



**RINGETTE**  
**SASKATCHEWAN**

# **CHILDREN'S RINGETTE COACH GUIDELINES**

# FUNDAMENTALS 1

## Introduction to the Program

How Associations choose to split their teams during intra-club games is up to them. Fundamentals 1 and 2 are not subject to player pick-up/affiliate player policies. Groups can utilize participants from another team during league play. For Jamborees, groups can register multiple teams, however participants may only participate with one team per jamboree and a team roster form must be submitted to the jamboree/tournament director.

## Player Registration

### Participants

- Under 9 years of age for the 2020-2021 season
- Under 10 years of age for the 2021-2022 season

### Skill Level

Participants in this stage may have never played ringette before, have limited skating ability and wish to learn the sport of ringette

## Team Formation

### Group Size

- 9-12 athletes

### Team Size

- Maximum of 12 athletes
- Teams are used for attending jamborees and formal competitions
- Participation in formal competition is optional to athletes

## Coach Certification

Minimum 2 coaches per team, maximum 5 coaches per team

- CSI trained, Make Ethical Decisions, Coach Initiation in Sport, Respect in Sport
- Criminal Record Check and Vulnerable Sector Check
- At least 1 coach must be a female over the age of 18

## Competition Format

### Intra-Group Games

- Balanced teams are formed at the beginning of an ice time for the participants present
- Games and practice activities can happen during the same ice time

## Program and Session Length

### Program Length

- 2 programs per season – 3 months in length
  - October to December
  - January to March
- Athlete Placement Evaluations will be conducted at the beginning of each program

### Session Length

- Groups will have 1-2 sessions per week
  - Minimum 45 minutes, maximum 60 minutes in length

## Terms of Reference

### Acting Official

- A registered Coach who has completed the Coach certification requirements

### Group

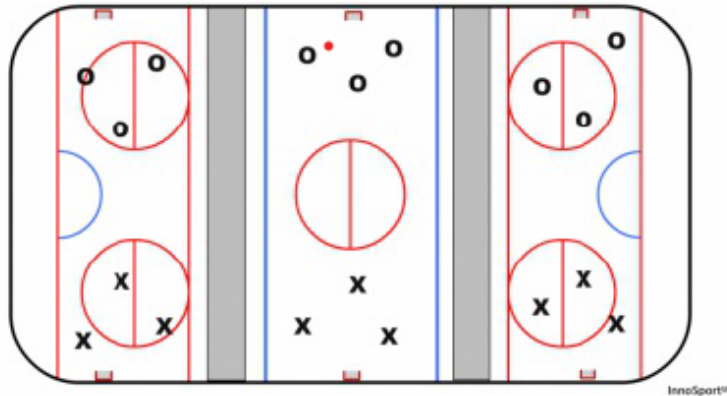
- Participants grouped based on their ability to have meaningful, developmentally appropriate practice and competition experiences

### Team

- Participants from the group put together for formal competition/jamborees

### Cross Ice Ringette

- 1 sheet of ice is divided into 3 sections at the Ringette Lines



### Passing Line

- There is no passing line in Fundamentals 1

### Crease

- There is no crease in Fundamentals 1

## Game Set-Up Format

### Playing Surface – Cross Ice

- Nets placed against boards near the hash marks
- 2-3 cross-ice games can be played on 1 sheet of ice simultaneously

### Equipment

- Reduced-size nets
- Standard ring
- Dividers between games (recommended)

## Game Play

### Players

- 3 versus 3, no specific positions
- No goalies

### Coaches

- Should be on the ice with 1-2 coaches supporting each mini game being played

### Officials

- No officials in Fundamentals 1
- After an infraction, play is continued but the coach will give the player a verbal reminder and stop the play if player safety is at risk

## **Time and Scorekeeping**

- Not required in Fundamentals 1

## **Changing Ends**

- Teams will use the same end/net for the entirety of the game

## **Benches**

- Use of benches will be determined by the number of mini-games being played on the ice sheet
  - 2 mini-games – teams are able to use benches if wanted, but players can wait for their shift in the neutral zone between mini-games
  - 3 mini-games – recommended that teams use benches to limit the number of players on the ice

## **Rules and Guidelines**

### **Starting the Game**

- Visiting team starts with the ring on their half of the ice and the defending team starts on their half of the ice

### **After a Goal**

- Team that scored backs off and the team that was scored against gets possession of the ring

### **Ring Leaves Play**

- Coaches throw ring back into play

### **Penalties**

- Stop for unintentional dangerous play and provide verbal explanation before continuing play using the restart option above
- Have player sit-out if dangerous play is repeated

### **Violations**

- Violations will not be enforced in Fundamentals 1, coaches should use verbal cues to ensure safety is maintained

# FUNDAMENTALS 2

## Introduction to the Program

How Associations choose to split their teams during intra-club games is up to them. Fundamentals 1 and 2 are not subject to player pick-up/affiliate player policies. Groups can utilize participants from another team during league play. For Jamborees, groups can register multiple teams, however participants may only participate with one team per jamboree and a team roster form must be submitted to the jamboree/tournament director.

