



# The Ringer

## Earn your stripes as a referee

Officiating is a great way for young women who enjoy ringette to get more ice time, be involved in the sport in a new way, and give something back to the game.

To certify as an on-ice official, one must be at least 14 years of age, attend a certification course and pass a test. Basic certification can be obtained in one weekend, after which a referee will be qualified to call a house league game among younger players. To advance in certification to be able to ref at higher age groups



and higher levels of competition, the referee is evaluated on the ice during games.

In addition to getting healthy exercise, it's fun,

and referees are paid for each game they call.

ERA is eager to certify more teen-age players as referees, and will pay the registration fee for refs in training. For details, contact Laura Ann

Montreuil at [officiating@etobicoke-ringette.com](mailto:officiating@etobicoke-ringette.com).

## Ringette Scoring Against Breast Cancer

On September 19th, 2003, over 90 women took to the ice at Skyreach Centre in Edmonton, Alberta as part of the first ever 24-hour ringette event to raise funds for the Canadian Breast Cancer Foundation, AB/NWT Chapter. Originally the 14 ringette teams from the Northern

Alberta Women's Ringette Association were hoping to raise \$12,000, but when the game ended the total exceeded \$33,000. Organizers are hoping that this event will raise over \$36,000 by the time all the funds come in. Most of the players skated for eight hours with breaks in between

their shifts. There were two teams on the ice and each team was made up of four squads. The final score was black 140 and white 111, but the real winner was Ringette Scoring Against Breast Cancer.

*Reprinted from Ringette Canada ([www.ringette.ca](http://www.ringette.ca))*

## Etobicoke Ringette Association Inc.

36th Year, Issue 2

October 2003

## Coming up:

- ☺ ERA Executive Committee meets Tues., Nov. 11 at 7:30 pm in the west side meeting room at Centennial Arena. All are welcome.
- ☺ Power skating — it's free! Every Tuesday at 5:00 pm at Pine Point Arena. Full equipment except sticks.
- ☺ Ontario Ringette Association Creative Writing Contest. Help celebrate 40 years of ringette with a picture or an essay about Ringette. You could win a prize! Deadline Nov. 30. For details visit [etobicoke-ringette.com](http://etobicoke-ringette.com)
- ☺ Lakeshore Santa Claus Parade, Saturday, Dec. 6 at 10:00 am. See page 3.

# Rule Book: The Free Pass and the Goalie Ring

Ringette games begin with a free pass at centre ice, similar to the kick-off that starts a soccer game. The Visiting Team takes the first free pass.

The ring is placed in the half of the centre ice free pass circle on the Visitor's side. On the referee's whistle, the player taking the free pass has five seconds to pass the ring to a team mate. The ref

counts the seconds out loud, and signals them by extending her arm for each second as she counts.

The player taking the free pass must be alone in the free pass circle and on her half of the circle, and the ring must pass outside the circle before another player touches it. The pass can go anywhere on the ice (provided it does not cross two blue lines).

There are five free pass circles: one at centre ice, and two in each end.

A stoppage in play between the blue lines usually will result in a free pass at centre to re-start play.

A stoppage that occurs in one end of the ice or the other usually will result in a free pass in the nearest free pass circle for the offensive team if the defensive team caused the stoppage.

Free passes for the defending team are replaced by a "goaltender ring" — like a soccer goal kick. Upon calling the play, the ref gives the ring to the goalie, blows the whistle, and starts counting. The goalie must throw the ring into play within 5 seconds.

If the ring comes to the goalie in her crease, the ref will begin to count (no whistle, but counted out loud and signaled by extending the arm). The goalie must throw the ring into play in five seconds. The goalie can play a ring outside her crease, but she cannot draw a ring from outside her crease into the crease, or pick up and throw a ring that is outside her crease.

No one but the goalie is allowed in the crease, nor can they play a ring in the crease. A ring that is touching the crease line is deemed to be in the crease.

The goalie cannot throw a goalie ring to herself and she cannot throw it past her own blue line.

