

When will the events take place? Location: Servus Place, St. Albert AB. U14 Division – Wednesday, March 27, 2019, 7:30pm – 9:30pm at Go Auto Arena. U16 and U19 Division – Thursday, March 28, 2019, 6:45pm – 9:00pm at Mark Messier Arena.

When does my team have to be at the Skills? Each team will be assigned an 10 minute time slot in which all athletes from that team will compete simultaneously in all 5 events. All athletes must be ready and waiting outside the dressing room **5 minutes** before their scheduled participation time. Teams will be assigned a specific time slot in the dressing room. The allotted time will be short, so athletes are encouraged to come as dressed as possible. **Teams are asked to clear the dressing room as soon as possible after they complete their events**, to allow the next team fair time to dress. There is no equipment storage available prior to dressing room availability.

Will my team have time to warm up or see a demo before participation? Athletes participating in the event **MUST** be familiar with the rules and format of the event they are participating in prior to taking the ice. Due to time constraints, on-ice warm-up and demonstrations will **NOT** occur. A volunteer will be in the waiting area to answer any questions. Drill diagrams will be available to teams in advance and in the dressing rooms. Any questions about the drills prior to the event should be directed by email to vicepresident@stalbertringette.com

What should the competing athletes wear? All participants must wear their full equipment and team playing uniform. Athletes should come as "dressed" as possible as time in the change rooms will be limited. Athletes will be identified by their jersey number – results will be attributed to the athlete that coincides with the jersey number on the official WCRC results website.

How many attempts will athletes have for their station? Each athlete will be given ONE attempt at their respective station. **One** additional attempt will be offered **ONLY** if an athlete falls during their first attempt.

When will my team participate? Schedule will be released on March 8, 2019, via email and posted to 2019wcrc.com.

Who will participate? All teams in the **U14, U16 and U19 division** compete in the Ringette Skills Event. Each team designates at least **9 different athletes** to compete in the following events – all teams are **encouraged to send all of their athletes** to compete. Athletes may only compete in 1 event each, last minute changes/additions will not be accepted.

- **Agility Skating** (min 2 athletes, max 5 athletes) – see station 1 details.
- **Accuracy Shooting** (min 2 athletes, max 5 athletes) – see station 2 details.
- **Fastest Skater:** Forward and Backward (min 2 athletes, max 5 athletes) – see stations 3 and 4 details.
- **Passing** (min 2 athletes, max 4 athletes) – see station 5 details.
- **Goalie** (min 1 athlete, max 2 athletes) – see goalie station details.

What awards can an athlete or team win?

The following awards will be presented at the closing banquet ceremony for the U14, U16 and U19 divisions:

1. **Accuracy shooting:** Athlete with the best results in this event. In the event that more than one athlete is tied – the athlete that hit the most targets in the least amount of time will be declared the winner.
2. **Fastest Skater (Forward and Backwards) :** The athlete with the fastest combined time in the forward and backward skating events.
3. **Agility Skating:** Athlete with the fastest time in the agility skating event.
4. **Top Goalie:** The goalie with the fastest time as per the following: total time to complete the circuit, minus 1 second for each pylon hit during ring distribution.
5. **Passing:** The two athletes who recorded the fastest time in the passing event.
6. **Skills event championship team:** Will be awarded to the team in each of the U14, U16 and U19 divisions having accumulated the most points over the course of all skills events. In the event of a tie, the team whose goalie recorded the fastest time will be declared champion.

Point structure for TEAM event: Points will be awarded based on the time (results) of **the top athlete/pair** from each team for each station.

The athlete that records the best overall time for their division in each event will earn **5 points toward the team award**.

Athletes whose results are equal to or above their division average for their event will earn **3 points**.

Athletes whose results below their division average for their event will earn **1 point**.

