



RETURN TO RINGETTE: Modified Game Format Guidelines

Overview

This resource provides examples of different modified versions of ringette that may be required to be implemented for the 2020-21 season to respect the guidance from public health authorities and facility owners. It is meant to provide local and Provincial Ringette Organizations with different game options to choose from based on the requirements of their respective public health authorities and facility managers.

There are three different potential modified game formats outlined below – cross-ice, half-ice and full-ice games. Within the cross-ice and half-ice formats, the game structure and playing rules have been further broken down into guidelines for an informal practice and the guidelines for a formal game. The informal practice game structure and playing rules are intended to be implemented when small-sided games are allowed to be introduced within your club or association and are part of a larger practice or skills session. The formal game structure and playing rules are intended to be implemented when small-sided games are allowed to be introduced within your club or association, when inter-association / club or regional game play may be allowed (with restrictions), or as part of a game-only session intended to create meaningful competition for athletes.

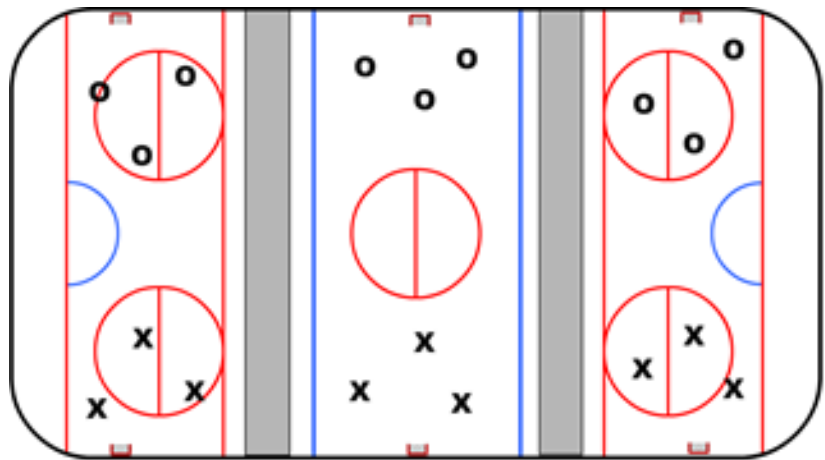
Again, introduction of competitive activities should be in alignment with your Provincial Ringette Organization's Return to Ringette Plan and all activities must be sanctioned by your Provincial Ringette Organization and supervised by assigned team staff.

Cross-Ice Games

Ice Surface Set Up

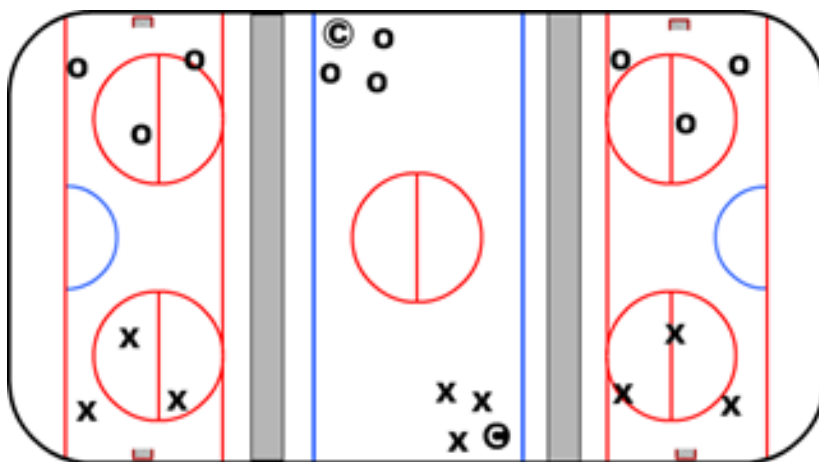
- Divide the ice surface into 3 sections (divide at blue or ringette lines). If your facility or provincial guidelines allow, bumper boards or ice dividers can be used to assist in dividing the ice.
- Center goals in the playing area, approximately 1.5 meters in from the boards.
- Any of the following can be used for goals: regular nets, mini-nets, smaller nets, or pylons (spaced approximately 1 meter apart).
- Use a bingo dabber (or any other similar product approved by the facility) to draw a crease and a passing line down the centre of the playing surface (optional).

The shaded grey area indicates a “buffer zone” to try and limit collisions and cross game mix-ups.