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For more on ringette rules, see **Simplified Rules of Ringette at [etobicoke-ringette.com](http://etobicoke-ringette.com)**

## The Stingers Rep Team Report

### Novice B

A squad of eager Novice Stingers were off to Ayr on October 18 for their first game of the season, a 6 to 5 win over the Ayr Ice Cats.

### Petite B

The Petites kicked off their season at home against Niagara Falls on October 19. Despite missing a few players, the Stingers gave the visitors a close game, losing 6-5. The team will enter the St.Catharines tournament in December.

### Tween B

The Tweens' season started in St. Catharines on October 19. The Stingers came out on top in a 7-5 contest. The Tween's play a home-and-home series against Burlington October 24 at Skyway and October 25 at Long Branch.

### Belle A

This is the first year in a while ERA has put a Belle A rep team on the ice. Belle players are under 18, and our team includes some Juniors (under 16). The team plays in the Central Ontario Ringette League, against

teams from Pickering, Whitby, Hamilton, Richmond Hill and Jordan. The Stingers lost their opener 8-1 to Pickering.

### Open A

Always competitive, the Stingers Open team has started the season with a loss to Hamilton at home on October 18 and win in St. Catharines on October 19. The St. Catharines win came right after the Tween win in the same arena, making it a good night for Etobicoke. Next game is in Hamilton October 25. The team is entered in the London tournament in mid-November.

### Support The Home Team

Rep team home games are Saturday nights at Centennial or Sunday afternoons or Monday nights at Long Branch. Why not come early for the house league practice on Sunday afternoons and take in some great rep team action? See the schedule on Page 4.

Rep team players, ask your coach about passwords to the Hometown Sports web page, where you can track team standings and player statistics.

# House League Highlights

## Bunny/Learn to Skate

Anyone watching the learn to skate classes will see the ringette players of tomorrow developing quickly. The 23 skaters are divided in to three sections for closer instruction.

Emphasis so far has been on skating skills, but sticks and rings will be introduced over the next several weeks.

Sponsors of the Learn to Skate program are St. John's Trophies and Eringate Softball Association. The head instructor is Laura Montreuil who is also a Open A level player and a certified referee, and coach of the Novice rep team.

## Novice

The Novice division has 27 players, and with some of the Learn To Skate players expected to "graduate", there is talk of moving from two to three

teams. So far, games between White Sands Communications and Strate's Banquet Halls have been close contests, with the new players learning the ropes quickly.

## Petite/Tween

There are 34 players in three teams in our Petite/Tween division. Some players have been shifted in the early going to balance teams, and it looks like a competitive season for RYR Sports, Ontario Filter & Supply and Play-it-Again Sports on the Queensway. Our Petite/Tweens will also have a chance to host some games against visiting players from Mississauga during the season.

## JBDI Mixed

Some Saturday players may not know about our Monday night league for players age 14 and up. There are 32 players on three co-ed teams sponsored by Campbell Soup, Sunoco Fairclough Petroleum, Etobicoke Ringette.

There is room for more players at all levels. Contact John Campbell at 416-236-5357 or [vphouseleague@etobicoke-ringette.com](mailto:vphouseleague@etobicoke-ringette.com) with your questions about the ERA house league.

## Become a Greater Skater!

There are lots of opportunities for players in the Etobicoke Ringette Association to get more ice time and improve their skating skills.

## Learn To Skate

Players in the Novice division who are new to ringette are welcome to participate also in the Learn to Skate sessions at 5:00 pm Saturdays at Centennial Arena, just before the Novice games.

## House League Practice

All house league players are entitled to attend the practices at 4:00 pm Sundays at Long Branch Arena.

## Power Skating

Until December 16, power skating sessions are free at 5:00 pm on Tuesdays at Pine Point Arena. Wear ringette equipment, but don't bring your stick.

...and don't forget public skating at city rinks. Check city listings.

## Cooperall Pants and Ringette Girdles

Why wear h@\*#&y pants and socks when you can get ringette pants and girdles at a reasonable cost?

**Cooperall pants \$10**

**Girdles \$20-\$25**

**All Sizes**

Call Dan Davies at 416-626-8855  
[Purchasing@etobicoke-ringette.com](mailto:Purchasing@etobicoke-ringette.com)

Tell him Sam and Laura Ann sent you!