## Player Registration

### Participants

- Under 9 years of age for the 2020-2021 season
- Under 10 years of age for the 2021-2022 season

### Skill Level

Participants in this stage may have never played ringette before, have limited skating ability and wish to learn the sport of ringette

## Team Formation

### Group Size

- 9-12 athletes

### Team Size

- Maximum of 12 athletes
- Teams are used for attending jamborees and formal competitions
- Participation in formal competition is optional to athletes

## Coach Certification

Minimum 2 coaches per team, maximum 5 coaches per team

- CSI trained, Make Ethical Decisions, Coach Initiation in Sport, Respect in Sport
- Criminal Record Check and Vulnerable Sector Check
- At least 1 coach must be a female over the age of 18

## Competition Format

### Intra-Group Games

- Balanced teams are formed from a group
- Can be scheduled league games or exhibition games between 2 associations

## Program and Session Length

### Program Length

- 2 programs per season – 3 months in length
  - October to December
  - January to March
- Athlete Placement Evaluations will be conducted at the beginning of each program

### Session Length

- Groups will have 1-2 sessions per week
  - Minimum 45 minutes, maximum 60 minutes in length

## Terms of Reference

### Acting Official

- A registered Coach who has completed the Coach certification requirements

### Group

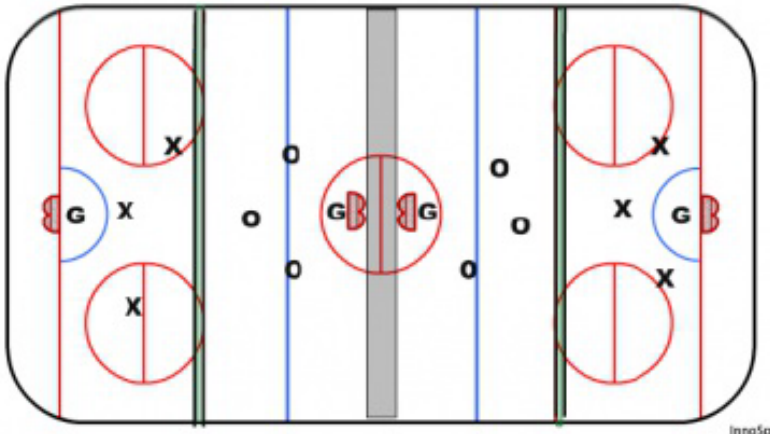
- Participants grouped based on their ability to have meaningful, developmentally appropriate practice and competition experiences

### Team

- Participants from the group put together for formal competition/jamborees

### Half Ice Ringette

- 1 sheet of ice is divided into 2 sections at the Centre Line



### Passing Line

- There is 1 passing line in Fundamentals 2
- This line is hand-drawn by a coach/activity leader through the middle of the Free-Pass Circles in each end a mini-game is being played

### Crease

- The crease is hand-drawn at each net by a coach

## Game Set-Up Format

### Playing Surface – Half Ice

- Nets placed behind goal line and blue line
- 2 half-ice games can be played on 1 sheet of ice simultaneously

### Equipment

- Reduced-size nets
- Standard ring
- Bingo dabber to draw line and creases
- Dividers between games (recommended)

## Game Play

### Players

- 3 versus 3, no specific positions
- 1 goalie per team, stick only

### Coaches/Activity Leaders

- Should be on the ice with 1-2 coaches supporting each mini game being played

## **Officials**

- 1 official in Fundamentals 2
- After an infraction, play is stopped and the ring is awarded to the non-offending team as a goalie ring with a 5-count

## **Time and Scorekeeping**

- Timekeeping will be at the discretion of local association rules
- Two, 16-minute periods with stop-time shift changes every 2 minutes is recommended
- No official scorekeeping is required in Fundamentals 2
  - Scores will not be posted on the score board
- Goal caps will be at the discretion of local association rules

