



**R4U**

**PARTICIPATION  
HANDBOOK**

**R4U COACHES AND INSTRUCTORS  
WORKING TOGETHER**

# WELCOME



This handbook is designed to help families have a successful season by providing information, guidelines, and policies.

# GUIDING PRINCIPLES



These guiding principles represent the ideals of how R4U is intended to be played and experienced.

1. Ringette experiences are meaningful for all participants and teams from the beginning to the end of each season.
2. Ringette is always a fun, positive experience.
3. Every ringette participant, coach, official, volunteer and administrator has an opportunity to improve.
4. Competition reflects the True Sport Principles and the values of Ringette Canada.



# TRUE SPORT PRINCIPLES

**Go for It :** Rise to the challenge - always strive for excellence. Discover how good you can be.

**Play Fair :** Play honestly - obey both the letter and spirit of the rules. Winning is only meaningful when competition is fair.

**Respect Others :** Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.

**Keep it Fun:** Find the joy of sport. Keep a positive attitude both on and off the field.

**Stay Healthy:** Place physical and mental health above all other considerations - avoid unsafe activities. Respect your body and keep in shape.

**Include Everyone :** Share sport with others. Ensure everyone has a place to play.

**Give Back:** Find ways to show your appreciation for the community that supports your sport and helps make it possible.

# INCLUSION STATEMENT



At R4U, we are dedicated to creating an inclusive and welcoming environment for all participants.

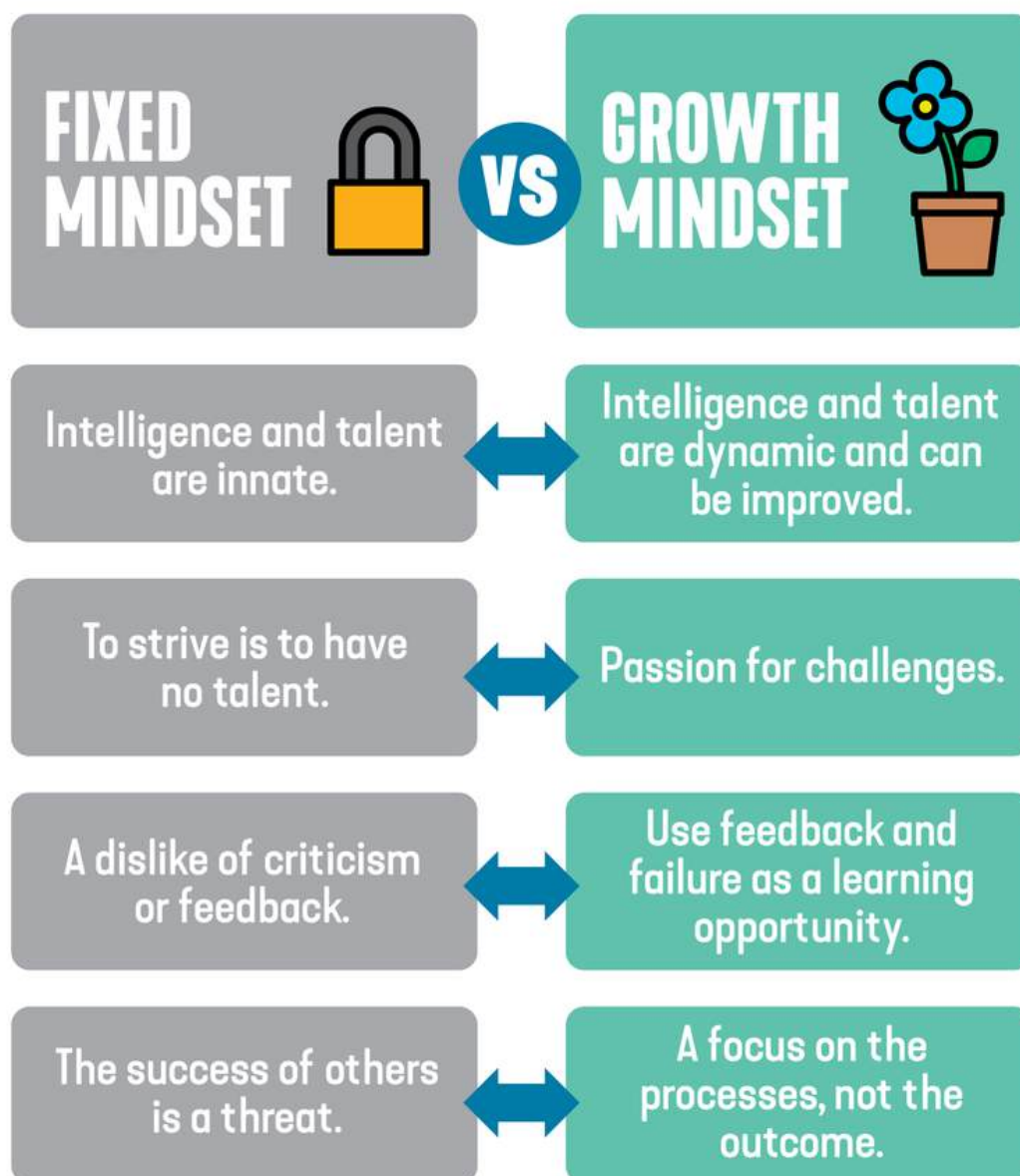
Our program values diversity and recognizes the positive impact that a diverse group of participants can have on the sport of ringette. We believe that every child, regardless of their age, gender, ability, background, or skill level, should have the opportunity to participate in ringette and experience the joys of team sport.

