



Policy Revision	Section(s) Revised	Change description	Effective Date
0		New	Oct 2019
1	12.5	U10 Step 2	Sept 2021
2		Updates	Sept 2022
3		Technical revisions	Nov 2023
4	Multiple sections	Removal of the word “keely”	Feb 2024
5	12.6.5.3	Game format	Nov 2024
6		Reformat (Previously Section 12)	June 2025
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8	13.3.8.2, 13.6.8.3	AS/Step 3 Goalie Percentage Changes (as per RAB)	June 2025



13. CHILDREN’S RINGETTE POLICY (ZONE 3)

13.1 Purpose

This policy shall establish requirements for Active Start and U10 programs in Ringette Calgary (Zone 3).

13.2 Principles

13.2.1 Children’s Ringette will be structured to facilitate fun and maximum participation.

13.2.2 The program shall be based on Children’s stage-based periods of development, no chronological age. “U10” is used to refer to various stage-based groups called Steps (1, 2, and 3). Active Start and the U10 Steps graduate and facilitate skill development progressively, including goaltender.

13.2.3 This policy is based on the foundation set forth in yourringette.ca/children.

13.2.4 Shot clocks are not used in any Children’s Ringette program.

13.3 Requirements – Active Start

13.3.1 General

13.3.1.1 Active Start will be organized in practices and scrimmages. Scrimmages are not considered games, but rather, structured practices.

13.3.1.2 Children’s ringette scrimmages are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the scrimmages with data put into RAMP post scrimmage.

13.3.1.3 Ringette Calgary will provide 10 scrimmages per team. This may be adjusted pending team sizes and facility access/usage.

13.3.2 Team format

13.3.2.1 Players per team should be considered:

- Small teams: 13 players or less; large team: 14 players or more.
- Ideal is 10 players per team.



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- In the case that teams are required to have more players for registration logistics, Ringette Calgary will be the final authority on how those teams will be scheduled (i.e. one large vs two small or other solutions as deemed appropriate, including but not limited to an effective equalization number of games).

13.3.3 Ice set up

13.3.3.1 Ice set up is CROSS ICE. Home teams are responsible to mark goalie creases with a bingo dauber or equivalent temporary ice marker as per ice format show below (Reference 1: Ice Marking Diagram).

13.3.3.2 Ice Diagram: See Appendix10.

13.3.3.3 Rink dividers are preferred if present at the facility, but not mandatory. Set up along **the centre line**. Coaches are responsible for set up and takedown within ice permit time.

13.3.3.4 Right-sized nest are required (52” x 36”/24”) and placed as per ice diagram below. Where smaller nets are not available, pylons may be used, spaces approximately 52” apart. Precise measurement is not required.

13.3.4 Program time

13.3.4.1 Active Start scrimmages can be played on either 45 minute or 60 minute ice slots.

13.3.4.2 Pre-game warm up: 3 minutes

13.3.4.3 Intermission: up to 3 minutes

13.3.4.4 Set up and takedown time: 6 minutes total

13.3.4.5 For 60 minute ice slots, use 2 x 24 minute run-time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.



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13.3.5 Program format

13.3.5.1 Scrimmage is 3v3, plus an acting goaltender per side.

13.3.5.2 Buzzer time every 90 seconds and run time on the facility clock. At each buzzer, players will rotate. Coaches have discretion to shift their goaltenders every shift or every other shift. The game play will stop at the buzzer shift change. The team with possession of the ring at the buzzer will retain possession and will re-set at their dot.

13.3.5.3 Home team provides the time clock attendant.

13.3.5.4 There are two (2) playing areas per arena, with the neutral zone being used as a staging/practice area (see ice diagram below).

13.3.5.5 Active start shall use a one-pass rule. Any player gaining possession of the ring shall pass a minimum of one time before taking a shot on net.

