

## Ringette and/or Floor Hockey Toolbox



### True/False Quiz

#### For Ringette coaches only:

1. The player taking the free pass must pass the ring out of the entire circle within 5 seconds of the start of play. True / False
2. The ring must be passed over each blue line using only the stick and not the glove or skate. True / False
3. When two opponents place their sticks in the ring and gain joint control, the ring is awarded to the team in control of the ring first. True / False

#### For Ringette and Floor Hockey coaches:

4. CSA-approved hockey helmets and full-face protectors are mandatory for all players. True / False
5. Players are allowed to wear jewellery while playing. True / False
6. Any player may enter the goal crease. True / False
7. During a penalty shot, the shooter's body and the ring/puck must always move forward toward the goal line. True / False
8. A cross checking penalty is given to a player who forcefully contacts an opponent with the stick held with both hands horizontally in front of the body. True / False

#### For Floor Hockey coaches only:

9. The floor end of the stick must be rounded and the entire length of the shaft must be of uniform thickness. True / False
10. Each team shall be entitled to a maximum of 22 players in uniform. True / False
11. Three 12 minute periods of actual playing time with a 1 minute intermission between each period, will be allowed for each game. True / False

Answers: 1.T, 2.F, 3.F, 4.T, 5.F, 6.F, 7.T, 8.T, 9.T, 10.F, 11.T