## Lakeshore Santa Claus Parade Saturday, December 6

House League players are invited to ride the Stinger float and help "ring" in the Christmas season.

Contact Dan Davies if you are interested at 416-626-8855



## Etobicoke Ringette Association Inc.

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35 Years of Ringette in Etobicoke.

*Links to arena maps,  
and up to date team  
schedules are always  
available at [etobicoke-  
ringette.com](http://etobicoke-ringette.com)*

## Upcoming Stinger Games and Practices

### Novice

Coach:

Laura Ann Montreuil (416-616-6665)

**Sunday, Oct. 26,** 2:45 pm at Long Branch vs Caledonia

**Saturday, Nov. 1,** 2:00 pm (cancelled)

**Sunday, Nov. 2,** 1:45 pm at Long Branch vs Ayr

**Monday, Nov. 3,** 7:05 pm at Long Branch Arena vs Burlington 1

**Sunday, Nov. 9,** 2:45 pm at Long Branch vs Cambridge 2

**Monday, Nov. 10,** Practice 5:30 pm at Long Branch

**Monday, Nov. 17,** 7:05 pm at Long Branch vs Paris

**Saturday, Nov. 22,** 3:00 pm at Burlington

**Sunday, Nov. 23,** Practice 2:45 pm at Long Branch

### Petite

Coach:

Dan Davies (416-626-8855)

**Monday, Oct. 27,** Practice 7:00 pm at Long Branch Arena

**Monday, Nov. 3,** Practice 5:30 pm at Long Branch Arena

**Sunday, Nov. 9,** 1:45 pm at Long Branch Arena vs St. Catharines

**Saturday, Nov. 15,** 5:00 pm at Niagara Falls

**Sunday, Nov. 16,** 2:45 pm at Long Branch vs Burlington A

**Monday, Nov. 17,** Practice 6:15 pm at Long Branch

**Saturday, Nov. 22,** 1:00 pm at Hagersville Tween B Minor

### Tween

Coach: Samantha

Allen-Hanna (416-521-9540)

**Sunday, Oct. 26,** 1:45 pm at Long Branch vs Burlington

**Monday, Oct. 27,** Practice 6:15 pm at Long Branch

**Sunday, Nov. 2,** 4:00 pm at Ayr

**Monday, Nov. 3,** Practice 6:15 pm at Long Branch

**Monday, Nov. 10,** 7:05 pm at Long Branch vs Mississauga

**Sunday, Nov. 16,** 1:45 pm at Long Branch vs St. Catharines

**Monday, Nov. 17,** Practice 5:30 pm at Long Branch

**Tuesday, Nov. 18,** 6:45 pm at Hagersville

**Sunday, Nov. 23,** Practice 2:45 pm at Long Branch

**Monday, Nov. 24,** Practice 7:05 pm at Long Branch

### Belle

Coach:

John Hibbit (416-259-2940)

**Saturday, Oct. 25,** 9:15 pm at Centennial Arena vs Mississauga

**Monday, Oct. 27,** Practice 5:30 pm at Long Branch

**Sunday, Nov. 2,** 2:45 pm at Long Branch vs Whitby

**Monday, Nov. 10,** Practice 6:15 pm at Long Branch

**Saturday, Nov. 15,** 9:15 pm at Centennial Arena vs Elora-Fergus

**Sunday, Nov. 16,** 1:30 pm at Richmond Hill

**Saturday, Nov. 22,** 11:15 am at Mississauga

**Sunday, Nov. 23,** Practice 1:45 pm at Long Branch

### Open A

Coach: Samantha

Allen-Hanna (416-521-9540)

**Saturday, Nov. 1,** 9:15 pm at Centennial Arena vs Waterloo

**Saturday, Nov. 8,** 9:15 pm at Centennial Arena vs Whitby

**November 14-16,** London Tournament

**Saturday, Nov. 22,** Practice 9:15 pm at Centennial Arena

**Sunday, Nov. 23,** Practice 1:45 pm at Long Branch