Bonus points:

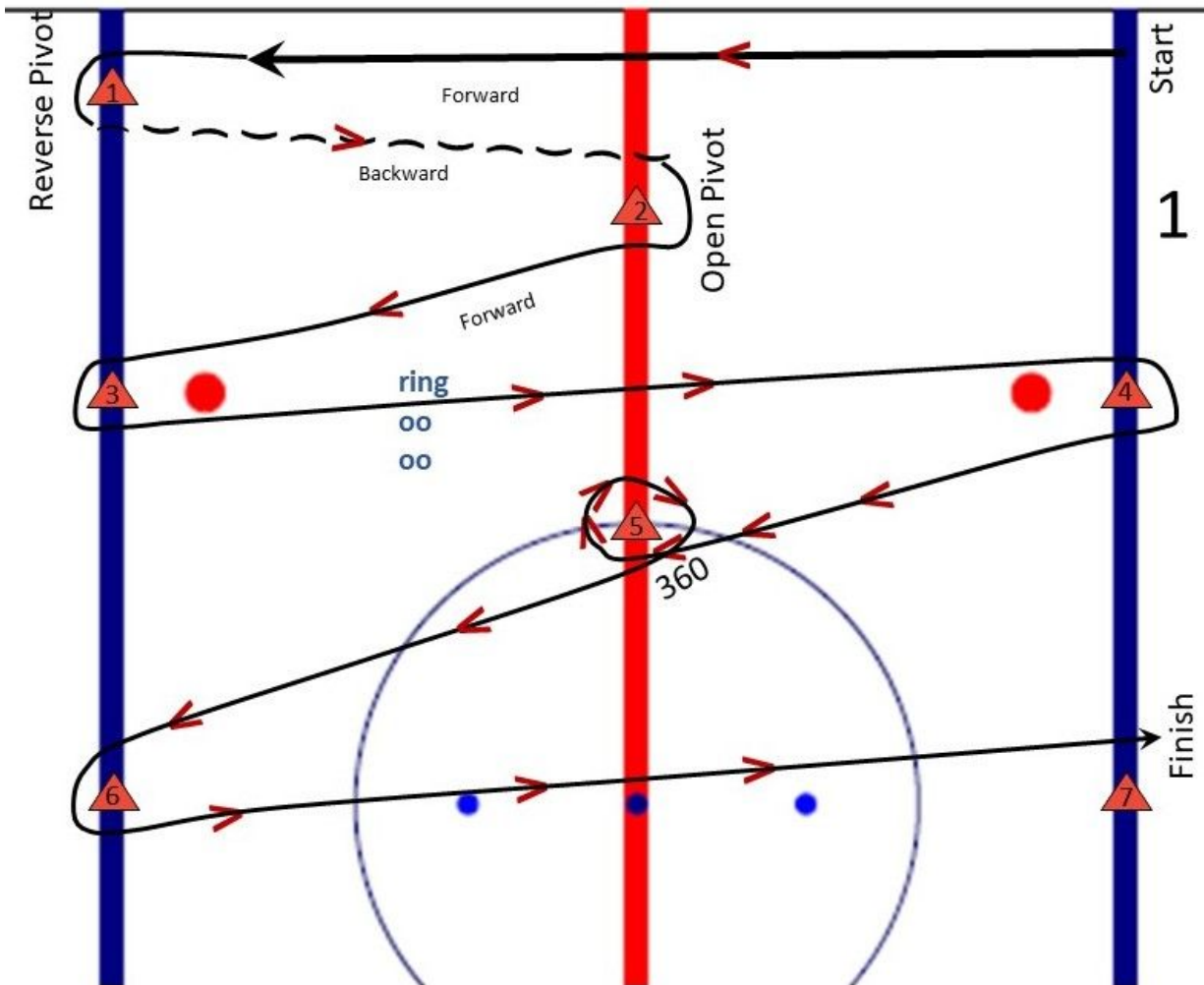
1. Accuracy shooting:
 - a. Athletes who hit all 4 targets:
 - i. Using 5 rings = 3 extra points
 - ii. Using 4 rings = 5 extra points
2. Goalie Ring toss: a. Goalie who hits all 4 pylons = extra 5 points



Description of events:

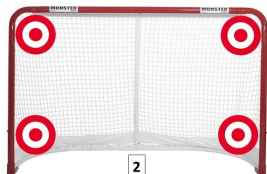
Station 1 – Agility skating

1. Forward to the blue line, reverse pivot around pylon #1
2. backwards to the red line, open pivot around pylon #2 - forward skating for remainder of drill
3. Left tight turn around pylon #3
4. Pick up ring (ring must be carried for remainder of drill, if athlete loses ring they must stop and get it to complete drill)
5. Right tight turn around pylon #4 (ring must be carried OUTSIDE the pylons)
6. Right 360 turn around pylon #5
7. Left tight turn around pylon #6
8. Forward to blue line at pylon #7
9. This is a timed event. Time starts on "go" of drill supervisor, time stops when first skate touches blue line at the finish.
10. Contact of skates, stick or ring with pylons will result in 1 second being added to time for each pylon contacted.