13.3.5.6 No arena lines are used to require passing.

13.3.5.7 No goals are announced or recorded.

13.3.5.8 No standings are kept or published.

13.3.6 Game equipment

13.3.6.1 Shoulder pads are mandatory in addition to RAB Policy.

13.3.6.2 Blocker/trapper combo style goalie gloves are not permitted.

13.3.6.3 Goaltending pads and blockers are not permitted. Goaltenders will use a goaltending stick and switch rotation with the buzzer shift change.

13.3.7 Game management

13.3.7.1 No officials are required.

13.3.7.2 On ice coaches in any on-ice are required to wear skates and CSA approved helmets.

13.3.7.3 One coach per team, per playing area is required.



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13.3.7.4 One coach per team is required in the neutral zone/staging area to work with players who are not on shift, with focus on development.

13.3.7.5 If the bench area is to be used, the teams shall ensure at least one coach/on-ice helper is on the bench for player support.

13.3.7.6 Players shall not have set positions throughout the season.

13.3.7.7 Coaches working in the playing area are expected to:

- Manage their teams so that strongest players do not dominate newer players.
- Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body or boards.

13.3.7.8 Goal Scored, Infraction, Ring out of play, Shift change:

- When a goal is scored, the non-scoring team will take possession and pass from the hockey face off dot in their own defensive end. Defending team must retreat to halfway.
- When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to the penalty box.
- When the ring is sent out of play (into neutral zone, across blue line), the last team to touch the ring will defend as per above and possession switches to the non-offending team.
- On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
- Teams will not switch ends at half.

13.3.8 Goalie Policy

13.3.8.1 Goalies shall change after every shift, or every second shift as determined by the coach. The role of the goalie shall be equally assigned to all players each game.

13.3.8.2 To facilitate quick changes, it is recommended that (though not required) for each team to have two goalie sticks for each game.

13.3.8.2 At Active Start, no individual may play goal more than:



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- 25% of the total games played by their team on or before December 31st, and 25% after December 31st.

13.4 U10 Step 1

Progressions from Active Start are highlighted in purple.

13.4.1 General

13.4.1.1 Step 1 will be organized in practices and scrimmages. Scrimmages are not considered games, but rather, structured practices.

13.4.1.2 Children’s ringette scrimmages are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the scrimmages with data put into RAMP post scrimmage.

13.4.1.3 Goaltender(s) must be indicated for each scrimmage. Teams are required to rotate all players as goaltenders throughout the season.

13.4.1.4 Ringette Calgary will provide 14 scrimmages per team. This may be adjusted pending team sizes and facility access/usage.

13.4.2 Team format

13.4.2.1 Players per team should be considered:

- Small teams: 13 players or less; large team: 14 players or more.
- Ideal is 10 players per team.
- In the case that teams are required to have more players for registration logistics, Ringette Calgary will be the final authority on how those teams will be scheduled (i.e. one large vs two small or other solutions as deemed appropriate, including but not limited to an effective equalization number of games).

13.4.3 Ice set up

13.4.3.1 Ice set up is HALF ICE. Home teams are responsible to mark goalie creases with a bingo dauber or equivalent temporary ice marker as per ice diagram below.



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13.4.3.2 Ice Diagram: See Appendix 10.

13.4.3.3 Rink dividers are preferred if present at the facility, but not mandatory. Set up on arena center line. Coaches are responsible to set up and take down within the ice permit time.

13.4.3.4 Right-sized nest are required (52" x 36"/24") and placed as per ice diagram below. Where smaller nets are not available, pylons may be used, spaces approximately 52" apart. Precise measurement is not required.

13.4.4 Program time

13.4.4.1 Step 1 scrimmages will be played on 45 to 60-minute ice slots.

13.4.4.2 Pre-game warm up: 3 minutes

13.4.4.3 Intermission: up to 3 minutes

13.4.4.4 Set up and takedown time: 6 minutes total

13.4.4.5 For 60-minute ice slots, use 2 x 24 minute run-time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.

13.4.5. Program format

13.4.5.1 Scrimmage is 3v3, plus an acting goaltender per side.

13.3.5.2 Buzzer time every 90 seconds and run time on the facility clock. At each buzzer, players will rotate. Coaches have discretion to shift their goaltenders every shift or every other shift. The game play will stop at the buzzer shift change. The team with possession of the ring at the buzzer will retain possession and will re-set at their dot.

