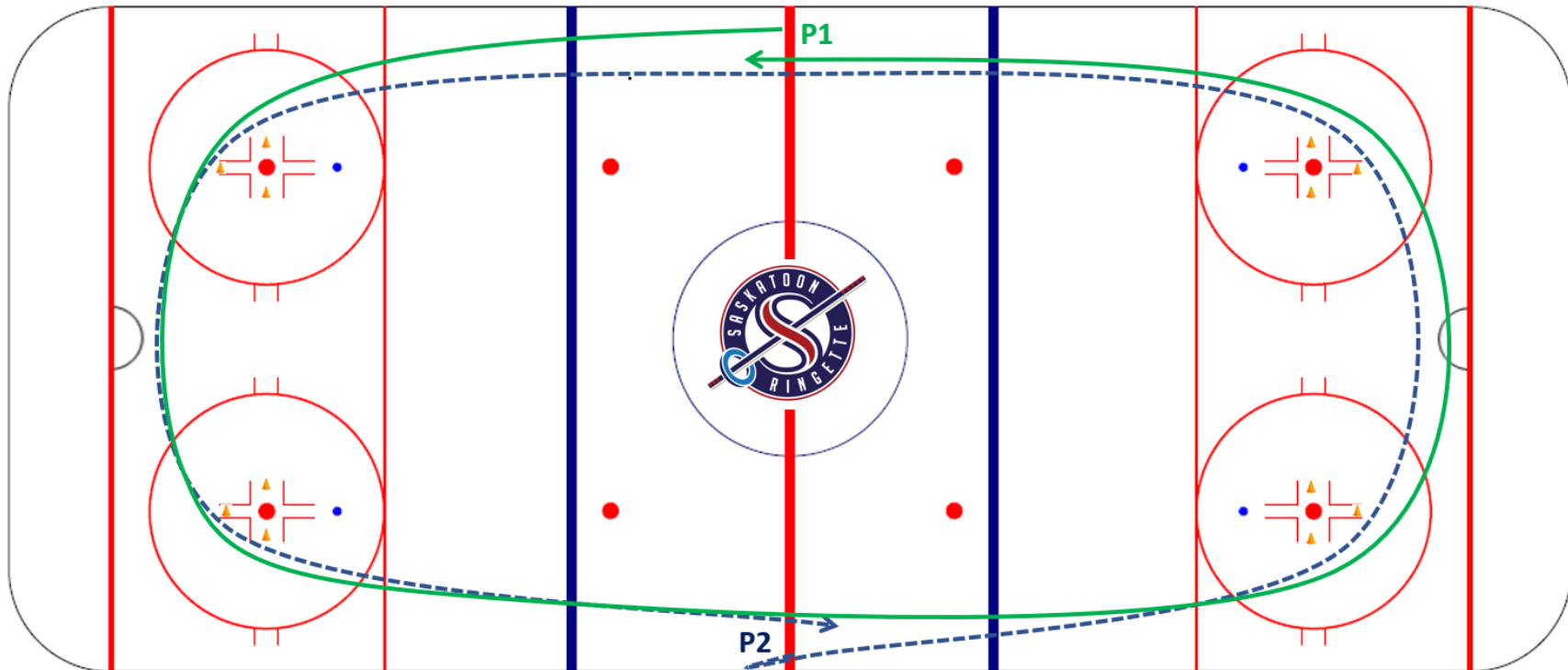


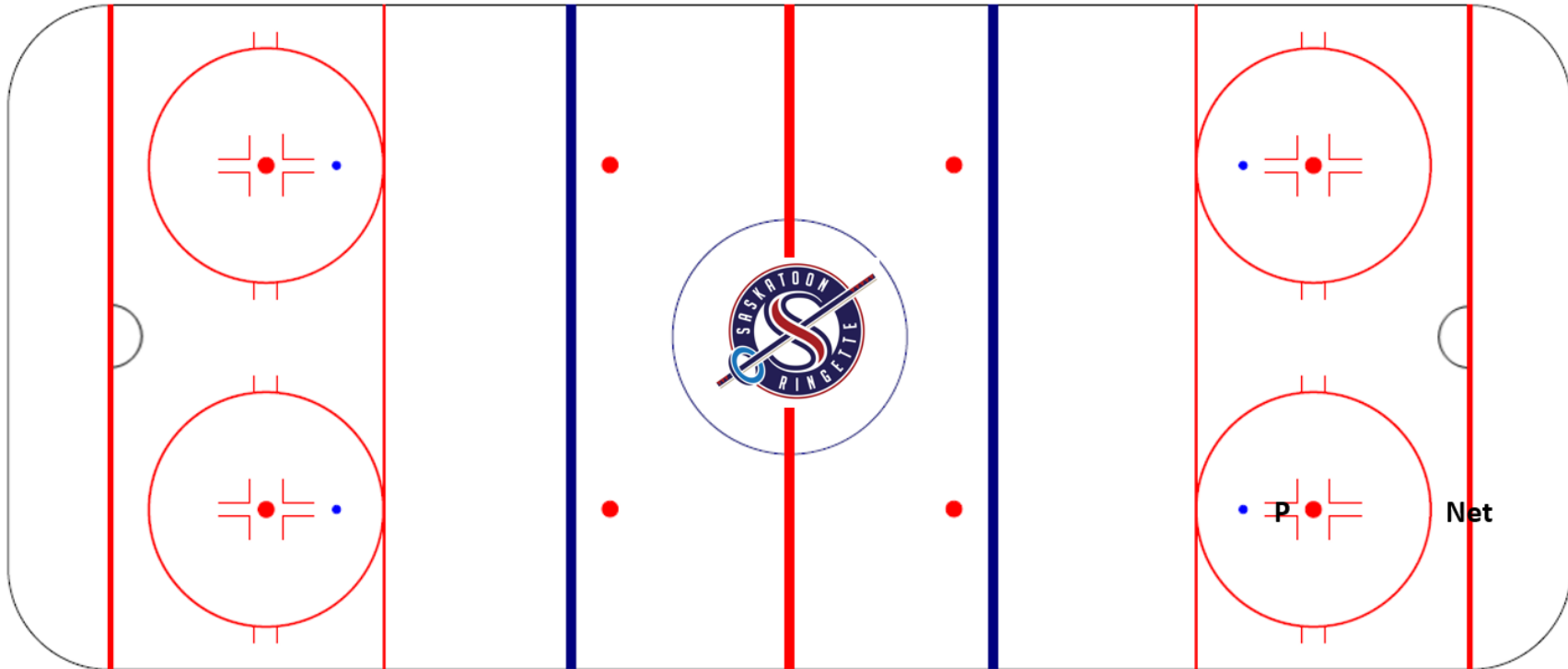
Fastest Skater



Setup – Cones setup between the has marks as shown in diagram.

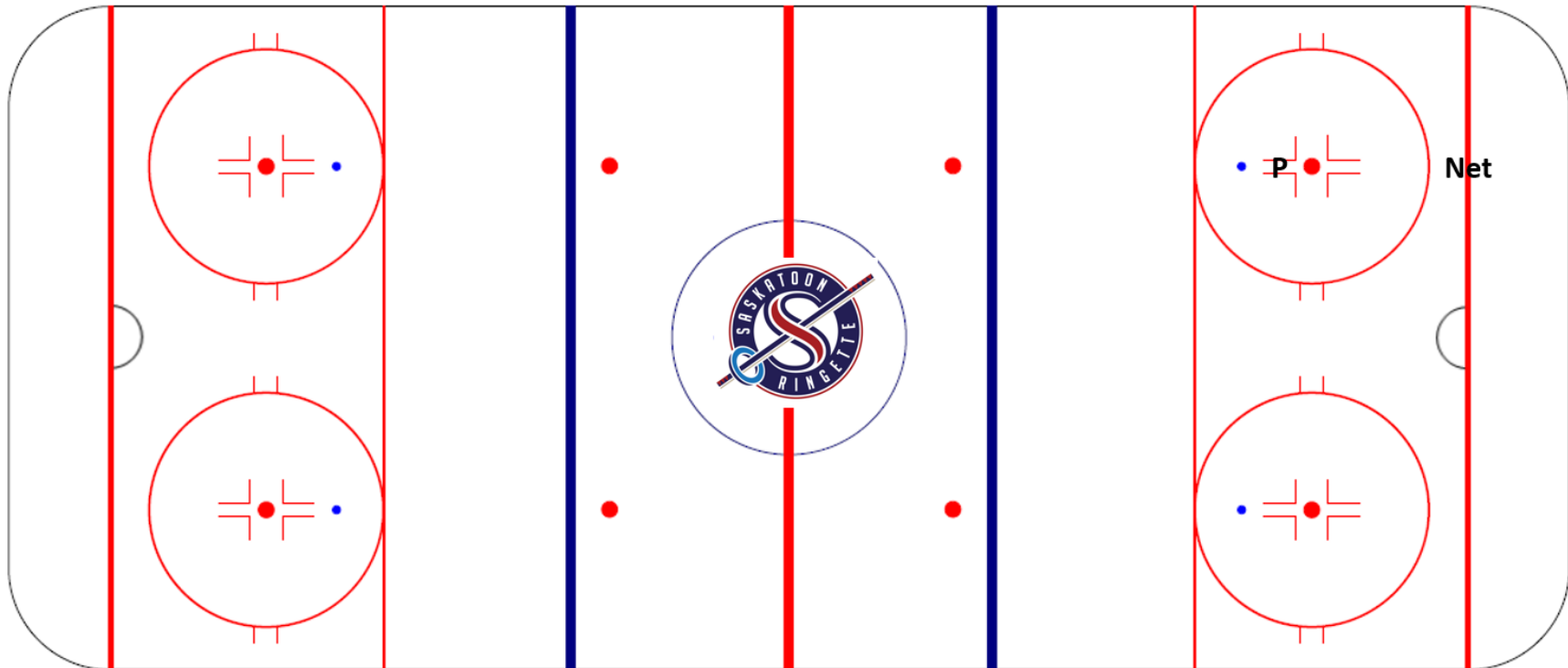
1. Skaters start on the redline. One skate must be sideways on the redline.
2. Skaters go on whistle.
3. One full loop around the rink on the outside of the cones.
4. Fastest time wins.