Station 2 – Accuracy shooting

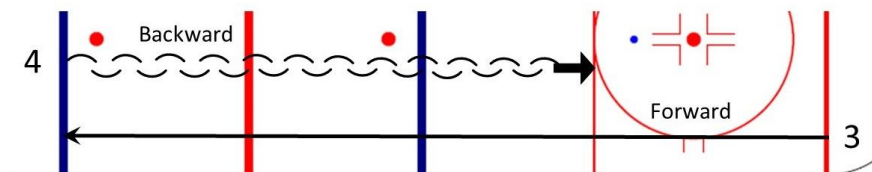
1. Each athlete gets 5 rings / 5 shots and 90 seconds.
2. Athletes must try to hit all 4 targets from the hash marks (forehand or backhand shots are allowed).
3. The same target cannot be hit twice.
4. The time starts when the first shot is released.
5. Time stops when the 4th target is hit; when 5th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



Station 3 – Fastest skater – Forwards Athletes will be timed from goal line to far blue line.

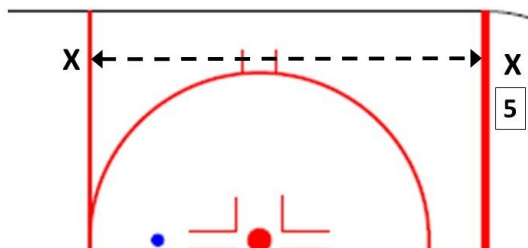
Station 4 – Fastest skater – Backwards Athletes will be timed from blue line to free play line.

1. The same athletes will compete in stations 3 & 4
2. Total combined time will be used as final time
3. Athletes must start with both skates behind the lines
4. Athletes must start facing backward for station 4
5. Time starts on “go” from drill supervisor, time stops when first skate contacts the finish line.



Station 5 – Passing

1. Athletes will participate in pairs.
2. One athlete behind the goal line and one athlete behind the free play line. Skates must stay behind the lines during the event.
3. The participants must complete 5 passes each in the following order:
 - a. Forehand pass (two each)
 - b. Backhand pass (two each)
 - c. Pass off the boards (one each)
4. This is a timed event. Time begins when the first pass is released and ends when the final board pass is caught.
5. A time limit of 4 minutes will be given to each pair to complete the drill. If after 4 mins the pair has not completed all required passes, a time of 4 minutes will be recorded and 1 second added to the time for each pass not completed.
6. Each pass is considered complete if pass is caught. Skates may not be used to stop passes before catching the ring.



Goalie station

Part 1 - Goalie circuit Goalies will complete the circuit below (timed event):

1. Goalies will face the stands for the entire sequence.
2. Goalies will begin at the bottom of the free pass circle at "A", both skates OUTSIDE the circle.
3. Goalies will adopt proper goalie crouch/stance (stick down, glove up)
4. Goalies will complete the follow sequence:
 - a. shuffle from "A" past centre line of circle to "B" (both skates must cross the centre line)
 - b. t-pushes from "B" to "A" (both skates must cross the outside line of the circle)
 - c. Butterfly slides from "A" to "B" (both skates must cross centre line) and back to start (from "B" to "A").
5. Goalies must recover to upright position after each slide ie: butterfly crawl/extra push is not allowed between slides.
6. Time begins on "go" from drill supervisor, time stops when both skates are outside the circle and goalie is in upright stance after recovery from final butterfly slide.

Part 2 - Ring distribution

1. Each goalie will have 4 rings. Pylons will be placed on defensive free pass dots and centre dots (hockey face off dot) in each circle in the zone.
2. Goalies must try and hit all 4 pylons by distributing the ring.
3. Stick or hand may be used to distribute the rings.
4. Goalie must start with both skates in the crease, only one skate is allowed to exit crease in the process of distributing the ring.
5. Goalies cannot hit the same pylon twice.
6. Each pylon hit with a ring will result in 1 second deduction from goalie circuit time (part 1)