13.4.5.3 Home team provides the time clock attendant.

13.4.5.4 There are two (2) playing areas per arena, with the centre line acting as a boundary between 2 playing areas.

13.4.5.5 Step 1 shall pass over the ringette line in either direction of play.



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13.4.5.6 No goals are announced or recorded.

13.4.5.7 No standing are kept or published.

13.4.6 Game equipment

13.4.6.1 Shoulder pads are mandatory in addition to RAB Policy.

13.4.6.2 Blocker/trapper combo style goalie gloves are not permitted.

13.4.6.3 Goaltenders are assigned per game. They may wear goaltending chest protector, pads and gloves (except the trapper/blocker combo style glove, as noted above). None of the aforementioned equipment is mandatory.

13.4.7 Game management

13.4.7.1 No officials are required.

13.4.7.2 On ice coaches in any on-ice are required to wear skates and CSA approved helmets.

13.4.7.3 One coach per team, per playing area is required.

13.4.7.4 Benches must be attended by remaining team staff.

13.4.7.5 Players shall not have set positions throughout the season.

13.4.7.6 Players shall not have set positions throughout the season.

13.4.7.7 Coaches working in the playing area are expected to:

- Manage their teams so that strongest players do not dominate newer players.
- Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body or boards.

13.4.7.8 Goal Scored, Infraction, Ring out of play, Shift change:

- When a goal is scored, the non-scoring team will take possession at the “starting point” dot in their own defensive end. Starting point is defined on the ice diagram below.



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- When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to the penalty box.
- When the ring is sent out of play, the last team to touch the ring will defend as per above and possession switches to the non-offending team.
- On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
- Teams will not switch ends at half.

13.4.8 Goalie Policy

13.4.8.1 No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with their Association’s Player Evaluation and Team Formation policies.

13.4.8.2 Goaltenders shall be assigned to play each scrimmage, or each half scrimmage, as determined by the coach. This assignment shall be indicated on each game sheet by marking a “G” beside the goalie(s) playing in that scrimmage.

13.4.8.3 Players must be given the following opportunity to play goal:

- At U10 Step 1, all players must play the goalie position in practice at least once AND in a scrimmage at least once per season.
- Once all players have been given the opportunity to play in at least one scrimmage, players may choose to play the goalie position again.
- Coaches are strongly encouraged to continue to rotate this position equitably through the remainder of the season and must assign players in accordance with the limits below:
 - At U10, any athlete may only play the goalie position up to 25% of the total regular season (excluding tournaments and post-season scrimmages) scrimmages played by their team on or before December 31st and 25% of their total regular season (excluding tournaments and post-season scrimmages) scrimmages after December 31st.

13.4.8.4 At U10 Step 1, players may not use the blocker/trapper combo style goalie glove.



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13.5 U10 Step 2

Progressions from Step 1 are highlighted in purple.

NOTE: Step 2 progression to full ice in January is RECOMMENDED, not required.

13.5.1 General

13.5.1.1 Step 2 will begin organized games.

13.5.1.2 Children’s ringette games are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the scrimmages with data put into RAMP post scrimmage.

13.5.1.3 Goaltender(s) must be indicated for each scrimmage. Teams are required to rotate all players as goaltenders throughout the season.

13.5.1.4 Ringette Calgary will generally provide 14 games per team.

13.5.1.5 U10 Step 2 will be divided into 2 sessions:

a. Session 1: October-mid-January – half ice game play only

b. Session 2: mid-January-March (up to 8 weeks) – full ice game play (adapted)

13.5.2 Team format

13.5.2.1 Two teams per game.

13.5.2.2 Players per team shall be as per Ringette Alberta Registration Policy 2.0.

13.5.3 Ice set up

13.5.3.1 Session 1: Ice set up is HALF ICE. Home teams are responsible to mark goalie creases with bingo dauber or equivalent temporary ice marker as per ice format shown below.

