



Ringette Ontario

CHILDREN'S RINGETTE

Creating a system of appropriate training and competition designed specifically for children



WHAT IS CHILDREN'S RINGETTE

Children's Ringette is an initiative to provide age and stage appropriate physical activity experiences for young ringette players under the age of 10.

Children's Ringette is characterized by:

- ❖ Smaller spaced games
- ❖ Smaller, "Right Sized Nets"
- ❖ Focus on fun and play
- ❖ Grouping children based on skill and readiness, rather than age



WHY MAKE CHANGES?

Ringette Ontario believe that to support athlete development we must create a system of appropriate training and competition designed specifically for children, instead of forcing them to adapt to the adult system before they have reached that stage in their development.

As more research emerges about youth sports and long-term athlete development, many sport organizations across Canada and internationally are adopting the concepts that form the foundation of the Children's Ringette program.

Ringette Canada released their Competition review in the winter of 2018 and 1 of 6 key recommendations was to create and implement a Children's ringette program for the FUNdamentals stage of Development.

<http://ltrd.ringette.ca/athlete/competition-review/>

Check out this great video to illustrate exactly why change is needed:

<https://www.youtube.com/watch?v=cXhxNq59pWg>

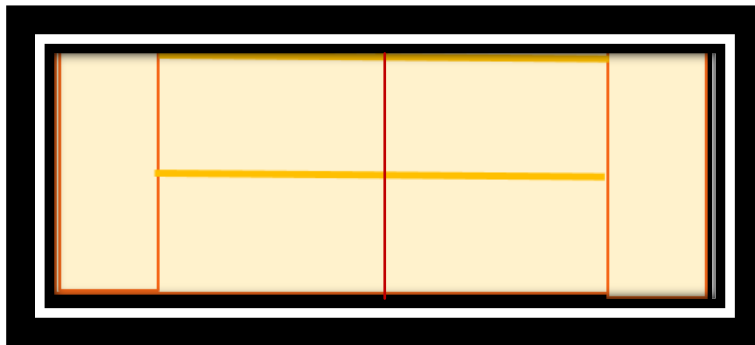


WHAT ARE OTHER SPORTS DOING?

Ringette is not alone in making changes to better fit the needs of our children.

TENNIS

- Full Sized Courts (78x27) are for 14+
- Mini Tennis (60x21) Ages 7-10
- Cross Court Tennis (36x18) Ages 4-8





SOCCER

As implemented the following athlete pathways over the last 7 years:

Active Start

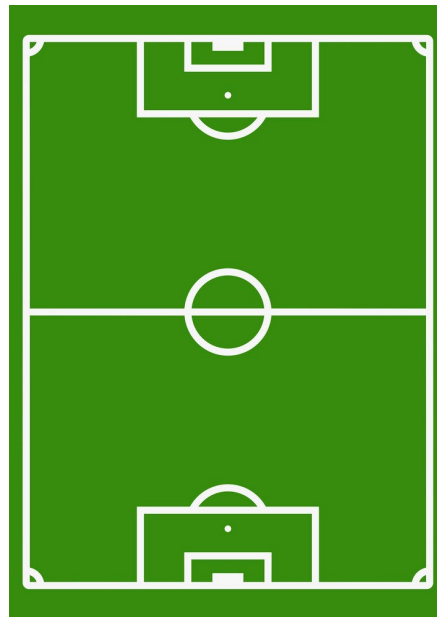
- 5 and under
- No formal field
- Fun games using soccer skills in small spaces