We strive to remove barriers and ensure that all children can fully engage in our program.

# ENCOURAGING CHILDREN

We recommend offering children praise based on the process of learning and things they can control (growth mindset). Some examples are: their effort, their listening, their determination, their patience, their teamwork, their kindness, and their manners. These are things a child can control and work on in a realistic and age-appropriate way.

We do not recommend focusing on things that are related to natural ability or things your child cannot control (fixed mindset). Some examples are: their height, their natural skill/athleticism, etc. The way we praise children can influence how they respond to challenges.



# ABOUT R4U

Ringette 4 U is an instructor-led program designed for children aged 3-7, with a focus on developing their athletic abilities. Our program combines skill-specific lessons and split ice games to enhance the participants' skill level while ensuring they have lots of fun and enjoy friendly competition.

Our lessons are engaging and packed with excitement, encouraging participants to try new skills and play games suitable for their development. At the beginning of the program, each child undergoes an assessment to ensure they are placed in the appropriate stage of the R4U program. Each stage is carefully tailored to add enjoyment to physical activity and foster learning of this new sport.

At Ringette 4 U, we prioritize the individual growth of each child within a group or team environment. We understand that every child is unique, and we strive to prevent anyone from feeling lost or forgotten within the program.

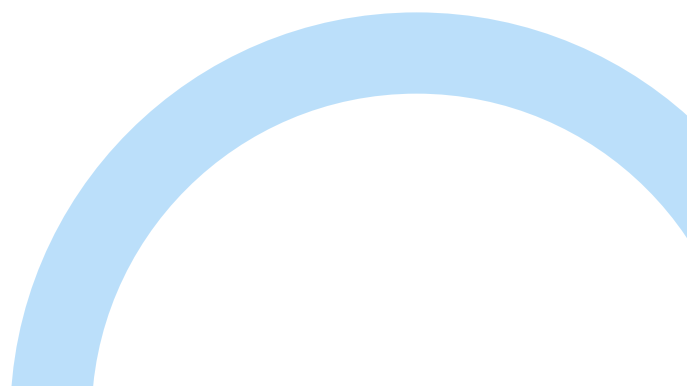
**We are grateful to Assiniboine Credit Union for their continued support of our Ringette 4 U Program.**





# BENEFITS OF R4U

Players have the opportunity to learn at their own pace from certified instructors who are trained in breaking down skills to their level. They also have access to experienced ringette athletes as role models, fostering strong relationships and a deeper understanding of the game. In a developmentally appropriate environment, players gain confidence as they improve. Coaches receive comprehensive support through step-by-step lesson plans and on-ice instruction from certified instructors. Additionally, parents get to see their children receive personalized attention, have fun, and make progress at their own pace.