13.5.3.2 Session 2: Ice set up is FULL ICE.

13.5.3.3 Ice diagram: See Appendix 10 (for both half ice and full ice set up)



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13.5.3.4 Rink dividers are preferred if present at the facility, but not mandatory. Set up on arena center line. Coaches are responsible to set up and take down within the ice permit time.

13.5.3.5 Right-sized nest are required (52" x 36"/24") and placed as per ice diagram below. Where smaller nets are not available, pylons may be used, spaces approximately 52" apart. Precise measurement is not required.

13.5.4 Program time

13.5.4.1 Games will be played on **45-to-60-minute** ice slots.

13.5.4.2 Pre-game warm up: 3 minutes.

13.5.4.3 Intermission: up to 3 minutes.

13.5.4.4 Set-up and takedown (switching nets, etc): 6 minutes total.

13.5.4.5 Session 1 HALF ICE games: 2 x 24 minute run time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.

13.5.4.6 Session 2 FULL ICE games: 2 x 15 minute stop time halves. If on an ice slot longer than 45 minutes the ice time should start as a practice or long warm up for both teams, then play the game.

13.5.5 Program format

13.5.5.1 Scrimmage is 3v3, **when on HALF ICE**, plus a goaltender per side. **Scrimmage is 5v5, when on FULL ICE, plus a goaltender per side.**

13.5.5.2 **HALF ICE:** Buzzer time every 90 seconds and run time on the facility clock. At each buzzer, players will rotate. Coaches have discretion to shift their goaltenders every shift or every other shift. The game play will stop at the buzzer shift change. The team with possession of the ring at the buzzer will retain possession and will re-set at their dot.

13.5.5.3 Scrimmage is 5v5, **when on FULL ICE.**

13.5.5.3.1 **Changes from half to full-ice include:**



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- a) Passing over the blue lines;
- b) Obeying the 3-in rule for the ringette line;
- c) Free pass in circles in all zones.

13.5.5.3.2 Modified rules that still apply:

- a) Coaches will still be on the ice to guide athletes;
- b) No scorekeeping and no serving penalties;
- c) One on-ice coach assigned to the goalie.

13.5.5.4 Home team provides the time clock attendant.

13.5.5.5 There are two (2) playing areas per arena, with the centre line acting as a boundary between 2 playing areas.

13.5.5.6 On HALF ICE, Step 2 shall pass over the ringette line in either direction of play. On FULL ICE, Step 2 shall pass over the blue lines.

13.5.5.6 No goals are announced or recorded.

13.5.5.7 No standing are kept or published.

13.5.6 Game Equipment

13.5.6.1 Shoulder pads are mandatory in addition to RAB Policy.

13.5.6.2 Blocker/trapper combo style goalie gloves are not permitted.

13.5.6.3 Goaltenders are assigned per game. They may wear goaltending chest protector, pads and gloves (except the trapper/blocker combo style glove, as noted above). None of the aforementioned equipment is mandatory.

13.5.7 Game management

13.5.7.1 Coaches shall lead the games on-ice. No officials are required.

- 13.5.7.1.1** If officiating is required, First Stripes can be assigned for HALF ICE, Step 2 games ONLY. A level 1 ref (or higher) is required for any FULL ICE games.



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13.5.7.2 Players shall not have set positions throughout the season.

13.5.7.2.1 FULL ICE games: Coaches assign positions to athletes (1 centre, 2 forward, 2 defense, 1 goalie). Athletes should play the same position for the whole game (except for goalies who may switch at half). Athletes should play a different position in the next game. There must be an equitable rotation so athletes get to play all positions during Session 2. The focus should still be on individual skills and tactics with a very broad introduction to some team tactics.

