



Ringette Saskatchewan 2022 Provincial Championships Virtual Skills Competition

Due to COVID-19, Ringette Saskatchewan has opted to not host an in-person skills competition at the 2022 B Provincial Championships. Instead, we are hosting a VIRTUAL Skills Competition! The Skills Competition is **optional** for all teams in the U14B and U16B divisions. Teams can also choose what events to participate in. Not participating in a particular event will not cost a team any points but participating in all events can help your team win!

Teams can compete in 5 events:

1. Fastest Skater – forward
2. Fastest Skater – backward
3. Fastest Skater – agility
4. Partner Passing
5. Goalie vs Shooter Showdown

Athletes can only participate in 1 event. Participants must be registered on an applicable Provincials Roster. Virtual Skills Competition Championship team will be awarded to the team in the U14B and U16B divisions having accumulated the most points over the course of all skills events

Teams will be required to submit videos of their athletes completing each skills event. Ensure the videos capture as much of the skills event as possible (landscape/horizontal view).

Tips for taking videos:

- **Fastest Skater events:** stand at the middle of the ice, capturing the athlete at the starting point, as they skate around both nets, and at the finish line. For agility, the video should begin near the starting point (middle of the circle), following along as the athlete turns through the pylons, skates around the net, then backwards and to the finish line.
- **Partner Passing event:** include both athletes in the video for the entirety of the event.
- **Goalie vs Shooter Showdown event:** stand near the net (where the official would typically stand) to include both the shooter and the goalie

All results must be submitted at this link: <https://forms.gle/rs8JSig8orZEsUdAA>

** You will need to log into a Google Account to complete the form **

Deadline to submit results is 11:59pm on Thursday, February 24, 2022.

1. Fastest Skater

a) Forward (maximum 2 athletes per team)

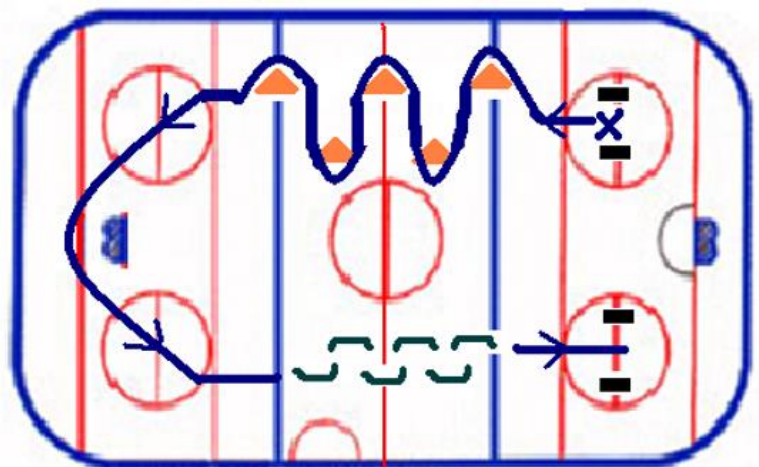
- Timed event.
- Nets will be moved to the hash marks on both sides of the ice.
- Skater will start facing forward, on the centre red line closest to the penalty box. Once the whistle is blown, the skater will skate one full forward lap around the rink, back to their original starting point.
- Failing to skate behind both nets will disqualify a skater.
- The athlete who records the fastest time will win 5 points for their team.
- The athlete who records the second fastest time will win 3 points their team.

b) Backward (maximum 2 athletes per team)

- Timed event.
- Nets will be moved to the hash marks on both sides of the ice.
- Skater will start facing backward, on the centre red line closest to the penalty box. Once the whistle is blown, the skater will skate one full backward lap around the rink, back to their original starting point.
- Failing to skate behind both nets will disqualify a skater.
- The athlete who records the fastest time will win 5 points for their team.
- The athlete who records the second fastest time will win 3 points their team.

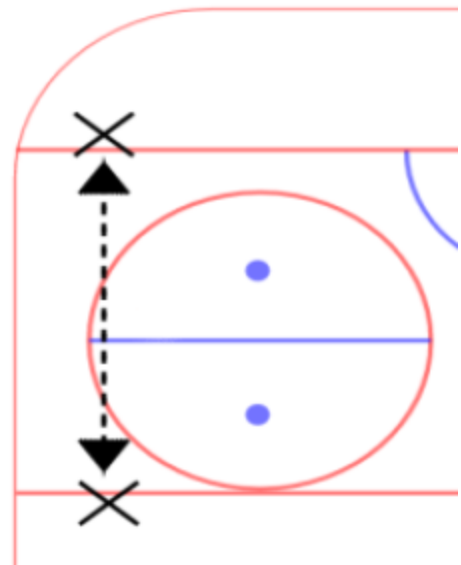
c) Agility (maximum 2 athletes per team)

- Timed event.
- Equipment: 5 pylons
- The skater will start in the middle of the circle (with a stick but without a ring). The whistle will start the timer and the race.
- On the whistle, the skater will proceed forward to the first pylon (located on the blue line), they will tight turn around the pylon and proceed forward to the next pylon, continuing down the course. Once the tight turn around the last pylon (located on the opposite blue line), they will skate forward around the net. Once they get to the blue line, they will start skating backward between the blue lines and transition to forward and race to the finish line (blue line in the circle).
- Knocking over a pylon will not disqualify a skater, but cutting the pylons short or failing to skate behind the net will.
- The net should be moved up so the back of it is touching the goal line, to provide a safer environment for the skater.
- The athlete who records the fastest time will win 5 points for their team.
- The athlete who records the second fastest time will win 3 points their team.



2. Partner Passing

- This event requires 1-2 pairs of 2 athletes (maximum 4 athletes per team)
- Timed event. Time begins when the first pass starts and ends when the final board pass is received.
- Equipment: 1 ring
- Athletes will participate in pairs. One athlete stands behind the goal line and one athlete stand behind the free play line. Athlete sticks are permitted to cross the goal or free play line but both skates must remain behind the line.
- Participants must complete the following sequence (in order):
 - 1) Forehand pass – 2 each
 - 2) Backhand pass – 2 each
 - 3) Pass off the boards – 1 each
 - 4) Total passes = 10
- Passes must be successfully caught by the receiving athlete before moving on in the sequence
 - 4 forehand passes must be successfully caught before moving onto backhand passes, etc.
- The two athletes who record the fastest time will win 5 points for their team.
- The two athletes who record the second fastest time will win 3 points for their team.



3. Goalie vs Shooter Showdown

- This event requires 1-2 shooters and 1-2 goalies (maximum of 2 shooters and 2 goalies per team). If a team only has 1 goalie on their roster, they can still use 2 shooters.
- Non-timed event.
- Equipment: 4 rings
- 4 rings are set up on the blue line closest to the net. Goalie will begin in the crease. Shooter will start at the blue line with a ring and once the whistle is blown, skate in and take a shot on net and then return for the next ring until all 4 rings have been shot.
- Shooters must proceed in a forward motion towards the net, but are allowed to deke, use their backhand, etc., but cannot score off of a rebound. Similar rules to a penalty shot.
- The shooter with the most goals will win 5 points for their team.
- The goalie with the least goals against will win 5 points for their team.