

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you. The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Ringette and/or Floor Hockey Toolbox



Learning the Rules

The rules of the game have been established for the benefit and safety of the players. It is the coach's responsibility to teach players the rules. To do this, you will want to have a copy of *Official Rules of Ringette* and the *Ringette Canada Case Book* or for floor hockey coaches the *Special Olympics Floor Hockey Rule Book* as handy references.

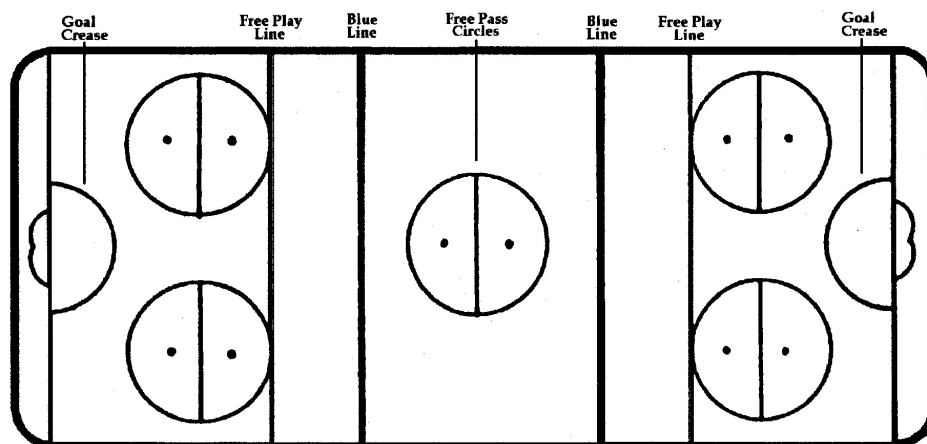
This section outlines the basic rules in a simplified manner. You can use this information as a guide when reviewing the rules with your team. Remember, very young players will need simple, brief explanations, and not too much information at any one time.

To respond to the growing needs of the sport, the playing rules of ringette are continually being modified. It is imperative that you contact your local association for up-to-date resources.

BASIC RULES

Ringette is a non-body-contact game. Each team has six players on the ice: one centre, two forwards, two defence, and one goalie.

The diagram below shows the rink markings on the ice surface used in the sport.



There are five free pass circles, two blue lines, and a goal crease for each net. The game begins with the visiting team taking the centre-ice free pass. The player has five seconds to put the ring into play by passing or shooting it. When the second half begins, the home team takes the free pass.

- The ring must be **passed, shot with the stick, deflected, batted, or legally kicked with the side of the blade** to another player across each blue line.
- Only the goaltender is allowed in the crease.
- The player taking the free pass is the only one allowed in the circle.
- The ring may not be passed over *two* blue lines to a member of the same team.
- A player may not raise the playing end of the stick above standing shoulder height at any time during the game.
- A penalty will be assessed when a player has used her body or stick to gain an unfair advantage over another player. Examples of penalties include tripping, interference, high sticking, slashing, hooking, and body contact.
- See *Official Rules of Ringette* for stick regulations and measurements.