

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"> Minimum 45 mins Maximum 60 mins | 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 excluding non-elimination tournament | 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

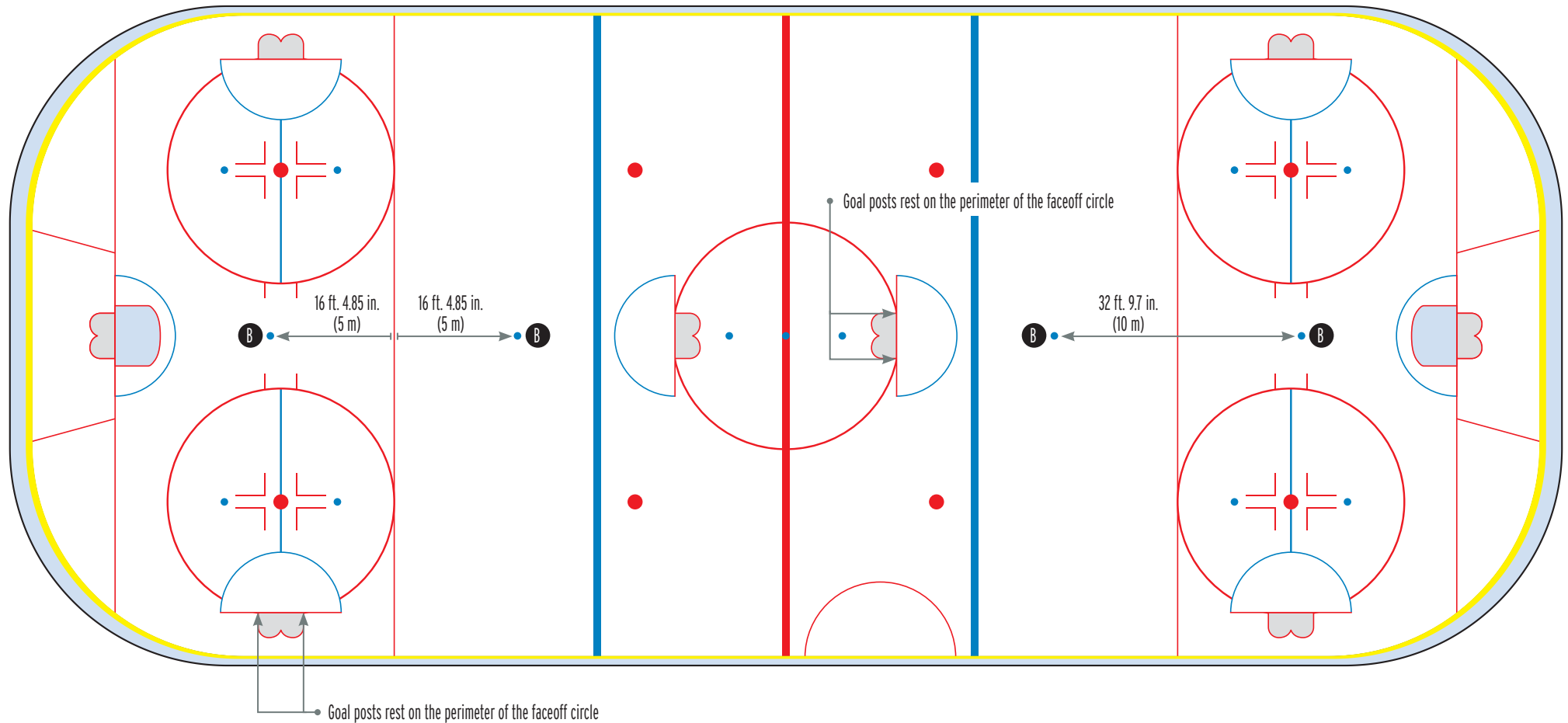
Active Start , U10 Step 1, and U10 Step 2

| 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"> Team A and Team C on home bench Team B and Team D on visitor bench | |
| Ice Size | Active Start: Cross-Ice | U10: Half Ice |
| Rink Dividers | Preferred. Not mandatory. | |
| 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"> multiples of three plus one is recommended, e.g., 7, 10, 13 maximum of 13 per game preferred for quality ice time for all players | |
| 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 | A Coach from each team will facilitate safe and continuous play | Goal is scored, infraction, ring out of play | Objective: continuous play <ul style="list-style-type: none"> Ring at hockey face off dot (AS) or "starting point" (U10) Defending team must back off to halfway Infraction = change in possession Ring out of play = last team to touch will defend |
| Penalties/ Infractions | <ul style="list-style-type: none"> No one in penalty box Particular attention to safety: <ul style="list-style-type: none"> Crease (U10) Dangerous use of stick Body/Boarding | | |

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.