13.5.7.3 Coaches working in the playing area are expected to:

- Manage their teams so that strongest players do not dominate newer players.
- Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body or boards.

13.5.7.4 **SESSION 1:** Goal Scored, Infraction, Ring out of play, Shift change:

- When a goal is scored, the non-scoring team will take possession at the “starting point” dot in their own defensive end. Starting point is defined on the ice diagram below.
- When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to the penalty box.
- When the ring is sent out of play, the last team to touch the ring will defend as per above and possession switches to the non-offending team.
- On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
- Teams will not switch ends at half.

13.5.7.5 **SESSION 2:** Goal Scored, Infraction, Ring out of Play, Shift Change:

- When a goal is scored, the non-scoring team takes possession at the centre free pass circle.
- When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to the penalty box.



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- When the ring is sent out of play, the non-offending team will be awarded a free pass.
- Players will shift on the fly.
- Teams will switch ends at half.

13.5.8 Goalie Policy

13.5.8.1 No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with their Association’s Player Evaluation and Team Formation policies.

13.5.8.2 Goaltenders shall be assigned to play each scrimmage, or each half scrimmage, as determined by the coach. This assignment shall be indicated on each game sheet by marking a “G” beside the goalie(s) playing in that scrimmage.

13.5.8.3 Players must be given the following opportunity to play goal:

- At U10 Step 2, all players must play the goalie position in practice at least once AND in a scrimmage at least once per season.
- Once all players have been given the opportunity to play in at least one scrimmage, players may choose to play the goalie position again.
- Coaches are strongly encouraged to continue to rotate this position equitably through the remainder of the season and must assign players in accordance with the limits below:
 - At U10, any athlete may only play the goalie position up to 25% of the total regular season (excluding tournaments and post-season 31st and 25% of their total regular season (excluding tournaments and post-season scrimmages) scrimmages after December 31st.

13.5.8.4 At U10 Step 2, players may not use the blocker/trapper combo style goalie glove.

13.6 U10 Step 3

Progressions from Step 2 are highlighted in purple.



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13.6.1 General

13.6.1.1 Step 3 is the first step into Classic Ringette.

13.6.1.2 Children’s ringette games are required to record attendees (coaches and players), **as well as goals and assists as reported by officials**. This data will be input into RAMP. Paper game sheets can be used during the game with data input into RAMP post game.

13.6.1.3 Goaltender(s) must be indicated for each game. Teams are required to rotate all players as goaltenders throughout the season.

13.6.1.4 Ringette Calgary will generally provide 14 games per team.

13.6.2 Team format

13.6.2.1 **Two teams per game**.

13.6.2.2 Players per team shall be as per Ringette Alberta Registration policy 2.0.

13.6.3 Ice set up

13.6.3.1 **Ice set up is FULL ICE**.

13.6.3.2 Right-sized nets are required (52”x36”/24) **and placed on each goal line, centred in the crease**. Where smaller nets are not available, pylons may be used, spaced approximately 52” apart. Precise measurement is not required.

13.6.4 Program time

13.6.4.1 Games will be played on 60-minute ice slots.

13.6.4.2 Pre-game warm-up: 3 minutes.

13.6.4.3 Intermission: up to 3 minutes.

13.6.4.4 Set-up and takedown time (switching nets, etc): 6 minutes total.

13.6.4.5 **2 x 18 minute, stop time halves**. If 5 minutes are left on the permit and more than 2 minutes of game time remains on the clock, the clock shall be dropped to 2 minutes.