Hardest Shot



1. Player can skate up to or stand at hash mark. When skating up to shot, player can start at blue line and ring must be shot before hash marks.
2. Each player will receive three shots.
3. Speed is measured using speed gun behind the net.

Sharp Shooter

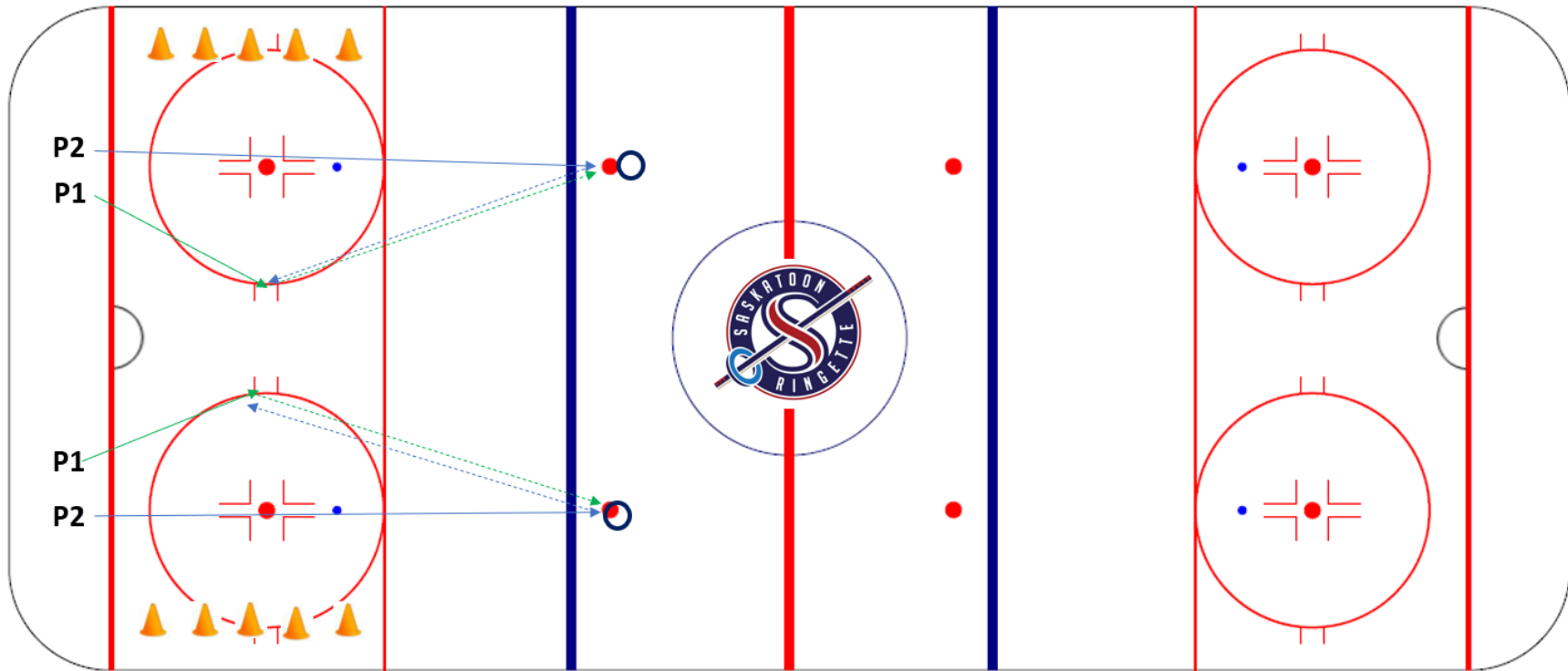


Targets in top corners and bottom corners of net.

