper must put the ring into play outside the goal crease within five seconds.

To provide even more spectator appeal and make the game faster paced, there is a 30 second shot clock (like basketball & lacrosse). The shot clock is started when a team has the ring outside of their defending zone. The shot clock is stopped when play is stopped. The shot clock is reset to 30 seconds when the team with the ring takes a shot on goal or control of the ring changes from one team to the other team or a delayed penalty is signaled to the team that does not have the ring.

Each team is entitled to two 30-second timeouts per game. They also get one additional 30-second timeout for each overtime period.

A regulation game consists of three twenty-minute periods of actual playing time (stop time). Overtime periods are the same length as regulation periods. The team scoring the greater number of goals during regulation time is the winner of the game. If the score is tied at the end of regulation time, sudden-victory overtime periods shall be played. The first team to score in overtime is the winner of the game.