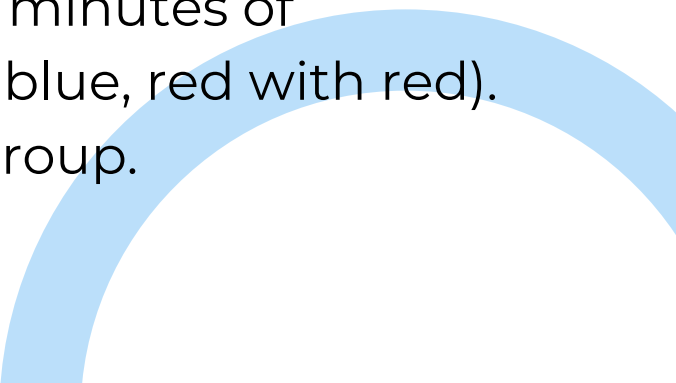


# ABOUT OUR R4U PROGRAM

The Ringette4U Program encompasses everyone within Manitoba. Rural communities participate as a town, Urban communities participate as an association/club.

Lessons are run by Ringette Manitoba Instructors and follow the Ringette4U Lesson plans provided for each stage. There will be 1-2 Instructors on the ice for any given lesson. There will be approximately 4 lessons per month that take place in your community. Lesson format will see each squad divided into their 2 stages to focus on the skills and lessons of each stage.

Every game there will be 1 Instructor supervising the on-ice game section played at each level. Each game will have players shifting to different formats throughout the ice time. The game format will be as follows: 10 minute warm up. 40 minutes of dedicated color play (blue with blue, red with red). 10-minute fun games as a full group.




# EQUIPMENT

## Required Equipment:

- CSA certified hockey/ringette helmet
- Ringette Face Protector(triangles not squares)
- Neck Guard (BNQ approved)
- Elbow Pads
- Chest Protector
- Jersey
- Gloves
- Girdle/Pelvic Protection
- Ringette Pants
- Shin Pads
- Skates
- Ringette Stick

Any coach who steps on the ice surface is required to wear a helmet, skates, gloves and use a Ringette Stick.






### Required Equipment


1. Hockey helmet and ringette face protector (both CSA certified)
2. Neck Guard (BNQ certified)
3. Elbow pads
4. Jersey
5. Gloves
6. Girdle/pelvic protection
7. Ringette pants
8. Shin pads
9. Skates
10. Ringette stick

NOTE: Please consult provincial rules regarding the use of shoulder pads

# WHY WE PLAY ON A SMALLER ICE SURFACE

- Modified playing environment to fit the physical size of our kids
  - More touches
    - When a kid gets more touches that means they will develop more.
  - For Experienced Players
    - They no longer have the comfort of open ice; they are forced to make quicker decisions because the ice is smaller.
  - For Less Experienced Players
    - They get better because they spend more time with the ring.
    - Promotes Creativity.
  - Increases player participation.
    - Smaller games allow players to keep motivated by staying involved in the game.
  - Speeds up the learning process.
  - Improves decision making skills.
  - Increased competition for all skill levels.
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# BENEFITS OF SMALLER ICE GAMES:

- Increases the use of core skating skills like agility, balance, coordination and quickness.
  - Number of ring battles significantly increases.
  - Being able to make plays and protect the ring in traffic is a huge difference maker on kids succeeding at higher levels.
  - Fundamental skills are reinforced at a greater rate through game play
  - Less time and space; which increases the frequency of making decisions, provides a better environment for teaching ice awareness and boosts game sense.
  - Higher intensity level of competition, playing against others who are at the same stage as they are.
  - Builds confidence of the lesser skilled players
  - Creates a stronger challenge for more skilled players by having them face more opposition in a smaller space and therefore requiring more skill improvement.
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# R4U ASSESSMENTS

The first two practices of every season are the squads 'placement skates'. All R4U participants are to be assessed prior to beginning the program. If there are late entries into the program, please contact the Program Coordinator at Ringette Manitoba.