Policy Revision	Section(s) Revised	Change description	Effective Date
0		New	Oct 2019
1	12.5	U10 Step 2	Sept 2021
2		Updates	Sept 2022
3		Technical revisions	Nov 2023
4	Multiple sections	Removal of the word “keely”	Feb 2024
5	12.6.5.3	Game format	Nov 2024
6		Reformat (Previously Section 12)	June 2025
7	Step 2	Adapted Game changes in red (as per RAB)	June 2025
8	13.3.8.2, 13.6.8.3	AS/Step 3 Goalie Percentage Changes (as per RAB)	June 2025



13.6.5 Program format

13.6.5.1 Games are played 5v5, plus a goaltender per side.

13.6.5.2 Players will shift on the fly.

13.6.5.3 Home team provides the time clock attendant, the score clock attendant, and a penalty box attendant. Visiting team provides a penalty box attendant.

13.6.5.4 The ring must get passed over the blue lines in either direction of play.

13.6.5.5 No player shall be credited with more than 3 goals in any game. No goals are announced in the arena. They will be credited on the game sheet in order to track the 3 goal limit.

13.6.5.6 Scores will be displayed on the facility clock, with a maximum 5 goal spread.

13.6.5.7 No standing are kept or published.

13.6.6 Game equipment

13.6.6.1 Shoulder pads are mandatory.

13.6.6.2 Blocker/trapper combo style goalie gloves are permitted.

13.6.6.3 Goaltenders are assigned per game. They may wear a goaltending chest protector, pads and blocker/gloves and/or a blocker/trapper combo glove. None of the aforementioned equipment is mandatory, but is recommended.

13.6.7 Game management

13.6.7.1 Games are managed by officials, while coaches remain on the bench.

13.6.7.2 Players shall not have set positions throughout the season.

13.6.7.3 When a penalty is called, the player is taken to the penalty box and the appropriate penalty is served. Teams may not substitute for the penalized player.

13.6.7.4 Teams will change ends for the second period.



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13.6.8 Goalie policy

13.6.8.1 No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with the Association’s Player Evaluation and Team Formation Policies.

13.6.8.2 Goaltenders shall be assigned to play each game, or each half game, as determined by the coach. This assignment shall be indicated on each game sheet by marking a “G” beside the goalie(s) playing in that game.

13.6.8.3 Players must be giving the following opportunities to play goal:

- At U10 Step 3, players are encouraged to, but not required, to play goal in practice at least once AND in a game at least once per season.
- Coaches are strongly encouraged to rotate this position equitably through the season, and must assign players in accordance with the limits below:
 - At U10 Step 3, any athlete may only play the goalie position up to 50% of the total regular season (excluding tournaments and post-season games) games played by their team on or before December 31 and 50% of the total regular season (excluding tournaments and post-season games) games after December 31.