FUNdamentals Pitch

- 6-9 years old
- 30 meters x 36 meters

Learning to Train Pitch

- 8-12 years old
- 55 meters x 75 meters





HOCKEY

Cross Ice Hockey

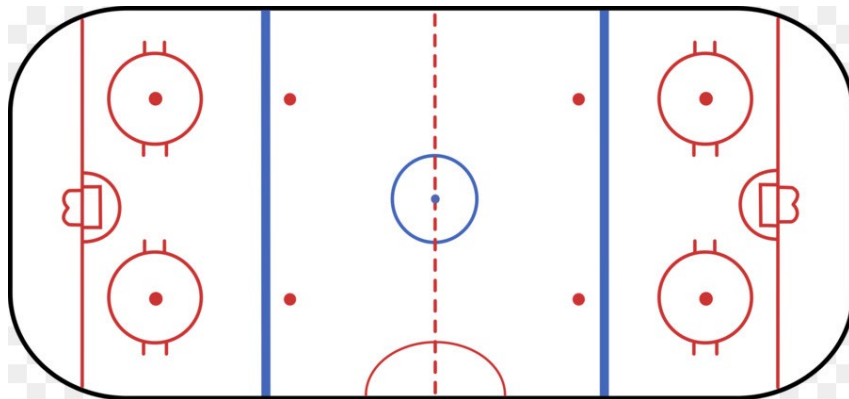
- 5-6 years old
- Initiation Program

Half-Ice Hockey

- 7-8 years old
- Novice Program

Full Ice

- 9+





BENEFITS TO THE PLAYERS:

- ✓ Touch the ring more, more passes, more shots, more battles and more development opportunities
- ✓ Less standing around
- ✓ The game grows as the players grow
- ✓ Children have more fun playing ringette and therefore keep playing!

RESEARCH:

Numerous studies and program innovations in Soccer, Rugby, Basketball and Volleyball have confirmed that small-sided and modified games provide significant benefits for the development of participant skills.

A study by USA Hockey of U8 “cross-ice hockey” confirmed the following:

6x more shots on goal/participant

5x more passes received/participant

2x more puck battles/participant

2x more puck touches/participant

2x more pass attempts/participant

2x more shot attempts/participant

2x more change of direction pivots

1.75 shots/minute vs 0.45 shots/minute playing full ice 9

Additional benefits of cross-ice play include:

- ✓ increased number of participants per hour who can play
- ✓ ability to have teams play in stations, with different modified games taking place at each station

See a video of the study here: https://www.youtube.com/watch?v=CB_Ygapyl7c



RINGETTE CANADA'S CHILDREN RINGETTE PROGRAM

Ringette Canada, along with the Provincial Sport Organizations, have begun to introduce and implement the new Children's Ringette Program.

The new Children's Ringette program should:

- ✓ Include cross ice, and small area ringette games
- ✓ Utilize small sized nets
- ✓ Not introduce full ice ringette until the Learn to Train Stage
- ✓ Continue to use adapted equipment and ice surfaces until children reach U12
- ✓ Place children in divisions based on skill level, then create balanced teams
- ✓ Not post the score during games, and instead emphasize fun and teamwork
- ✓ Create opportunities for **Meaningful Competition**



MEANINGFUL COMPETITION

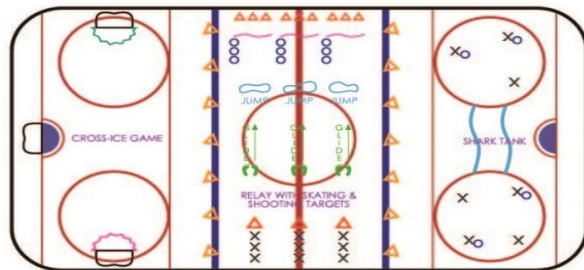
- ✓ Provides experiences that support learning for competitors
- ✓ Structured to reinforce the development of LTAD stage-specific skills and abilities
- ✓ Lead to results that are relatively close and unpredictable
- ✓ Athlete-centered, coach-led and system supported



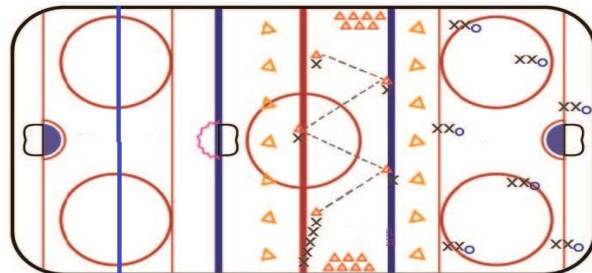


WHAT WILL CHILDREN'S RINGETTE LOOK LIKE IN ONTARIO

- FUN1



- FUN2



- U10 (FUN3) - no change to current format



FUN1

Participants

- Aged 4-7
- New to skating
- Gaining confidence on the ice
- Learning to fall, stand up and move safely
- Learning basic game structure

