

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"> • 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

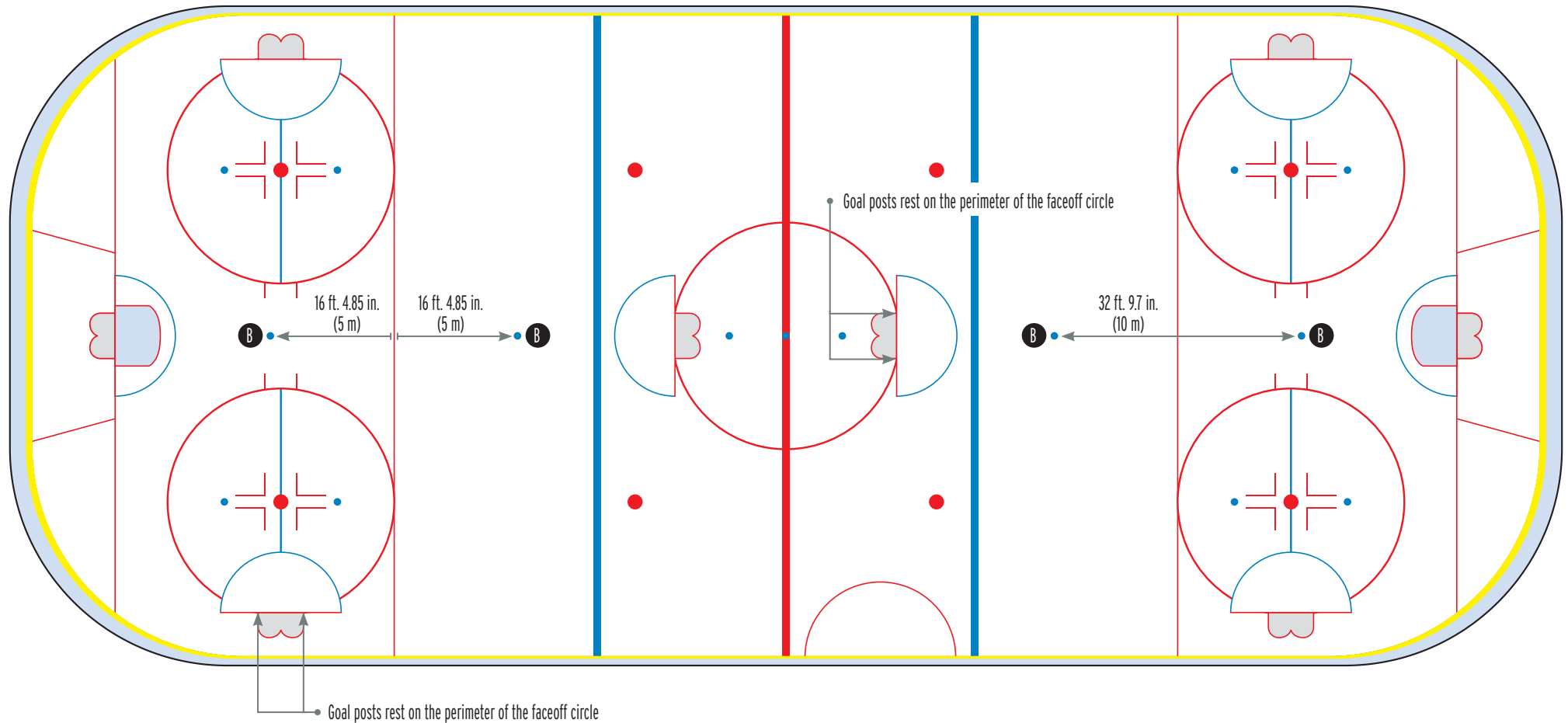
Active Start , U10 Step 1, and U10 Step 2

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.