Player Benches

- The usual player benches can be used for the middle section if needed.
- For the end sections, set up benches or a standing area below the traditional goal lines if needed.



Ice Format Variation: Instead of running three games at the same time, you can take one game out and run a few skills development stations 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 skills development stations.



Game Structure & Playing Rules - Informal Practice Format

- Officials are not required and these games can be facilitated by coaches.
- Maximum of three (3) skaters and a goalie per team in each section of the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format there are no zone restrictions.
- **Starting the game:**
 - One team will start with the ring on their half of the ice surface and the defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half.
 - When a goal is scored, the team that was scored on will start with the ring on their half of the ice surface and the defending team will remain on their half of the ice until a pass has been made.
- **Penalties:**
 - In this informal format, the focus should be on minimizing stoppages in play.
 - Minor rule infractions or penalties should result in awarding possession to the non-offending team and continuing play.
 - A penalty shot should be awarded and taken immediately for major penalties.
- **Playtime and Shifts:**
 - Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
 - Older age groups may make substitutions on the fly (U16 / U19 / U18+).
- **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.
 - Rotate teams in a clock-wise position every 5-7 minutes and use this opportunity for a water break. This works even better if each team has just enough players and no substitutes.
 - Please note that rotating groups around the ice may not be possible. Please follow your Provincial and facility directives.

Game Structure & Playing Rules - 'Formal' Game Format

- **Officials:**
 - Maximum of one official and one scorekeeper/timekeeper for each section of the ice being used for games (if numbers permit).
 - Officials must ensure physical distance from coach/players when discussing any calls.
- Maximum of three (3) skaters and a goalie per team in each section of the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format there are no zone restrictions.
- Shot clocks will not be used
- It is recommended to run two (2) sixteen (16) minute run time periods for younger age groups with a one minute time-out between periods (U10 / U12).
- It is recommended to run two (2) eighteen (18) minute run time periods for older age groups with a one minute time-out between periods (U16 / U19 / U18+).
- Teams are not permitted to pull the goalie at any point during the game.



- **Starting the game:**

- One team will start with the ring on their half of the ice surface and the defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half. Play begins on whistle.
- When a goal is scored, the official will notify the scorekeeper and the ring will return to the team that was scored on in their half of the ice surface. The defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half.

- **Penalties:**

- Athletes will not serve any penalties they are awarded in the penalty box and can remain on the ice.
- Penalty shots will instead be awarded to the non-offending team and will be taken at the end of each period, alternating between teams.
- If the penalty involves an offence against a specific player, that player will be awarded the penalty shot.
- If the penalty does not involve an offence against a specific player, the non-offending team may select the athlete to take the penalty shot on behalf of the team.
- One penalty shot will be awarded to the non-offending team for each minor penalty.
- Two penalty shots will be awarded to the non-offending team for each major penalty.
- If a player incurs more than 10 minutes of penalties, they should be ejected from the game.
- Official will notify the scorekeeper of team and type of infraction.
- Ring is given to non-offending team in their half of the ice surface.

- **Playtime and Shifts:**

- Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
- Older age groups may make substitutions on the fly (U16 / U19 / U18+).

Contact Modifications

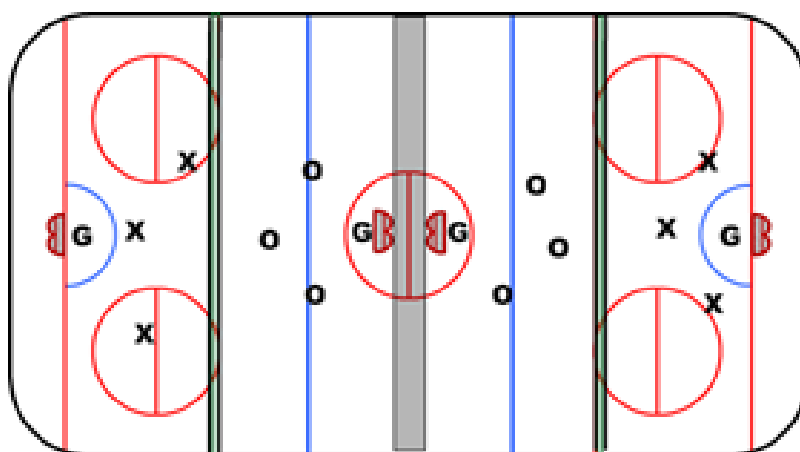
- The following rules may need to be applied in provinces that are required to include contact modifications as part of their Return to Ringette plan:
 - Players must be a stick length away from the player they are marking anywhere on the ice surface.
 - Offensive driving of the triangle is not permitted.
 - If a player is in possession of the ring the opposing player is permitted to check the players stick as long as they do not make contact with the actual player. Defensive players are encouraged to guide the player with ring to the outside by taking the lane away without contact.
 - Players from both teams are encouraged to stay off the boards to ensure flow of the game continues and contact is prevented.
- Violations of these rules should be treated the same as any other rule violation, with the non-offending team being awarded the ring in their own defending zone and the other team remaining in their defending zone until a pass has been made.