4. Player stands behind hash marks.
5. Shooter will get 6 rings to hit four targets.
6. Event is timed.
7. If all 4 targets are hit with 4 shots the time stops.

Time starts when first ring is shot and ends when hits last target or all 6 rings are shot.

Passing (2 skaters)

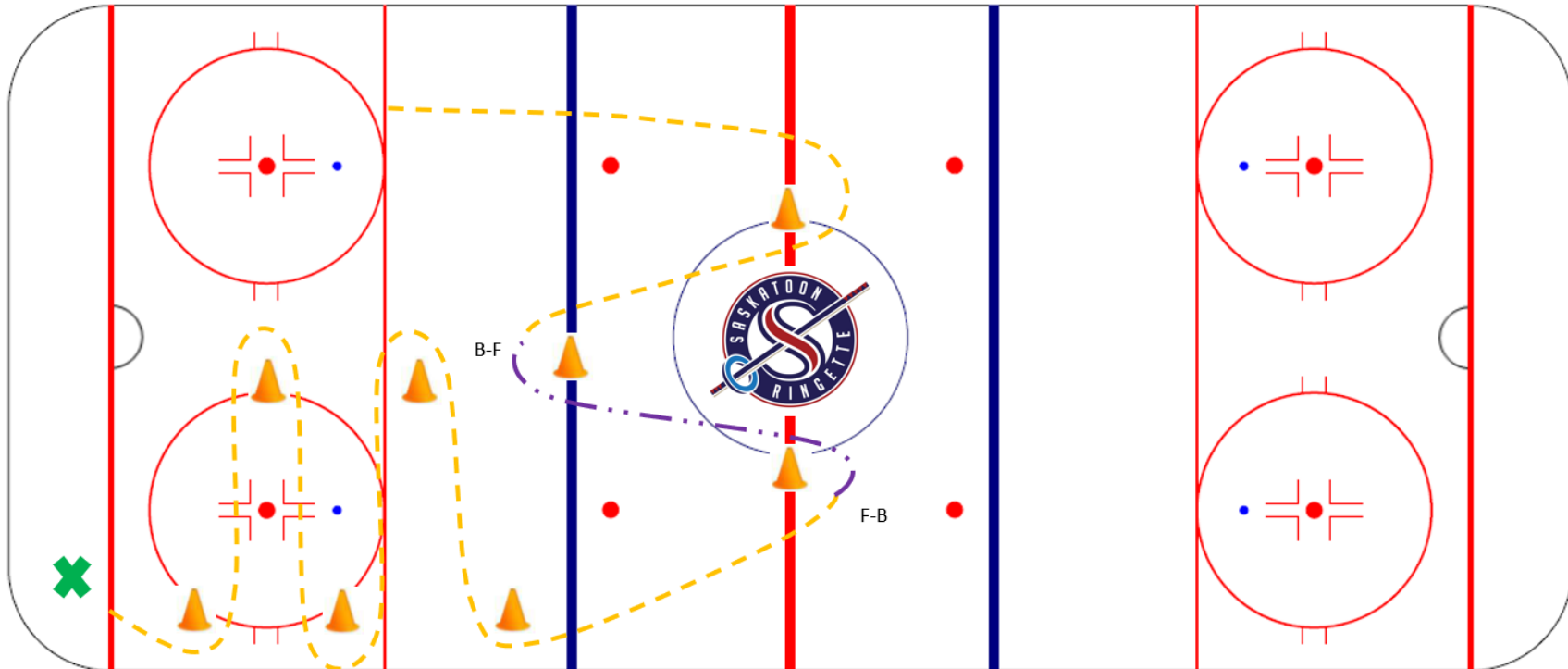


1. P1 and P2 start below goal line.
2. On whistle P1 will skate to hash marks and P2 will skate over the blue line.
3. P2 will pick up a ring and pass to P1.
4. P1 will then pass the ring at one of the cones. Cone is considered hit if ring touches it, can also bounce back off boards.
5. P2 and P1 will then skate to switch positions.
6. Time stops when all cones have been knocked down or 90 seconds has elapsed.

