



# CHILDREN'S RINGETTE PROGRAM

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## FUNdamentals 2

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### TEAM RULES

- All players must be registered with Ringette Ontario through their local Ringette Ontario Association
- Players in FUN2 will all register on one Team Registration Form within the RO registration system and can be divided into different groups during on ice sessions
- Group size should be 10-12 max to ensure lots of ice time during game play, groups can change each ice time
- Teams/groups should be balanced as best as possible
- For Jamborees, associations can register multiple teams, however participants may only participate with one team per jamboree and the team roster must be submitted using FUN1/FUN2 Team Roster registration form

### PLAYERS

- May be new to ringette but have skating skills and desire to learn the sport of ringette
- Must wear full equipment as per the Ringette Canada rules
- Focus on fun, friendships and basic skills

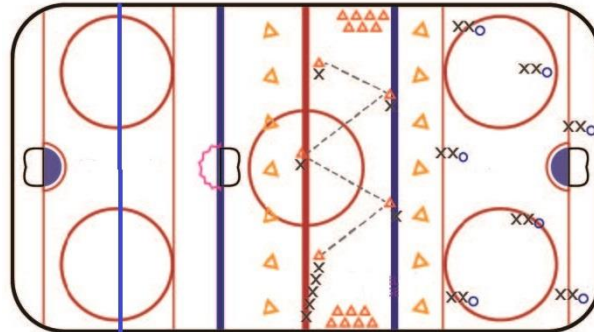
### BENCH STAFF

- All bench staff and on-ice helpers must be qualified as per Ringette Ontario Coach Pathway (<https://ringetteontario.com/the-people/coaches/coaching-pathways/>)
- Coaches are permitted on the ice during on ice sessions and are to act as 'officials' for inter-club games

### PRACTICE FORMAT

- 5-10 minute (off-ice session prior to start of ice time)
  - Review safety rules and instructions for warm up/first activity
  - Coaches divide up athletes into their groups for the day
- 5-10 minutes – Warm up
- 25-30 minutes – Skill Development within their groups
  - Coaches rotate participants through stations, changing every 7-12 minutes
  - Coaches are encouraged to include cross-ice games as a station during most sessions
  - Keep the players moving and engaged throughout the whole station
- 5-10 minutes – Game/Cool-down

Half-Ice games (if not incorporated into skill stations) or a fun activity and wrap up



## GAME STRUCTURE

- **Team Size:** Maximum 12 (Divided into groups of 3 or 4 depending on numbers)
- **Game Format:** 5 at a time – 4v4 plus a goalie (goalie uses stick only)
- **Goalie Crease:** None – or fun shape to increase awareness of a goalie crease
- **Player Positions:** No Positions – all 'centres'
- **Game Duration:** 25 to 30 minutes
- **Time Keeping:** Run Time, may want someone to do the two-minute buzzer
- **Score keeping:** No score to be kept
- **Shot Clock:** No shot clock
- **Net Size:** Mini Net/Smaller net/pylons (approximately 1 meter apart)
- **Ice Size:** Half Ice
- **Substitutions:** Shift change with a whistle or buzzer every 2 minutes
- **Acting Official:** Prior to start one coach will be named as acting official for the game or the teams/association can choose to bring a newly trained official or young player out to do this position for the experience

## PLAYING SURFACE

- Nets or pylons placed behind goal crease and blue line, draw on crease at the other end (can be spikey, wavy, rainbow, etc.)
- 2 half ice games can be played simultaneously
- If not enough participants for two mini games at a time, consider skill development or fun games in the other half of ice with participants who aren't currently in the game
- Standard size ring used
- Passing Line (Blue Line)
  - The passing line, or blue line, is hand drawn by the coach using a marker or bingo dabber
  - It can be any colour, and can be a wavy shape
  - Line is located across the centre of the circles in each end of ice
- Changing Ends — Teams may choose to switch ends at half if they choose
- Benches — How squads utilize benches depends on what works best, depending on how you have set up the ice. Squads can share a bench, and each have their own gate, or share an entire bench and a door to go in and a door to go out. Minimum of one coach per team on the bench

## GAME FORMAT

- 5-10 minute (off-ice session prior to start of ice time)
  - Review safety rules and instructions for warm up/first activity
  - Coaches divide up athletes into their squads for the day
- 5-10 minutes – Warm-up
  - A coach leads the athletes through warm-up while other coaches divide up the ice and make any necessary ice markings
- 2 x 16-minute periods – Small-area games
  - Logistics will depend on the number of athletes in the ice and the game format
  - Focus should be on limiting periods of inactivity by keeping the team sizes small
- 5-10 minutes – Fun game as a group/Cool-down

## GAME PLAY AND RULE GUIDELINES

### GOALIE RING:

- Goalie ring after goals
- Verbal five count from acting referee however allow enough time to throw, prompt if necessary
- Coach can throw the ring, or support with picking it up, if goalie is unable

### FREE PASS:

- Utilized at the beginning of periods and after infractions
- 1-meter clearance, participant makes a pass without skating
- Ring is playable after teammate receives the ring
- Infractions cause a change in possession; free pass is given to the participant closest to the penalized offender on the ice

### STARTING PLAY:

- Free passes will be used to start play at the beginning of periods and/or shifts
- Encourage coaches to give the free pass to participants who may touch the ring less than others

### VIOLATIONS:

- Consider enforcing if safety is a factor — covering the ring, out of play, kicking the ring with toe, bottom third, crowding or ring is stuck.
- CREASE VIOLATIONS –
  - Only call down the play if a participant doesn't make an effort to stay out of the crease while they have the ring, or while they are defending
  - As long as there is an intent to stay out of the crease, allow play to continue
  - Verbal cues should be given to remind participants to stay out of the crease

### PENALTY CALLS:

- Many penalties committed in Children's Ringette are unintentional and stem from lack of understanding. Educating athletes on the rationale behind penalties or infractions via verbal cues and corrections is important
- Stop for dangerous play and explain safety and reason for penalty to participants

- Focus on safe bodies and safe sticks (ex. High sticking, body contact, slashing, tripping)
- Key messaging:
  - ✦ Keep verbal cues brief and language consistent to assist with athlete learning
  - ✦ Incorporate positive feedback into corrections
  - ✦ Emphasize safety rationale when explaining penalties