Half-Ice Games

Ice Surface Set Up

- Divide the ice surface into 2 sections (divide at centre line).
- Use existing ice marking for one goal and crease, centre other goal in the playing area, approximately 1.5 meters in from the centre line.
- Use existing ice markings for one goalie crease and use a bingo dabber or marker to paint the other. The radius is approximately 1.8 meters and it should be approximately 1.5 metres from the centre line.
- The free play line can serve as a passing line.



Player Benches

- The usual player benches can be used if needed. Home team uses one door and the visitor uses the other.

Game Structure & Playing Rules - Informal Practice Format

- Officials are not required and these games can be facilitated by coaches.
- Maximum of three (3) skaters and a goalie per team in each half of the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format there are no zone restrictions.
- **Starting the game:**
 - One team will start with the ring on their half of the ice surface and the defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half.
 - When a goal is scored, the team that was scored on will start with the ring on their half of the ice surface and the defending team will remain on their half of the ice until a pass has been made.
- **Penalties:**
 - In this informal format, the focus should be on minimizing stoppages in play.
 - Minor rule infractions or penalties should result in awarding possession to the non-offending team and continuing play.
 - A penalty shot should be awarded and taken immediately for major penalties.



- **Playtime and Shifts:**

- Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
- Older age groups may make substitutions on the fly (U16 / U19 / U18+).

- **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.
- Rotate teams in a clock-wise position every 5-7 minutes and use this opportunity for a water break. This works even better if each team has just enough players and no substitutes.
- Please note that rotating groups around the ice may not be possible. Please follow your Provincial and facility directives.

Game Structure & Playing Rules - 'Formal' Game Format

- **Officials:**

- Maximum of one official and one scorekeeper/timekeeper for each section of the ice being used for games (if numbers permit).
- Officials must ensure physical distance from coach/players when discussing any calls.
- Maximum of three (3) skaters and a goalie per team in each section of the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format there are no zone restrictions.
- Shot clocks will not be used.
- It is recommended to run two (2) sixteen (16) minute run time periods for younger age groups with a one minute time-out between periods (U10 / U12).
- It is recommended to run two (2) eighteen (18) minute run time periods for older age groups with a one minute time-out between periods (U16 / U19 / U18+).
- Teams are not permitted to pull the goalie at any point during the game.

- **Starting the game:**

- One team will start with the ring in their half of the ice surface. The defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half.
- When a goal is scored, the official will notify the scorekeeper and the ring will return to the team that was scored on in their half of the ice surface. The defending team will remain on their half of the ice until a pass has been made or until the opposition enters their half.

- **Penalties:**

- Athletes will not serve any penalties they are awarded in the penalty box and can remain on the ice.
- Penalty shots will instead be awarded to the non-offending team and will be taken at the end of each period, alternating between teams.
- If the penalty involves an offence against a specific player, that player will be awarded the penalty shot.
- If the penalty does not involve an offence against a specific player, the non-offending team may select the athlete to take the penalty shot on behalf of the team.
- One penalty shot will be awarded to the non-offending team for each minor penalty.
- Two penalty shots will be awarded to the non-offending team for each major penalty.
- If a player incurs more than 10 minutes of penalties, they should be ejected from the game.
- Official will notify the scorekeeper of team and type of infraction.
- Ring is given to non-offending team in their half of the ice surface.



- **Playtime and Shifts:**

- Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
- Older age groups may make substitutions on the fly (U16 / U19 / U18+).

Contact Modifications

- The following rules may need to be applied in provinces that are required to include contact modifications as part of their Return to Ringette plan:
 - Players must be a stick length away from the player they are marking anywhere on the ice surface.
 - Offensive driving of the triangle is not permitted.
 - If a player is in possession of the ring the opposing player is permitted to check the players stick as long as they do not make contact with the actual player. Defensive players are encouraged to guide the player with ring to the outside by taking the lane away without contact.
 - Players from both teams are encouraged to stay off the boards to ensure flow of the game continues and contact is prevented.
- Violations of these rules should be treated the same as any other rule violation, with the non-offending team being awarded the ring in their own defending zone and the other team remaining in their defending zone until a pass has been made.