Team Formation

- Balanced teams

Playing Surface

- Cross Ice
- Small sized nets (or equivalent)

Game Play

- Intra-Club (no league play)
- 3v3 (goalie optional)
- 2 minutes shifts
- No officials
- No blue lines or ringette line
 - Hand draw 1 blue line partway through season
- Hand-drawn crease
- Coaches on ice
- No penalties



FUN2

Participants

- Aged 6-8
- New players aged 6-9
- Learning to lengthen stride
- Can glide independently and control speed and direction
- Ready to learn basic rules of ringette (positions, blue lines)

Team Formation

- Balanced teams

Playing Surface

- Half Ice
- Small sized nets (or equivalent)

Game Play

- Inter-club and league play
- 4 v 4 with a Goalie (stick only)
- 2 minutes shifts
- No officials
- 1 hand drawn blue line
- Hand-drawn crease
- Coaches on ice
- No penalties



SKILL ASSESSMENT

- Participants should be assessed after 1-2 ice times to determine that they are in the right group. Assessments can be done during a formal session but can also be done informally by incorporating evaluation stations into your regular practice plan. They can be completed in one session or throughout a few different sessions. Use the method that works best for you and the volunteers you have available to assist.
- A participant should be able to demonstrate that they have acquired the majority of the skills included in the FUN1/2 assessment before moving up to the next group. Participants should have a 'Yes' for every skill in the Success Criteria column and a 'Yes' for at least 6 out of the 8 skills in the Technical Criteria column. If a participant gets this score or higher, then they may be ready to move on. Again, be sure to consider all aspects of the participant's readiness beyond technical skills when discussing whether to move up
- Assessment tools are available at: <https://ringetteontario.com/childrens-ringette/>



EQUIPMENT

Reduced-size nets should be used as a part of scaling the game down for participants. Reduced-size nets increase the chances of success for players who are trying goaltending, in addition to reducing the chances of a blowout game that leads to frequent stoppages in play.

- 3'x4' (52") nets should be used as the first option and are available at most sporting goods retailers.
- A second option is to use pop-up mini soccer nets available at most sporting good retailers.
- Pylons placed 3' apart may also be used.

Dividers - The use of rink or ice dividers is encouraged if available.

- Ice dividers permit coaches to clearly define playing areas, and therefore help ensure player safety.
- Dividers help facilitate the flow of the game by keeping the ring in play and thus reducing the number of stoppages.
- Alternatively, pylons may also be used to divide the ice.



PROGRAM, GROUP AND TEAM SIZES

Program/Team Registration Size

- There should be no limit to the number of participants in a program (FUN1/FUN2) provided there are an appropriate number of coaches to manage the number of participants.

Group Size

- The number of groups an association can support will and should differ based on the size of the association. Each group should consist of 9 to 12 athletes and can vary at each ice time.

Team Size

- Teams are formed for participation in tournaments, jamborees or interclub games from the pool of participants in the program and should not exceed 12 players.
- Game format should be taken into consideration when determining team sizes as the goal should be to maximize participation and ice time of each player.
- It is preferable to form multiple balanced smaller teams rather than one large team.
- Examples:
 - i) At the end of a practice session, Group 1 will be playing 3v3 cross-ice games. Group 1 has 12 players; therefore forms 3 equal teams of 4 players.
 - ii) Association A is attending a half-ice Jamboree that is using the 4v4 (+ a goalie) format. 20 total players from Association A's Group 3 and Group 4 have decided to participate. Association A would then enter 2 equal teams of 10 players.



ASSOCIATION NEXT STEPS

Review the [Ringette Ontario Children's Ringette Page](#) for further details and tools on implementation of Children's Ringette!

QUESTIONS

Questions regarding Children's Ringette, should be directed to:

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