13.6.8.4 At U10 Step 3, players may use a blocker/trapper combo style goalie glove.

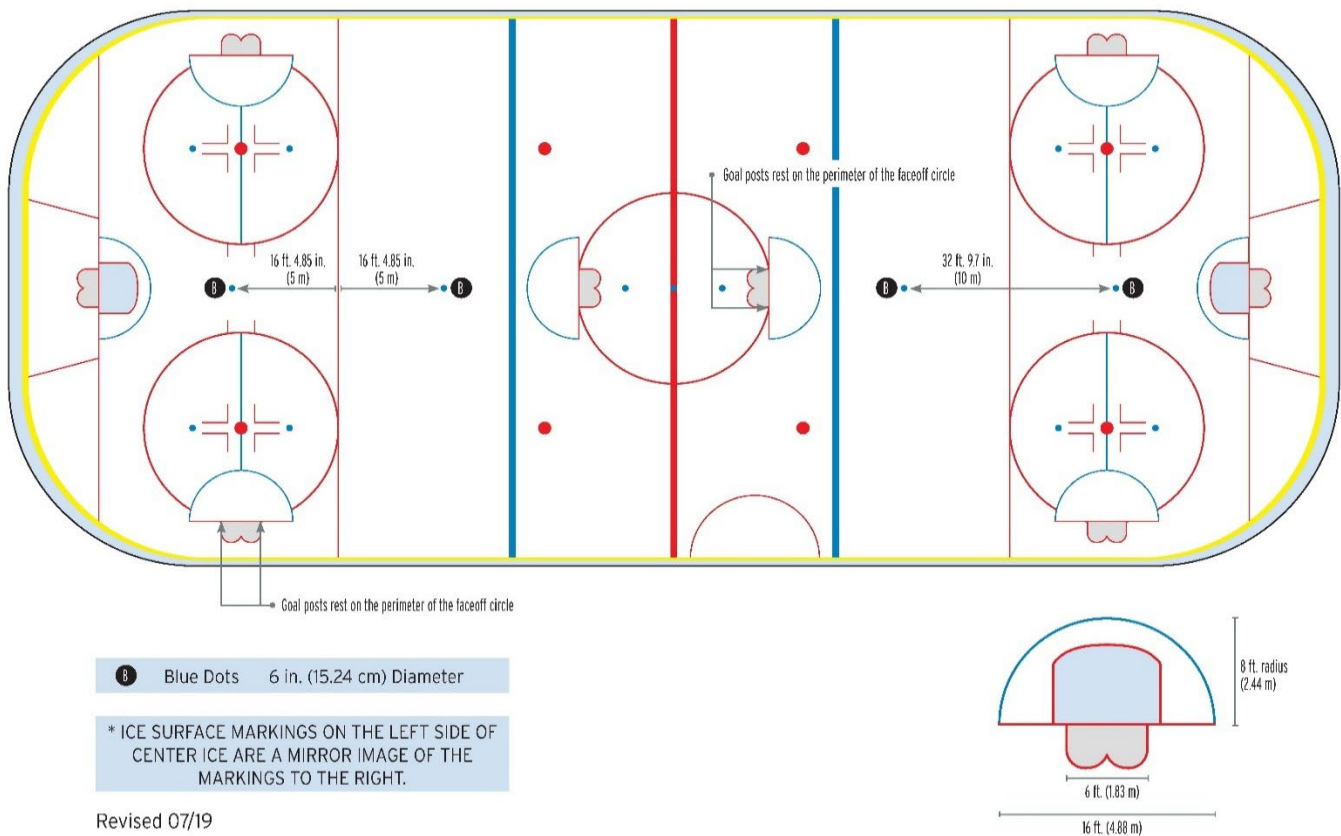
Please see Ringette Alberta’s Children’s Ringette Guide (updated June 2025 to include Step 2 adapted game changes) for more information: [Ringette Alberta Children's Ringette Guide](#)



APPENDIX 10: ICE MARKINGS



CROSS- and HALF-ICE MARKINGS for Ringette and Hockey



Revised 07/19



Policy Revision	Section(s) Revised	Change description	Effective Date
0		New	Oct 2019
1	12.5	U10 Step 2	Sept 2021
2		Updates	Sept 2022
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APPENDIX 11: PROGRESSIONS IN CHILDREN’S RINGETTE CHART

Parameters	Divisions					
	Active Start	U10 Step 1	U10 Step 2 half	U10 Step 2 full adapted	U10 Step 3	U12
ice slot length	45 minutes	45 minutes	45 minutes	45 minutes	60 minutes	60 minutes
game length	2 x 20 minutes run-time	2 x 20 minutes run-time	2 x 20 minutes run-time	2 x 15 minutes stop time	2 x 18 minutes stop time	2 x 18 minutes stop time
# players	3 + 1	3 + 1	3 + 1	5 + 1	5 + 1	5 + 1
coaches on ice	yes	yes	yes	yes	no	no
line changes	90 second buzzers	90 second buzzers	90 second buzzers	on the fly	on the fly	on the fly
officials	First stripes*	First stripes*	First stripes*	Level 1 or higher	Level 1 or higher	Level 1 or higher
score posted	No	No	No	No	Yes	Yes
penalties served	No	No	No	No	Yes	Yes
net size	Small	Small	Small	Small	Small	Big
shot clock	No	No	No	No	No	Yes

*If the hosting/home association does not run the First Stripes program, then the Coach-Referee role will be used