Full-Ice 3v3 Games

Player Benches

- The usual player benches can be used if needed.
- Players must ensure physical distancing on the bench.
- Bench staff (coaches and trainers) must be limited to accommodate Provincial and facility restrictions.
- Bench staff must ensure physical distancing on the bench.

Game Structure & Playing Rules - 'Formal' Game Format

- **Officials:**
 - Maximum of one official and one scorekeeper/timekeeper for each section of the ice being used for games (if numbers permit).
 - Officials must ensure physical distance from coach/players when discussing any calls.
- Maximum of three (3) skaters and a goalie per team on the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format there are no zone restrictions.
- Shot clocks are recommended for U12 divisions and above (provided that provincial and facility restrictions permit a shot clock operator).
- It is recommended to run two (2) sixteen (16) minute run time periods for younger age groups with a one minute time-out between periods (U10 / U12).
- It is recommended to run two (2) eighteen (18) minute run time periods for older age groups with a one minute time-out between periods (U16 / U19 / U18+).
- Teams are not permitted to pull the goalie at any point during the game.
- When a goal is scored, the official will notify the scorekeeper and the ring goes back to the center for a free pass.
- **Penalties:**
 - Athletes will not serve any penalties they are awarded in the penalty box and can remain on the ice.
 - Penalty shots will instead be awarded to the non-offending team and will be taken at the end of each period, alternating between teams.
 - If the penalty involves an offence against a specific player, that player will be awarded the penalty shot.
 - If the penalty does not involve an offence against a specific player, the non-offending team may select the athlete to take the penalty shot on behalf of the team.
 - One penalty shot will be awarded to the non-offending team for each minor penalty.
 - Two penalty shots will be awarded to the non-offending team for each major penalty.
 - If a player incurs more than 10 minutes of penalties, they should be ejected from the game.
 - Official will notify the scorekeeper of team and type of infraction.
 - Free pass is given to non-offending team.
- **Playtime and Shifts:**
 - Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
 - Older age groups may make substitutions on the fly (U16 / U19 / U18+).



Contact Modifications

- The following rules may need to be applied in provinces that are required to include contact modifications as part of their Return to Ringette plan:
 - Players must be a stick length away from the player they are marking anywhere on the ice surface.
 - Offensive driving of the triangle is not permitted.
 - If a player is in possession of the ring the opposing player is permitted to check the players stick as long as they do not make contact with the actual player. Defensive players are encouraged to guide the player with ring to the outside by taking the lane away without contact.
 - Players from both teams are encouraged to stay off the boards to ensure flow of the game continues and contact is prevented.
- Violations of these rules should be treated the same as any other rule violation, with the non-offending team being awarded the ring in their own defending zone and the other team remaining in their defending zone until a pass has been made.



Full-Ice 4v4 Games

Player Benches

- The usual player benches can be used if needed.
- Players must ensure physical distancing on the bench.
- Bench staff (coaches and trainers) must be limited to accommodate Provincial and facility restrictions.
- Bench staff must ensure physical distancing on the bench.

Game Structure & Playing Rules - 'Formal' Game Format

- **Officials:**
 - Maximum of one official and one scorekeeper/timekeeper for each section of the ice being used for games (if numbers permit).
 - Officials must ensure physical distance from coach/players when discussing any calls.
- Maximum of four (4) skaters and a goalie per team on the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format, only three (3) players from each team can be in either free play zone at one time.
- Shot clocks are recommended for U12 divisions and above (provided that Provincial and facility restrictions permit a shot clock operator).
- It is recommended to run two (2) sixteen (16) minute run time periods for younger age groups with a one minute time-out between periods (U10 / U12).
- It is recommended to run two (2) eighteen (18) minute run time periods for older age groups with a one minute time-out between periods (U16 / U19 / U18+).
- Teams are not permitted to pull the goalie at any point during the game.
- When a goal is scored, officials will notify the scorekeeper and ring goes back to the center for a free pass.
- **Penalties:**
 - Athletes will not serve any penalties they are awarded in the penalty box and can remain on the ice.
 - Penalty shots will instead be awarded to the non-offending team and will be taken at the end of each period, alternating between teams.
 - If the penalty involves an offence against a specific player, that player will be awarded the penalty shot.
 - If the penalty does not involve an offence against a specific player, the non-offending team may select the athlete to take the penalty shot on behalf of the team.
 - One penalty shot will be awarded to the non-offending team for each minor penalty.
 - Two penalty shots will be awarded to the non-offending team for each major penalty.
 - If a player incurs more than 10 minutes of penalties, they should be ejected from the game.
 - Official will notify the scorekeeper of team and type of infraction.
 - Free pass is given to non-offending team.
- **Playtime and Shifts:**
 - Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
 - Older age groups may make substitutions on the fly (U16 / U19 / U18+).