## **Placement day set-up and participant sign in:**

An identifiable table will need to be set up 45 minutes prior to the Placement skate. This table will hold the Timbits jerseys for new players, welcome packages, new sticks, and sign in sheets. Each association will be required to fill this table with volunteers for the first and second placement skate. All participants must sign in for their assessment. At the time of sign in, each participant will receive a Timbits number, which will help them be identified by instructors and evaluators throughout the season. They will keep this number for both placement skates.

# R4U ASSESSMENTS

## **Skate 1 - Group skate:**

There will be Ringette Manitoba Instructors and should be 2-4 Coaches on the ice plus 2-4 Ringette Manitoba Evaluators on the ice (depending on group size). Players will be divided into 2 groups if needed. The instructors on the ice will run players through a Lesson while the Evaluators are assessing on the ice.

## **Skate 2 - Stage skate:**

There should be 3 Coaches on the ice plus Ringette Manitoba Instructors. Based upon the first skate, players will be broken down into red and blue groups. They will be put through a series of drills specific to their level. The coaches & Instructor will then move players to a different group if they feel that they are not being challenged, being challenged too much or are standing out in their group.

## **Post Assessment and Squad Formation:**

The completed Assessment sheets will be forwarded to the Ringette Manitoba office by the Head Evaluator. Ringette Manitoba will then update the player reports for each association based on the results of the assessment. Associations will then form their squads for the year and submit their rosters to Ringette Manitoba.



# R4U BLUE

## Season Format:

Weeks 1 & 2:

- Placement skates

Weeks 3 - 18:

- 1 Lesson during the week in your community (or closest available community). Ice for lessons should be split the same as games. In the event a community must split ice with another team for R4U lessons, the red and blue would each have  $\frac{1}{4}$  of the half.
- 6 weekend games in each half of the season (could be home or away)

## Game Format

Game day will have players shifting to different formats throughout the ice time.

**At no time should any games be played on full ice.**

Format will be as follows:

- 10 minute warm up
- 40 minutes of dedicated color play (blue with blue, red with red)
- 10 minute fun games (full group)
- Blue v Blue games will be played on  $\frac{2}{3}$  ice.
- NO FULL ICE in any format of play at R4U.
- Blue v Blue Rules
- Nets should be placed:
  - 1 on the goal line
  - 1 with the front of the net on the opposite blue line.
  - A crease should be drawn on to the ice with an ice marker or bingo dabber.
- Games are played 4x4 (4 players plus a goalie)
- Games may be played 3x3 or 5x5 depending on team size.
- Goalies may only wear equipment if both teams have.
  - Goalies can play up to 10 minutes per game.
- Line changes every 3 minutes at the whistle.
- Players should rotate with each whistle and play every second shift (unless large team number do not permit). If both teams do not have equipment, each player should play goal once per game.
- Teams should switch ends at the half.
- Players must pass over one blue line (Indicated in diagram) to their teammates.
- Players must not enter the goalie crease.
- There is no score, or standings kept at this stage.
- There are no penalties called at this stage, however an instructor may stop the play to explain if there "should have been" a penalty.

# R4U BLUE SKILLS TO BE LEARNED



## Skating Skills:

- Basic ability to turn on both sides
- Fully capable of carrying the ring while skating through obstacles
- Have a basic backward stride (both sides – C cuts)
- Concept of basic parallel stop on both sides
- Fully capable to transition for backward to forward
- Fully capable to transition from forward to backward.
- Basic ability of forward crossovers.