## **Changing Ends**

- Teams are able to change ends at the end of a period if they choose

## **Benches**

- It is recommended that teams utilize benches if there is 2 half-ice mini-games occurring on 1 sheet of ice

## **Rules and Guidelines**

### **Starting the Game**

- Visiting team starts with a goalie free pass from inside the crease

### **After a Goal**

- Team that scored retreats to their half of the ice surface and the team that was scored against is awarded a goalie ring

### **Ring Leaves Play**

- Coaches throw ring back into play

### **Goalie Ring**

- A verbal 5-count from the official however, allow enough time to throw, prompt if necessary

### **Passing Line**

- Referred to as the “blue line” in Ringette Canada’s Official Rules
- One hand-drawn blue line will be used
- Allow for do-overs, and avoid stopping play if there was an intent to pass

### **Crease Violations**

- The official will call the play down if a participant does not make an effort to stay out of the crease while they have the ring or while defending
- As long as there is an intent to stay out of the crease the official will allow play to continue
- Verbal cues should be given to remind participants to stay out of the crease

### **Penalties**

- After an infraction, play is stopped and the ring is awarded to the non-offending team as a goalie ring with a 5-count

### **Violations**

- Violations will not be enforced in Fundamentals 2, coaches and officials should use verbal cues to ensure safety is maintained

# FUNDAMENTALS 3

## Introduction to the Program

How Associations choose to split their teams during intra-club games is up to them. Fundamentals 3 is not subject to player pick-up/affiliate player policies. Groups can utilize participants from another team during league play. For Jamborees, groups can register multiple teams, however participants may only participate with one team per Jamboree and a team/individual roster form must be submitted to the jamboree/tournament director.

## Player Registration

### Participants

- Under 10 years of age starting in the 2021-22 season

### Skill Level

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

## Team Formation

### Group Size

- 9-12 athletes

### Team Size

- Maximum of 12 athletes
- Teams are used for attending jamborees and formal competitions
- Participation in formal competition is optional to athletes

## Coach Certification

Minimum 2 coaches per team, maximum 5 coaches per team

- CSI trained, Make Ethical Decisions, Coach Initiation in Sport, Respect in Sport
- Criminal Record Check and Vulnerable Sector Check
- At least 1 coach must be a female over the age of 18

## Competition Format

### Intra-Group Games

- Balanced teams are formed from a group
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## Program and Session Length

### Program Length

- 2 programs per season – 3 months in length
  - October to December
  - January to March

### Session Length

- Groups will have 1-2 sessions per week
  - Minimum 45 minutes, maximum 60 minutes in length



## Terms of Reference

### Official

- Minimum Level 1 certified Ringette Canada official

### Group

- Participants grouped based on their ability to have meaningful, developmentally appropriate practice and competition experiences

### Team

- Participants from the group put together for formal competition/jamborees

### Passing Line

- There are 2 passing lines in Fundamentals 3 (blue lines)

### Crease

- There are 2 creases on the ice in Fundamentals 3

## Game Set-Up Format

### Playing Surface – Full Ice

- Nets placed at the goal lines

### Equipment

- Reduced-size nets
- Standard ring

## Game Play

### Players

- 5 versus 5, with goalie
- Rotating goalie with the purpose to give as many participants as possible the opportunity to try the position
- Introduction of forward and defense positions

### Coaches/Activity Leaders

- Should be on the benches during game play

### Officials

- 2 officials in Fundamentals 3

### Time and Scorekeeping

- Timekeeping will be at the discretion of local association rules
- Two, 16-minute periods with stop-time shift changes every 2-3 minutes is recommended
- No official scorekeeping is required in Fundamentals 3
  - Scores will not be posted on the score board
- Goal caps will be at the discretion of local association rules

### Changing Ends

- Teams are able to change ends at the end of period if they choose

### Benches

- Teams will need to utilize the benches during game play

## Rules and Guidelines

### Starting the Game

- Visiting team starts with a free pass from the centre ice circle

### After a Goal

- Team that was scored against gets a free pass from the centre ice circle

### Goalie Ring

- A verbal 5-count from an official

### Passing Line

- Referred to as the “blue line” in Ringette Canada’s Official Rules

### Crease Violations

- An official will call the play down if a participant does not make an effort to stay out of the crease while they have to ring or while defending
- As long as there is an intent to stay out of the crease the official will allow play to continue

### Penalties

- Full ice Official Ringette Canada Rules

### Violations

- Violations will be at the officials’ discretion
- Coaches and officials should use verbal cues to ensure safety is maintained