




RINGETTE
SASKATCHEWAN

A large, 3D blue ringette ring is positioned diagonally across the lower half of the page, framing the title text.

CHILDREN'S RINGETTE GUIDELINES

Mandate

In the 2020-2021 season, all games for players under the age of 9 years old (U9 category) will be played on an area that does not exceed half the ice surface.

Overview

Ringette Canada's Competition Review and Restructuring Report was released in 2018 and was the product of a two-year comprehensive analysis of the competition system. The report generated 61 recommendations for Ringette Canada, with the overall objectives of improving ringette competition and providing quality sport experiences for ringette participants at all stages.

Children's Ringette is one of Ringette Canada's recommendations that Ringette Saskatchewan supports. The premise of Children's Ringette is that all participants in the FUNdamentals stage of development should be playing small-area games. Ringette Saskatchewan's Board of Directors has mandated Children's Ringette for all participants at the U9 level and below for the 2020/21 season.

Ringette Saskatchewan along with Ringette Canada is dedicated to making ringette fun for all participants and big part of delivering that is ensuring the programming is age appropriate. The Children's Ringette initiative represents a concerted effort to make adjustments to ringette practices and competitions to meet the needs of children. It is about promoting a fun, safe and healthy environment that supports the development of physical literacy and the long-term development.

As more research emerges on the subject of youth sports and long-term athlete development, many sport organizations across Canada and internationally are adopting the concepts that form the foundation of the Children's Ringette program.

The Children's Ringette Guidelines are to serve as a framework to structure Children's Ringette programming across Saskatchewan. These guidelines were developed off Ringette Canada's Children's Ringette Guidelines and were adapted to be more specific to our local associations needs and realities. Ringette Saskatchewan formed a working group made up of dedicated individuals in our sport who have technical experience and knowledge in long term athlete development to form these guidelines that will form future programming decisions.

Glossary of Terms

Formal Competition

- Players from multiple associations located in different communities play a consecutive series of games outside regular practice play

Group

- Athletes in a program placed together for the purposes of participating in a program. Athletes should be grouped based on their ability to have meaningful, developmentally appropriate practice and competition experiences by being closely matched for the specific activity taking place during a session.

Long-Term Athlete Development (LTAD)

- Canadian Sport for Life's athlete-centred framework for full sport system alignment in Canada and the optimal development of athletes for all ages, interests, and abilities.

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 U9 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 (U9)
 - 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 (U9)
 - 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
 - o Minimum 45 minutes, maximum 60 minutes in length
- LTAD Ratios
 - o Fundamentals (6-8) – all activities are FUN-based including some structured competition
 - o 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 tournaments and 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 as 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.

Program Progression and Assessment Criteria

Program Progression and Assessment Criteria will be updated soon.

Appendices

Appendices will be updated soon.