



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, 2025

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. Hardest Shot (1 participants/team)
3. Fastest Forward Skater (1 participants/team)
4. Fastest Backward Skater (1 participants/team)
5. Fastest Forward Skating Goalie (1 participant(s)/team)
6. Goalie Accuracy Throwing (1 participant(s)/team)
7. 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. Hardest Shot (1 participants/team) Accuracy Shooting: awarded to the athlete who has the hardest clocked shot. (1 award/age category)
6. Goalie Throwing Accuracy: awarded to the goalie who hits the most targets, in the shortest amount of time. (1 award/age category)
7. Relay Challenge: awarded to the fastest team. (4 awards/age category)

REGISTRATION

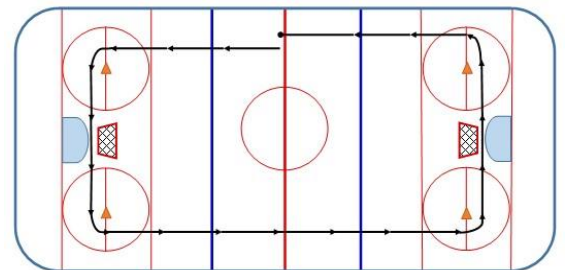
Teams will receive both a Team Information Form and a Roster Confirmation and Skill Competition Spreadsheet. Registering players to participate in the skills competition will be done using the Roster Confirmation and Skill Competition Spreadsheet.

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.

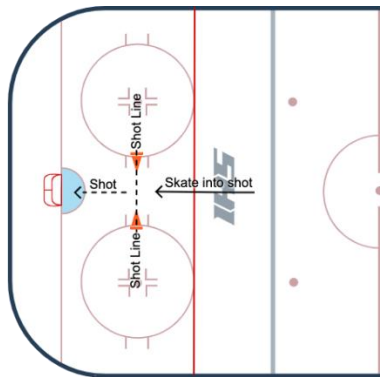


Hardest Shot:

1. Shot speed will be measured with a radar gun.
2. Competitors will take 3 shots.
3. They are allowed to skate into their shot but must release their shot before the marked shot line. Failure to do so will result in a zero-speed reading for that attempt.

- Hardest (fastest) shot wins. If there is a tie in speed, the second fastest shot for the tied competitors will be the determining factor. If still tied, their slowest shots will be the determining factor.

Note: Ring must enter the goal net in order for the shot to count. Shot attempts not entering the net will receive a zero-speed rating for that attempt.



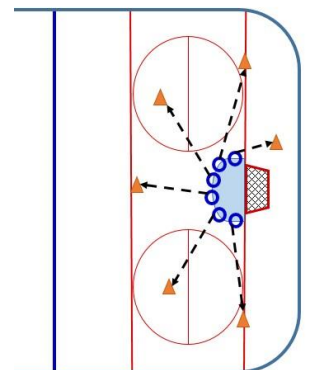
Accuracy Shooting:

- Each athlete gets 5 rings / 5 shots and 90 seconds.
- Athletes must try to hit all 4 targets from the hash marks (forehand or backhand shots are allowed).
- The same target cannot be hit more than once.
- The time starts when the first shot is released.
- Time stops when the 4th 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:

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



Relay Challenge:

Each 'team' will consist of 3 skaters and 1 goalie. Athletes will skate with their sticks.

- Athletes will start at point X. First athlete starts on the whistle; other athletes start when they are tagged.
- Athletes 1 through 3 (players) on their turn, will execute tight turns through the first 4 pylons.
- At the 5th pylon, they will execute a forward to backward skating transition and skate backwards to pylon 6.
- At the 6th pylon, execute a backward to forward skating transition and skate forwards to pylon 7.
- At the 7th pylon, execute a tight turn and skate forwards to pylon 8.

6. At the 8th pylon, execute a forward to backward skating transition and skate backwards to pylon 9.
7. At 9th pylon, execute a backward to forward skating transition and skate forwards to pylon 10.
8. At the 10th pylon, execute a tight turn and skate forwards to pylon 11.
9. At the 11th pylon, execute a tight turn and skate forward through the middle of the course to the start line and tag the hand of the next skater on their team to signal that skater to start. The athlete waiting to be tagged **MUST** remain behind the goal line until tagged.
10. Athlete 4 (Goalie) will execute tight turns through the first 4 pylons and skate to the 5th pylon where they will execute a tight turn and skate forward through the middle of the course to the start/finish line, completing the relay by crossing the finish line (goal line).
11. Fastest time wins. Each competitor will get 1 attempt.

Note: Failure to properly execute the course will result in the team's time not being counted. Contacting a pylon will result in a 1 second penalty added onto the team's time. False start (leaving early) will result in a 1 second penalty added onto the team's time. Not contacting (tagging) the hand of the next person in line and/or leaving before contact is made will result in a 1 second penalty added onto the team's time.

