

# CHILDREN

## ACTIVE START

Season Length	20 Weeks
Months	Mid-September to Mid-February

ACTIVE START SEASON STRUCTURE			
Total Sessions	Minimum	Ideal	Maximums
Dryland	0	0	0
Practice	18	20	20
League / Exhibition Games (combined)	0	0	10
Non-Elimination Tournament	0	0	1 mid-season 1 end of season
Total ice hours per week average <i>excluding non-elimination tournament</i>	0.9	1	1.5

Active Start: Sample Season Based on Maximum Scenario		Additional Activity
Week 1	Shared ice practice	Team Event
Week 2	Shared ice practice	-
Week 3	Shared ice practice	-
Week 4	Shared ice practice	Game 1
Week 5	Shared ice practice	Game 2
Week 6	Shared ice practice	Game 3
Week 7	Shared ice practice	Team Event
Week 8	Shared ice practice	Game 4
Week 9	Shared ice practice	Game 5
Week 10	Shared ice practice	Non-elimination tournament
Week 11	Shared ice practice	-
Week 12	Shared ice practice	Game 6
Week 13	Shared ice practice	Game 7
Week 14	Shared ice practice	Team Event
Week 15	Shared ice practice	Game 8
Week 16	Shared ice practice	Game 9
Week 17	Shared ice practice	Game 10
Week 18	Shared ice practice	-
Week 19	Shared ice practice	Non-elimination tournament
Week 20	Shared ice practice	Team Event

# CHILDREN

## U10 Step 1 and 2

Season Length	20 Weeks
Months	Mid-September to Mid-February

U10 Step 1 and 2 SEASON STRUCTURE			
Total Sessions	Minimum	Ideal	Maximums
Dryland	0	0	0
Practice <ul style="list-style-type: none"> <li>Minimum 45 mins</li> <li>Maximum 60 mins</li> </ul>	18	20	20
League / Exhibition Games (combined)	0	0	10
Non-Elimination Tournament	0	1 mid-season 1 end of season	1 mid-season 1 end of season
Total ice hours per week average <i>excluding non-elimination tournament</i>	0.9	1	1.5

U10 Step 1 Sample Season Based on Maximum Scenario		Additional Activity
Week 1	Shared ice practice	Team Event
Week 2	Shared ice practice	-
Week 3	Shared ice practice	-
Week 4	Shared ice practice	Game 1
Week 5	Shared ice practice	Game 2
Week 6	Shared ice practice	Game 3
Week 7	Shared ice practice	Team Event
Week 8	Shared ice practice	Game 4
Week 9	Shared ice practice	Game 5
Week 10	Shared ice practice	Non-elimination tournament
Week 11	Shared ice practice	-
Week 12	Shared ice practice	Game 6
Week 13	Shared ice practice	Game 7
Week 14	Shared ice practice	Team Event
Week 15	Shared ice practice	Game 8
Week 16	Shared ice practice	Game 9
Week 17	Shared ice practice	Game 10
Week 18	Shared ice practice	-
Week 19	Shared ice practice	Non-elimination tournament
Week 20	Shared ice practice	Team Event