*The athlete passing over the blue line and athlete making the pass at the cone must always switch positions.

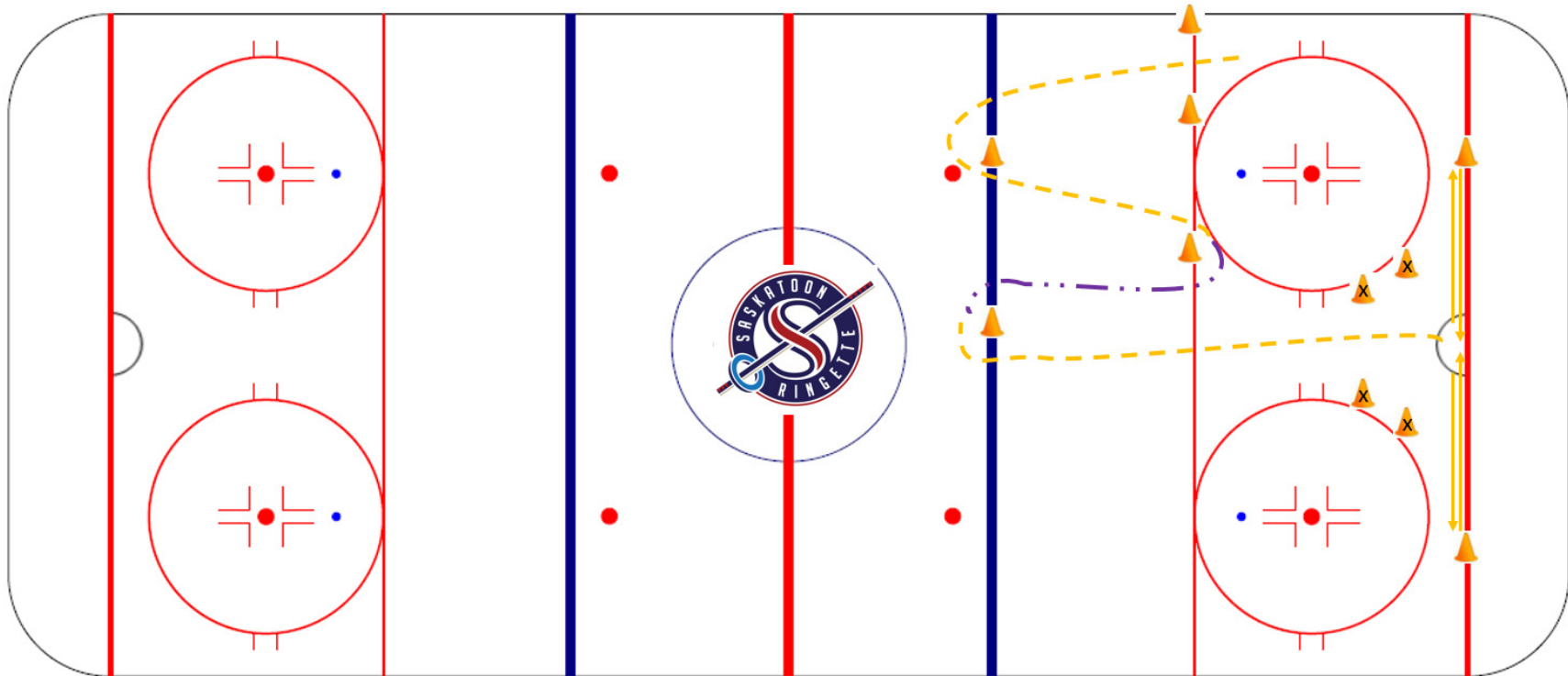
*Ring can't be carried over the blue line, athlete passing at the cone must stay behind circle, athletes can stop to pass or continue moving.

