



CHILDREN'S RINGETTE PROGRAM

FUNdamentals 1

TEAM RULES

- All players must be registered with Ringette Ontario through their local Ringette Ontario Association
- Players in FUN1 will all register on one Team Registration Form (TRF) within the RO registration system and can be divided into different groups/smaller teams during on ice sessions
- Group size should be 10-12 max to ensure lots of ice time during game play, groups can change each ice time
- Groups should be balanced as best as possible
- For Jamborees, associations can register multiple teams, however participants may only participate with one team per jamboree and the roster for each team must be submitted using FUN1/FUN2 Team Roster registration form

PLAYERS

- New to ringette or skating, learning basic skills and basic game structure
- Must wear full equipment as per the Ringette Canada rules
- Focus on fun and friendships

BENCH STAFF

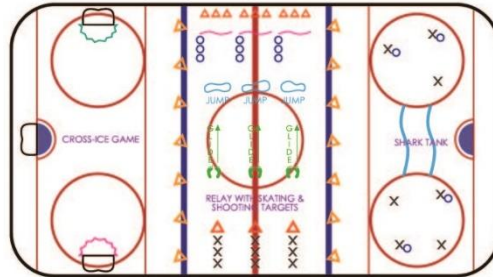
- All bench staff must be qualified as per Ringette Ontario Coach Pathway (<https://ringetteontario.com/the-people/coaches/coaching-pathways/>)
- Coaches are permitted on the ice during on ice sessions and are to act as 'officials' for inter squad games
- All On-Ice helpers must be qualified as per the Ringette Ontario Pathway

PRACTICE FORMAT

- 5-10 minute (off-ice session prior to start of ice time)
Review safety rules and instructions for warm up/first activity
Coaches divide up athletes into their groups for the day
- 5-10 minutes – Warm up
- 25-30 minutes – Skill Development within their groups
Coaches rotate participants through stations, changing every 7-12 minutes

Coaches are encouraged to include cross-ice games as a station during most sessions
 Keep the players moving and engaged throughout the whole station

- 5-10 minutes – Game/Cool-down
 Small-area games (if not incorporated into skill stations) or a fun activity and wrap up

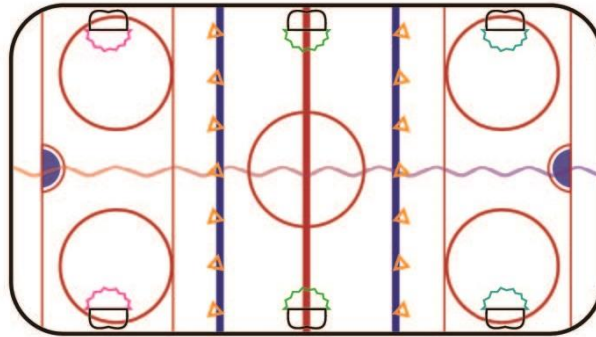


GAME STRUCTURE

- **Team Size:** Maximum 12 (Divided into groups of 3 or 4 depending on numbers)
- **Game Format:** 3 on 3 (or 4 on 3 or 4 on 4 – depending on numbers)
- **Goalie Crease:** None – or fun shape to increase awareness of a goalie crease
- No goalie ring, coach can pass ring out if it is in the crease or out of play area
- **Player Positions:** No Positions
- **Game Duration:** 25 to 30 minutes
- **Time Keeping:** Run Time may want someone to do the two-minute buzzer
- **Score keeping:** No score to be kept
- **Shot Clock:** No shot clock
- **Net Size:** Mini Net/Smaller net/pylons (approximately 1 meter apart)
- **Ice Size:** Cross Ice
- **Substitutions:** Shift change with a whistle or buzzer every 2 minutes