# CHILDREN

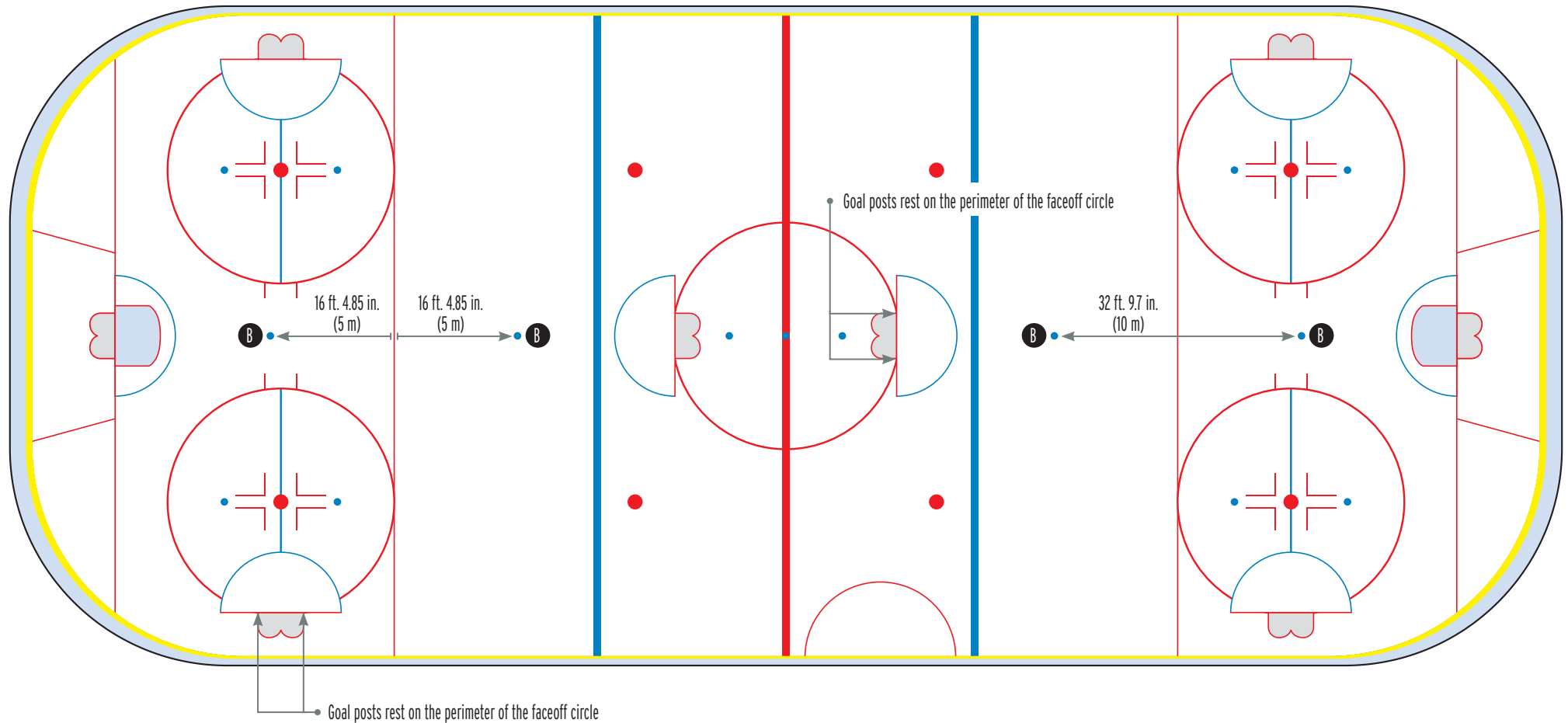
## Active Start , U10 Step 1, and U10 Step 2

GAME STRUCTURE:		
Team Format:	Four teams. One hour ice slot	
Dressing Rooms	Two teams share.	
Benches	Teams share benches, e.g., <ul style="list-style-type: none"> <li>Team A and Team C on home bench</li> <li>Team B and Team D on visitor bench</li> </ul>	
Ice Size	Active Start: Cross-Ice	U10: Half Ice
Rink Dividers	Preferred. <b>Not mandatory.</b>	
Net Size:	Small net (52" × 36" × 24" with 2" posts) (pylons where net to available)	
Net Placement	See rink diagrams	
Ice markings	See rink diagrams	
Game Format:	3 v 3 plus goalies, U10S1 and S2 must pass over ringette line	
Team Size	Ideal is 10 <ul style="list-style-type: none"> <li>multiples of three plus one is recommended, e.g., 7, 10, 13</li> <li>maximum of 13 per game preferred for quality ice time for all players</li> </ul>	
Positional Specialization	Rotate through goalie position between games No set positions	
Playing Time	Equal.	
Goal Equipment	Active Start Stick	U10 Step 1 Stick. Chest Protector, Pads & Gloves are child's choice.

GAME MANAGEMENT:	
Game Sheets	Yes, to record attendees (players and coaches)
Score, Statistics & Standings	No goals announced in arena. No score posted in the arena or on websites. No standings.
Warm Up	5 minutes while set up being completed.
Shift Length	90 seconds. Buzzer to change run by minor officials Change of players included in 90 second shift length.

OFFICIATING:			
Officials	Level 1 (2+ years) Referee Facilitate safe and continuous play	Goal is scored, infraction, ring out of play	<b>Objective: continuous play</b> <ul style="list-style-type: none"> <li>Ring at hockey face off dot (AS) or "starting point" (U10)</li> <li>Defending team must back off to halfway</li> <li>Infraction = change in possession</li> <li>Ring out of play = last team to touch will defend</li> </ul>
Penalties/ Infractions	<ul style="list-style-type: none"> <li>No one in penalty box</li> <li>Particular attention to safety: <ul style="list-style-type: none"> <li>Crease (U10)</li> <li>Dangerous use of stick</li> <li>Body/Boarding</li> </ul> </li> </ul>		

# CROSS- and HALF-ICE MARKINGS for Ringette and Hockey



**B** Blue Dots 6 in. (15.24 cm) Diameter

\* ICE SURFACE MARKINGS ON THE LEFT SIDE OF CENTER ICE ARE A MIRROR IMAGE OF THE MARKINGS TO THE RIGHT.