Agility



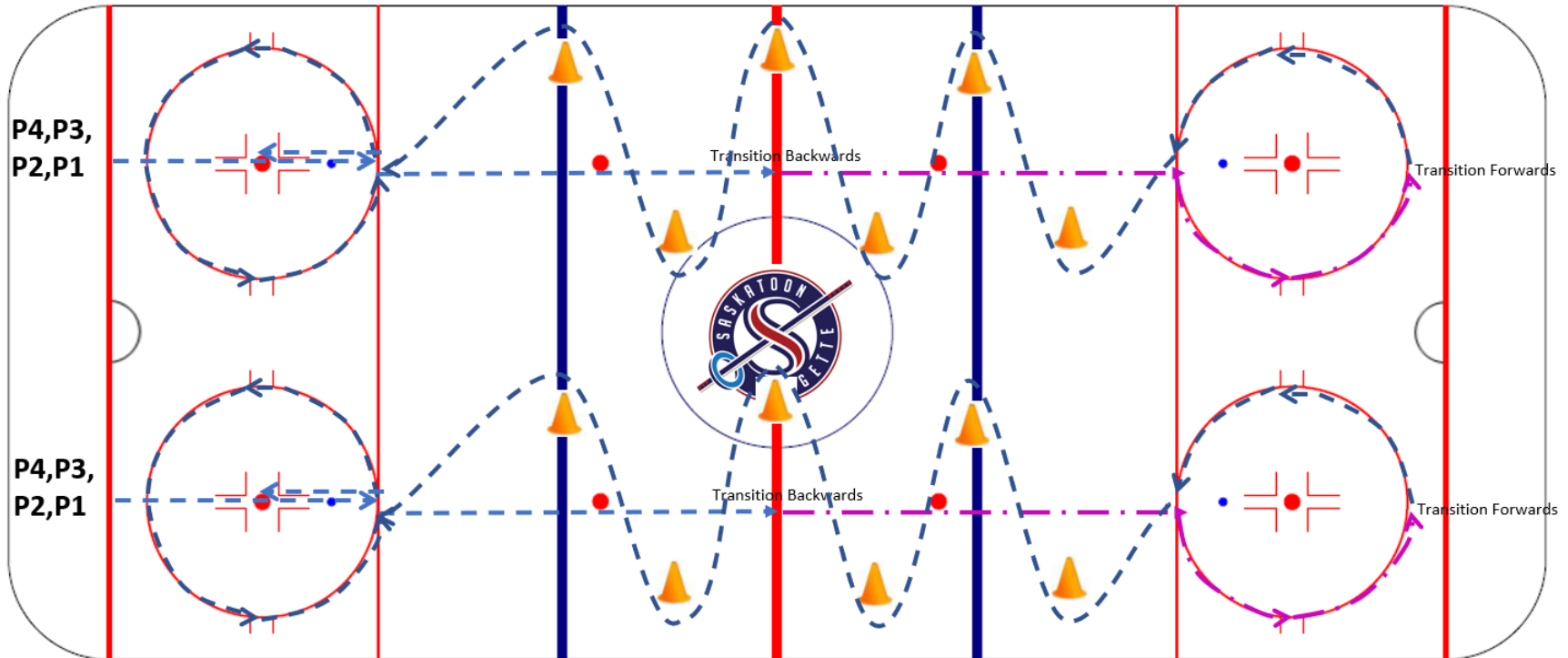
1. Player starts on green X. Time starts when crosses goal line.
2. Skates forward following orange path through cones.
3. Transition backward at 'F-B' and skates backwards following purple path.
4. Transition forward at 'B-F' and skates forwards following orange path. Time stops when crosses ringette line.

Goalie Agility



1. Goalie starts in the crease, timer begins on the whistle and the goalie starts to pad slide to the left pylon
2. Goalie shuffles back to the middle and completes 3 up-downs and then pad slides to the right pylon and returns to the middle and completes another 3 up-downs.
3. Goalie throws 4 rings at the 4 pylons set up in front of them (deduct .5 seconds from their time for each pylon hit). They must attempt all 4 throws - they can't skip this part. An attempt is a throw at the cone, not just picking up the ring.
4. Goalie skates around the 3 pylons near the blue line-executing a front to back transition at the first pylon, then skating backwards and executing a back to front transition on pylon 2-on pylon 3 they do a tight turn and skate forward to the finish line
5. Fastest time wins

Relay Race (4 skaters)



1. Start with ring on goal line.
2. P1 skates to top of circle and around first circle.
3. Skates straight to redline and transitions backwards.
4. Goes backwards around circle to bottom of circle. Player doesn't have to go to the top of circle and can go in an angle.
5. Transitions forward to top of circle.
6. Around cones on way back. Player must carry ring on outside of cone with them.
7. Player to drop ring around face off dot.
8. P2 can start when P1 crosses ringette line. Stabs ring and completes course.
9. Time stops when P4 finished the course, and the ring crosses the goal line.