## Ring Skills:

- Fully capable to pass and receive the ring while skating
- Basic ability to shoot the ring backhand into the net
- Fully capable to shoot the ring forehand and hit a target
- Fully capable to check the stick

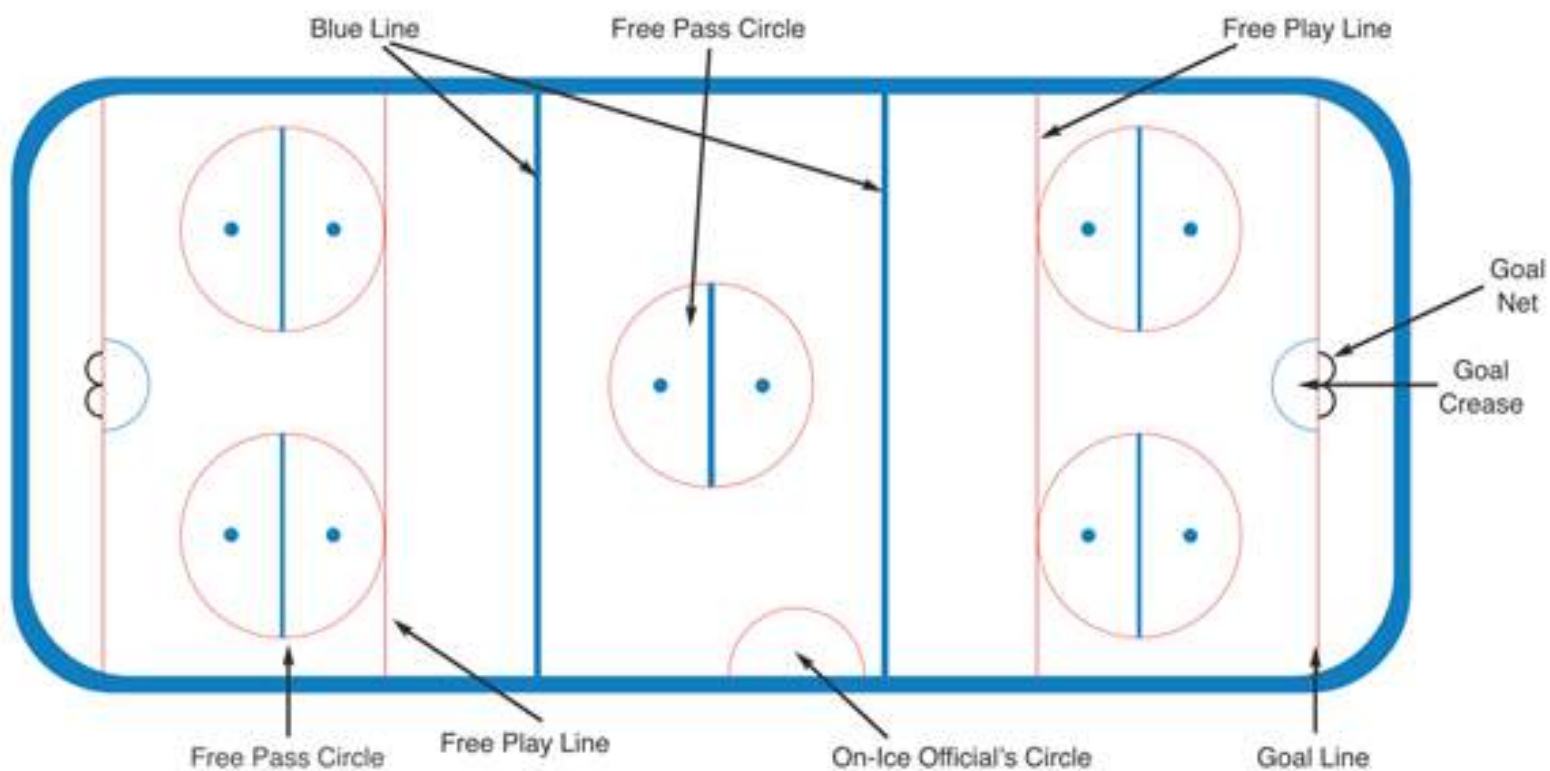
## Goalie Skills:

