

## OVERVIEW

DURATION	15 mins
AGES	6 - 12
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals
DEVELOPMENT FOCUS	<b>Sport Specific Skills</b> Ringette: Skating, Passing, Receiving, Shooting

# RINGETTE CANADA SAFETY GUIDELINES

Good safety practices can reduce the risks of preventable injuries. A safe physical and emotional learning environment is essential if students are to learn while participating in movement activities.

### Physical Safety

1. Ensure all participants are wearing all required safety equipment.
2. Ensure proper fit of all safety equipment.
3. Ensure that playing area is clearly marked and free of obstructions.
4. Ensure that participants keep their sticks below knee height at all times.
5. Vigorously enforce no body contact rule.
6. Demonstrate proper use of equipment.
7. Teach, practice, and enforce a simple signal to stop all activity immediately in the event you identify a safety issue.
8. Check the condition of all equipment before each session. Make any repairs that are required, and replace equipment if required.
9. Mark out the game-play boundaries ahead of time by using tape, pylons or floor markings.

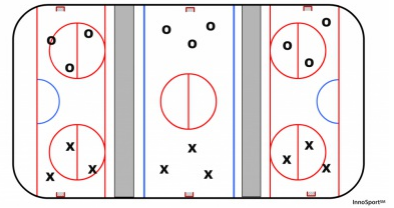
### Emotional Safety

1. Deliver well-planned, developmentally appropriate, game-play experiences.
2. Provide a supportive learning environment for those students who learn more slowly than others.
3. Adjust rules, teams and activities to ensure that all students have success.
4. Adopt and promote the True Sport approach to playing.

### Setup

#### Ice Surface

- Divide the ice surface into 3 sections (divide at blue or ringette lines)
- Center goals in the playing area, approx 1.5 meters in from the boards.
- Any of the following can be used for goals: mini-nets, smaller nets, pylons (spaced approx 1 meter apart)
- The crease is optional - use a bingo dabber to draw a crease (or other fun shape) to build awareness of the crease



#### Players Benches

- Main players benches can be used for middle section
- For end areas, setup benches/standing area below the traditional goal lines

### Safety

#### Required Equipment

1. CSA certified hockey helmet and ringette face protector
2. Neck guard (BNQ approved)
3. Elbow pads
4. Jersey
5. Gloves
6. Girdle/pelvic protection
7. Ringette pants
8. Shin pads
9. Skates
10. Ringette stick



#### Game Structure

**Team Size:** Approximately 12 (Divided into groups of 3 or 4 depending on numbers)

**Game Format:** 3 on 3 (or 4 on 3 or 4 on 4 - depending on number of players)

**Goalie Crease:** None - or fun shape to increase awareness of the goalie crease

**Player Positions:** No positions

**Game Duration:** 15 to 20 minutes

**Time keeping:** Run time

**Score keeping:** No score keeping

**Net Size:** Mini-Net / Smaller net/pylons (approximately 1 meter apart)

**Ice Size:** Cross-ice

**Officials:** None, guided by coaches

### Starting Play

#### Start of Game

- Rock, Paper, Scissor to determine which team starts with the ring
- The winning team starts with the ring in their circle
- Defending team retreats to their half of the ice surface

#### After Goal

- Coach gives to ring to a player who must pass to a teammate
- Defending team retreats to their half of the ice surface

### Playtime and Shifts

- All players receive equal playing time
- Indicate the change in shift with with whistle or buzzer
- Shift change occurs every 2-3 minutes when applicable



#### Coaching Notes

- Create parameters so that all players touch the ring on each shift. (This may include adding a "rule" such as you must pass 3 times before shooting) Be creative.



#### Piloting Notes

During pilot phase, please make note of the following:

- Actual game length
- Number of players on each team
- Shift length - experiences with different shift lengths
- Players benches
- Happy face survey at end of each game



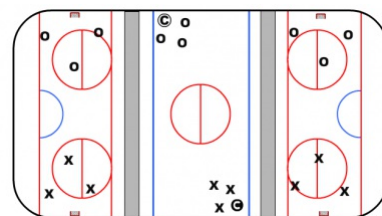
#### Rotating Teams

- When more than one game is happening simultaneously, teams can be rotated on the ice surface to play different teams within a single session.
- In this situation, with all players playing at the same time shifts become obsolete and instead you will rotate teams in a clock-wise position every 5-7 minutes. (use this opportunity for a water break.)



#### Ice Surface Variation

- Instead of running 3 games at the same time, you can take one game out and run a few development stations or fun games in this space. As groups rotate through the ice they will all get a turn playing the cross-ice game and taking part in the skill development stations.





## Game Progression

Add the following Official Game Rules to make this game format more challenging for participants who have the ability.

1. Add a rotating goalie to this game format to increase the game difficulty when players on both teams have shown the ability to handle the challenge. (Goalie's to use youth size goalie stick as only form of specialized equipment)