

Ringette – A Game for Life!

The fastest game on ice offers something for all – starting with the Bunnies (U7) and going for decades to the Ladies Masters' Division! Here are how the season's results can play out for teams ...

National Capital Region Ringette League (NCRRL)

CORA belongs to this league -- Learn to skate "bunnies" (Under 7 "U7") through to U19-aged teams, grouped by age + skill. Girls can continue to play at the "regional" recreational level or may progress into a competitive stream - begins at U12 age.

Recreational Championships: The NCRRL Tournament is held each March for all of the Ottawa-area leagues. This has become the main playoffs for recreational teams and CORA launched this event and has hosted since 2017.

Competitive Championships: Provincials – hosted in a different community each season usually around the March Break. Players from U12 up to U19 have the opportunity to compete at this level. Highest caliber = AA, with a secondary tier at A.

Competitive Championships: Eastern Canadian - Ontario sends the Provincial Champions from the U14AA, U16A, and U19A divisions to the Eastern Canadian Championships where teams from Ontario, Quebec and the Maritimes compete.

Competitive Championships: Canadian Ringette Nationals - Ontario sends the Gold, Silver and Bronze medallists from the Provincial Championships at U16AA and U19AA divisions to the National Championships where teams from across Canada compete in a week-long tournament each April.

University Ringette - Many universities across the country, including UOttawa and Carleton U, have varsity ringette teams. They participate in a National tournament at the beginning of January. Ontario University teams also participate at the Provincial Championships in their own division.

Ontario Winter Games – AAA - Ontario Winter Games are held every 2 years; players in the Ottawa area who are in U19 compete for spots on the Eastern Ontario AAA team. Selected players compete vs 5 other Ontario Regions in these Games.

Canada Winter Games - Ringette is also a Canada Games sport, held every 4 years in February. About 9-10 months beforehand, players from AAA who are age eligible (U20) are invited to tryouts for Ontario's Team. Selected players attend with athletes from all other winter sports, competing against other provincial teams from across Canada.

World Ringette Championships - Worlds are held once every 3 years. Canada sends both a Junior (under 20) and Senior National team, with players chosen from across the country. Canada is the current Jr World Champion, and Sr silver champion.

National Ringette League - The National Ringette League (NRL) is the highest level of ongoing competitive league play in Canada. The league is divided into 2 conferences – East & West. The "Ottawa Ice" competes in the NRL's Eastern Conference against other teams from Ontario, Quebec and the Maritimes. Playoffs are held in March to determine who will attend the annual NRL Championship. Ottawa's NRL team won this national championship in 2014!

Gloucester and Area Ringette Association (GAARA) - Ongoing adult ringette play is offered within this Ottawa-area association for players 18+. The league features all levels of play from beginners to seasoned recreational (C-B) to competitive (A) and mature-aged Masters divisions!