



CHILDREN'S RINGETTE GUIDELINES





Meaningful Competition

- The concept of providing experiences that support learning for competitors, are structured to reinforce the development of LTAD stage-specific skills and abilities, and that lead to results that are relatively close and unpredictable.

Program

- Planned and progressive sequencing of activities that are adapted to an athletes' age and sport experience.

Session

- Individual on-ice or off-ice practices or games.

Stage

- Development level of an athlete in terms of Ringette Canada's LTAD framework.

Team

- In Children's Ringette, teams are formed from the group of athletes who play together in a given session, tournament, or jamboree.

Program Structure

Athlete Stages and Ages

For the 2020-2021 season, we are focusing on implementation at the U8 level and below. With intentions to expand to the U10 level in the 2021-2022 season.



These age groups correspond with the Fundamentals (6-8 years of age) and the Learn to Train (8-11 years of age) stages of Long-Term Athlete Development (LTAD)

Divisions

- Learn to Play (LTP)
 - o This program aims to provide players with an introduction to the sport of ringette and an opportunity to learn the game with players of similar abilities. The focus of the program is to develop core ringette skills such as skating and other ringette-specific skills in accordance with Long-Term Athlete Development principles.

- Fundamentals 1 (U8)
 - o Cross-ice
 - o Children in this stage may have never played ringette before, have limited skating ability and wish to learn the sport of ringette

- Fundamentals 2 (U8)
 - o Half-ice
 - o Children in this stage may have never played ringette before, have defined skating ability, and wish to learn the sport of ringette

- U10
 - o Full-ice
 - o Children in this stage have likely played ringette before, can skate forward and backward, and wish to learn the sport of ringette.



Program, Group and Team Sizes

- Program Size
 - o There is no limit to the number of participants in a program, provided there is an appropriate number of coaches to manage the number of participants
- Group Size
 - o 9-12 athletes
- Team Size
 - o Maximum of 12 athletes

Program Length

- 2 programs, 3 months in length
 - o October – December
 - o January – March
- Athlete Placement Evaluations at the beginning of each program



Sessions

- 1-2 on-ice sessions per week
 - Minimum 45 minutes, maximum 60 minutes in length
- LTAD Ratios
 - Fundamentals (6-8) – all activities are FUN-based including some structured competition
 - Learn to Train (8-11) – 70% training to 30% competition-specific training and competition

Competition

Formal Competition

- All Formal Competition is optional for participants in Children's Ringette
- Formal Competition occurs in the form of jamborees in which participants have opportunities to develop and measure skills while experiencing the social elements of sport

Tournaments and Jamborees

- Tournament and jamboree organizers need to ensure teams from different associations are playing teams of like abilities
- Organizers also need to ensure team sizes are appropriate for the chosen game format (cross-ice or half-ice)



Game Rules and Guidelines

- Fundamentals 1
 - o Cross-ice
 - o 3 v 3, no goalie
 - o No crease or passing lines
 - o No positions
- Fundamentals 2
 - o Half-ice
 - o 3 v 3, with goalie
 - o Goalie has stick only
 - o Crease and 1 passing line

Equipment

- Reduced-size nets
- Dividers

Ice Markings

- Fundamentals 1
 - o No crease
 - o No passing lines



- Fundamentals 2
 - o Crease
 - o 1 passing line

General Game Play

- Starting the Game
 - o Fundamentals 1 – visiting team starts with the ring on their half of the ice and the defending team starts on their half of the ice
 - o Fundamentals 2 – visiting team starts with a goalie free pass from inside the crease
- After a Goal
 - o Fundamentals 1 – team that scored backs off and the team that was scored against gets possession of the ring
 - o Fundamentals 2 – team that scored retreats to their half of the ice surface and the team that has scored against is awarded a goalie ring
- Ring Leaves Play
 - o Fundamentals 1 – coaches throw the ring back into play
 - o Fundamentals 2 – coaches throw the ring back into play



Rule Infractions

- Fundamentals 1
 - o No officials
 - o After an infraction, play is continued but coach will give the player a verbal reminder, stop play if player safety is at risk (ie: Kicking the ring, covering the ring)
- Fundamentals 2
 - o 1 official
 - o After an infraction, play is stopped and the ring is awarded to the non-offending team as a goalie ring with a 5-count

Penalties

- Fundamentals 1 and 2
 - o Stop for unintentional dangerous play and provide verbal explanation before continuing play using the restart option applicable to that level
 - o Have player sit-out if dangerous play is repeated



Coaching and Officiating

Coaching

- Minimum 2 coaches per team
 - o CSI trained, Make Ethical Decisions, Coach Initiation in Sport, Respect in Sport
 - o Criminal Record Check and Vulnerable Sector
 - o At least 1 female
- No limit on Activity Leaders
 - o Make Ethical Decisions, Coach Initiation in Sport, Respect in Sport
 - o Criminal Record Check and Vulnerable Sector

Officiating

- Fundamentals 1 – no officials
- Fundamentals 2 – 1 official
 - o Officiating Guidelines to be created
 - o Module will be added to the Level 1 official's clinic.
 - o Officials who are officiating this level but have already taken their level 1 clinic will need to do the module in their own time before they can officiate.