Contact Modifications

- The following rules may need to be applied in provinces that are required to include contact modifications as part of their Return to Ringette plan:
 - Players must be a stick length away from the player they are marking anywhere on the ice surface.
 - Offensive driving of the triangle is not permitted.
 - If a player is in possession of the ring the opposing player is permitted to check the players stick as long as they do not make contact with the actual player. Defensive players are encouraged to guide the player with ring to the outside by taking the lane away without contact.
 - Players from both teams are encouraged to stay off the boards to ensure flow of the game continues and contact is prevented.
- Violations of these rules should be treated the same as any other rule violation, with the non-offending team being awarded the ring in their own defending zone and the other team remaining in their defending zone until a pass has been made.



Full-Ice 5v5 Games

Player Benches

- The usual player benches can be used if needed.
- Players must ensure physical distancing on the bench.
- Bench staff (coaches and trainers) must be limited to accommodate Provincial and facility restrictions.
- Bench staff must ensure physical distancing on the bench.

Game Structure & Playing Rules - 'Formal' Game Format

- **Officials:**
 - Maximum of one official and one scorekeeper/timekeeper for each section of the ice being used for games (if numbers permit).
 - Officials must ensure physical distance from coach/players when discussing any calls.
- Maximum of five (5) skaters and a goalie per team on the ice.
- Total number of players, coaches and/or officials on the ice at one time will be based on Provincial and facility directives.
- In this format, only three (3) players from each team can be in either free play zone at one time.
- Shot clocks are recommended for U12 divisions and above (provided that Provincial and facility restrictions permit a shot clock operator).
- It is recommended to run two (2) sixteen (16) minute run time periods for younger age groups with a one minute time-out between periods (U10 / U12).
- It is recommended to run two (2) eighteen (18) minute run time periods for older age groups with a one minute time-out between periods (U16 / U19 / U18+).
- Teams are not permitted to pull the goalie at any point during the game.
- When a goal is scored, officials will notify the scorekeeper and ring goes back to the center for a free pass.
- **Penalties:**
 - Athletes will not serve any penalties they are awarded in the penalty box and can remain on the ice.
 - Penalty shots will instead be awarded to the non-offending team and will be taken at the end of each period, alternating between teams.
 - If the penalty involves an offence against a specific player, that player will be awarded the penalty shot.
 - If the penalty does not involve an offence against a specific player, the non-offending team may select the athlete to take the penalty shot on behalf of the team.
 - One penalty shot will be awarded to the non-offending team for each minor penalty.
 - Two penalty shots will be awarded to the non-offending team for each major penalty.
 - If a player incurs more than 10 minutes of penalties, they should be ejected from the game.
 - Official will notify the scorekeeper of team and type of infraction.
 - Free pass is given to non-offending team.
- **Playtime and Shifts:**
 - Substitutions can be made on a two-minute buzzer for younger age groups (U10 / U12).
 - Older age groups may make substitutions on the fly (U16 / U19 / U18+).



Contact Modifications

- The following rules may need to be applied in provinces that are required to include contact modifications as part of their Return to Ringette plan:
 - Players must be a stick length away from the player they are marking anywhere on the ice surface.
 - Offensive driving of the triangle is not permitted.
 - If a player is in possession of the ring the opposing player is permitted to check the players stick as long as they do not make contact with the actual player. Defensive players are encouraged to guide the player with ring to the outside by taking the lane away without contact.
 - Players from both teams are encouraged to stay off the boards to ensure flow of the game continues and contact is prevented.
- Violations of these rules should be treated the same as any other rule violation, with the non-offending team being awarded the ring in their own defending zone and the other team remaining in their defending zone until a pass has been made.

