



# SKILLS COMPETITION INFORMATION PACKAGE

2025 WESTERN CANADIAN RINGETTE CHAMPIONSHIPS



## TIMES

The Skills Competition will take place at George Preston Recreation Center  
After the opening ceremonies on Wednesday March 26, 2024

U14AA Skills Competition – 6:30 PM – 7:45 PM

U16A/ U19A Skills Competition – 8:00 PM – 9:20 PM

## EVENTS

1. Accuracy Shooting (1 participants/team)
2. Fastest Forward Skater (1 participants/team)
3. Fastest Backward Skater (1 participants/team)
4. Fastest Forward Skating Goalie (1 participant(s)/team)
5. Goalie Accuracy Throwing (1 participant(s)/team)
6. Relay Challenge (1 goalie & 3 participants/team)

## AWARDS

1. Fastest Forward Skater: awarded to the fastest skater. (1 award/age category)
2. Fastest Backward Skater: awarded to the fastest skater. (1 award/age category)
3. Fastest Forward Skating Goalie: awarded to the fastest goalie. (1 award/age category)
4. Accuracy Shooting: awarded to the athlete who hits the most targets, in the shortest amount of time. (1 award/age category)
5. Goalie Throwing Accuracy: awarded to the goalie who hits the most targets, in the shortest amount of time. (1 award/age category)
6. Relay Challenge: awarded to the fastest team. (4 awards/age category)

## REGISTRATION

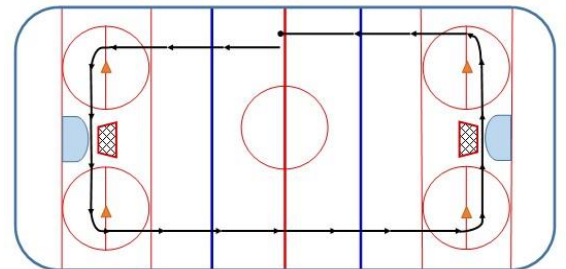
Teams will receive both a Team Information Form and a Roster Confirmation and Skill Competition Spreadsheet. Registering players to participate in the skills competition will be done using the Roster Confirmation and Skill Competition Spreadsheet.

## EVENT DESCRIPTIONS

### **Fastest Skater (Forwards, Backwards, & Goalie Forwards):**

1. Athletes will be timed while skating.
2. Athletes must start on or behind the centre line.
3. Athletes go on the whistle.
4. 2 athletes skate at the same time, starting on opposite sides of the ice and skating in the same direction.

*Note: pylons will be positioned at the faceoff dots and nets will be pushed up to the top of goalie crease. Contacting a pylon will result in a 1 second penalty added onto the athlete's time.*



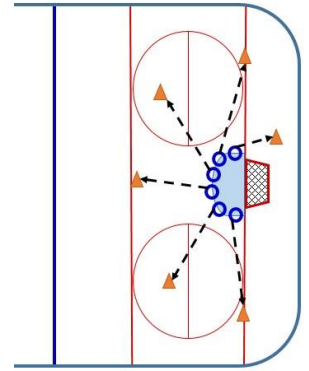
### **Accuracy Shooting:**

1. Each athlete gets 5 rings / 5 shots and 90 seconds.
2. Athletes must try to hit all 4 targets from the hash marks (forehand or backhand shots are allowed).
3. The same target cannot be hit more than once.
4. The time starts when the first shot is released.
5. Time stops when the 4<sup>th</sup> target is hit or when the 5th ring hits the net, or hits the target, or hits the back boards or at the 90 second limit.



## Goalie Throwing Accuracy:

1. Each athlete gets 6 rings and 60 seconds to hit the 6 pylon targets.
2. Athletes must try to hit all 6 targets from within the goal crease.
3. The same target cannot be hit twice.
4. The time starts when the first ring is released.
5. Time stops when the 6<sup>th</sup> target is hit or when the 6<sup>th</sup> ring passes the target or stops short of the target or at the 60 second limit.



## Relay Challenge:

1. Each 'team' will consist of 1 goalie and 3 skaters.
2. 4 nets will be used, two on each half of the ice.
3. One skater will be placed between the centre line and the blue line. All other skaters will line up behind the net in single file.
4. The whistle will sound to start the relay.
5. The first skater (X1) will skate out from behind the net
6. The goalie (XG) will throw them the ring on the far side of the pylon.
7. The skater will pick up the ring and skate around the cones.
8. When they get to the last cone, they will pass the ring to their teammate who is on the boards (X3)
9. X1 receives a pass back from their teammate (X3) over the blue line.
10. X1 carries the ring to the circle and then shoots it into the net.
  - a. Note: If the shot on goal misses the net or hits a post and doesn't go in the player will need to retrieve the ring and shoot it in again as it has to go into the net before continuing.
11. X1 will then pick up the ring and pass it to their teammate (X3).
12. X3 will skate with the ring down the boards.
13. X1 will move into the position X3 was in along the boards.
14. X3 will pass the ring back to their goalie when they get to the last pylon.
15. X3 will then cross the start line so the next player can begin.
16. After all, 3 skaters have rotated through the course twice, the goalie will skate through the cones, turn and race back over the start line to complete the race.

*Note: Contacting a pylon will result in a 1 second penalty added onto the team's time.*