PLAYING SURFACE

- Nets or pylons placed against boards beside the hash marks
- 2 to 3 cross ice games can be played simultaneously
- If offering 2 games at a time, consider skill development or fun games in neutral zone with participants who aren't currently in the game
- Standard size ring used
- Passing Line (Blue Line)
 - The passing line, or blue line, is hand drawn by the coach using a marker or bingo dabber
 - It can be any colour, and can be a wavy shape
 - PROGRESSION
 - STEP 1 (September-November) = No blue line*
 - STEP 2 (December-January) = Requires one pass at any time*
 - STEP 3 (February-March) = One hand drawn blue line while allowing do-overs*
- Changing Ends — Teams use the same net for the entirety of their game
- Benches — How squads utilize benches depends on what works best, depending on how you have set up the ice. Squads can share a bench, and each have their own gate, or share an entire bench and a door to go in and a door to go out. Minimum of one coach per team on the bench



GAME FORMAT

- 5-10 minute (off ice session prior to start of ice time)
 - Review safety rules and instructions for warm up/first activity
 - Coaches divide up athletes into their squads for the day
- 5-10 minutes – Warm-up
 - A coach leads the athletes through warm-up while other coaches divide up the ice and make any necessary ice markings
- 25-30 minutes – Small-area games
 - Logistics will depend on the number of athletes in the ice and the game format
 - Focus should be on limiting periods of inactivity by keeping the team sizes small
- 5-10 minutes – Fun game as a group/Cool-down

GAME PLAY AND RULE GUIDELINES

STARTING THE GAME:

- Option 1: Coach tosses the ring into play
- Option 2: One team will start with the ring on their half of the ice and the defending team starts on their half of the ice
- Option 3: One team starts with a free pass with a 1-meter clearance to make a stationary pass to a teammate. Coaches can choose to draw or designate a specific spot for this to occur

RE-START AFTER A GOAL:

- Option 1: Team that scored backs off and team that was scored against gets possession of the ring
- Option 2: Team that was scored against gets a goalie ring with a verbal five count
- Option 3: Team that scored retreats to their half of the ice surface and team that was scored against is awarded a free pass with 1-meter clearance to make a stationary pass to a teammate.

RE-START AFTER RING LEAVES PLAYING AREA:

- Option 1: Coaches throw the ring back into play
- Option 2: Non-offending team is awarded a goalie ring
- Option 3: Non-offending team is awarded a free pass with 1-meter clearance to make a stationary pass to a teammate

PENALTY CALLS:

- Many penalties committed in Children's Ringette are unintentional and stem from lack of understanding. Educating athletes on the rationale behind penalties or infractions via verbal cues and corrections is important
- Formal penalties should not be awarded
- Coaches and officials should use their discretion in choosing the appropriate response from the options below based on the situation. Ensuring player safety is paramount
 - a. Option 1: Continue play but give player verbal reminder
 - b. Option 2: Stop for unintentional dangerous play and provide verbal explanation before continuing play using any of the re-start options
 - c. Option 3: Stop play and have player sit out a shift (or more)
 - *this option should only be applied if the player has had repeated warnings or if the behavior is putting player safety at risk
- Key messaging:
 - ✚ Keep verbal cues brief and language consistent to assist with athlete learning
 - ✚ Incorporate positive feedback into corrections
 - ✚ Emphasize safety rationale when explaining penalties

RULE INFRACTIONS:

- Rule infractions will likely happen frequently as athletes learn the game and move through the stages.
- Coaches should use their discretion in choosing the appropriate response from the options below based on the situation and considering player intent (i.e. player attempted to pass over the passing line but released the ring too late, tried to stay out of the crease, etc.)
 - a. Option 1: Continue play but give player verbal reminder
 - b. Option 2: Stop play if player safety is at risk (i.e. kicking the ring, covering the ring, etc.) and give verbal explanation
 - c. Option 3: Stop play and award non-offending team a free pass with 1-meter clearance to make a stationary pass to a teammate
- Key messaging:
 - ✚ Keep verbal cues brief and language consistent to assist with athlete learning
 - ✚ Incorporate positive feedback into corrections