- Basic understanding of Goalie Stance

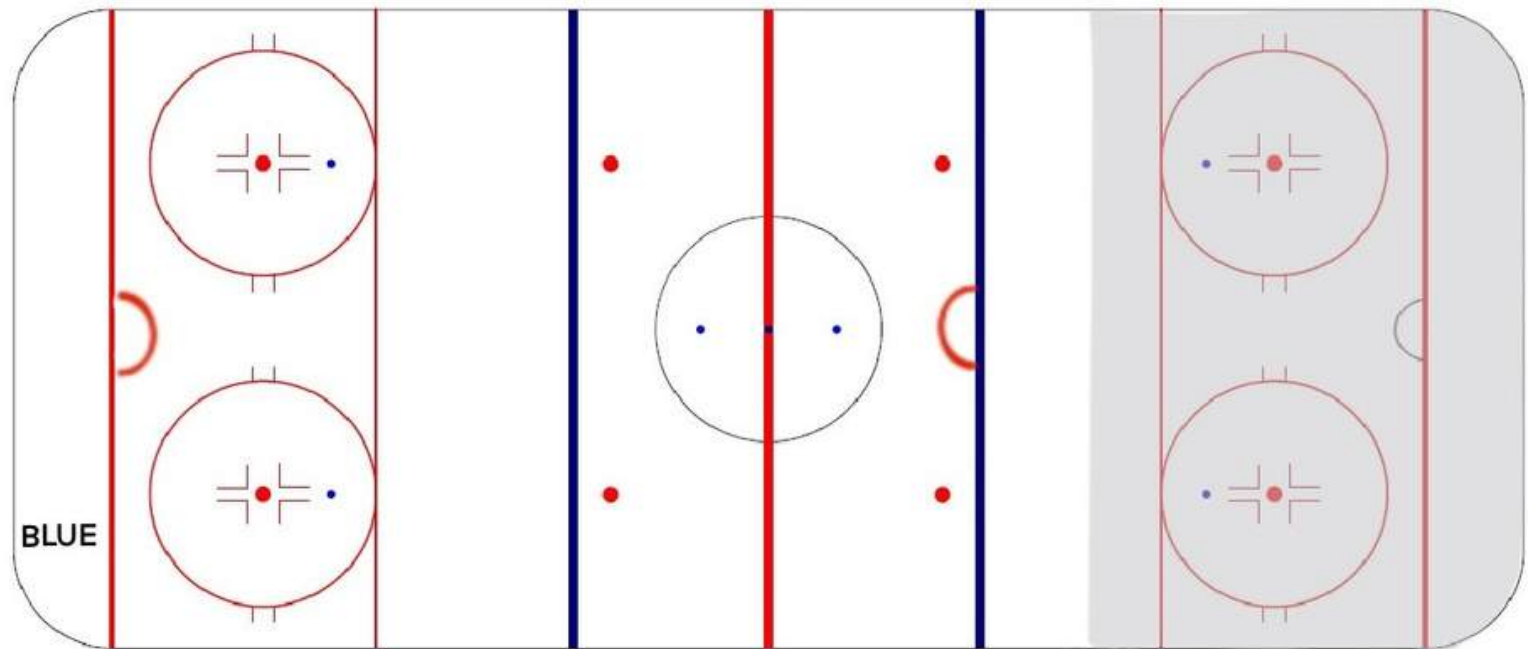
## Knowledge:

- Basic understanding of all positions.
- Basic understanding on body positioning and ice awareness

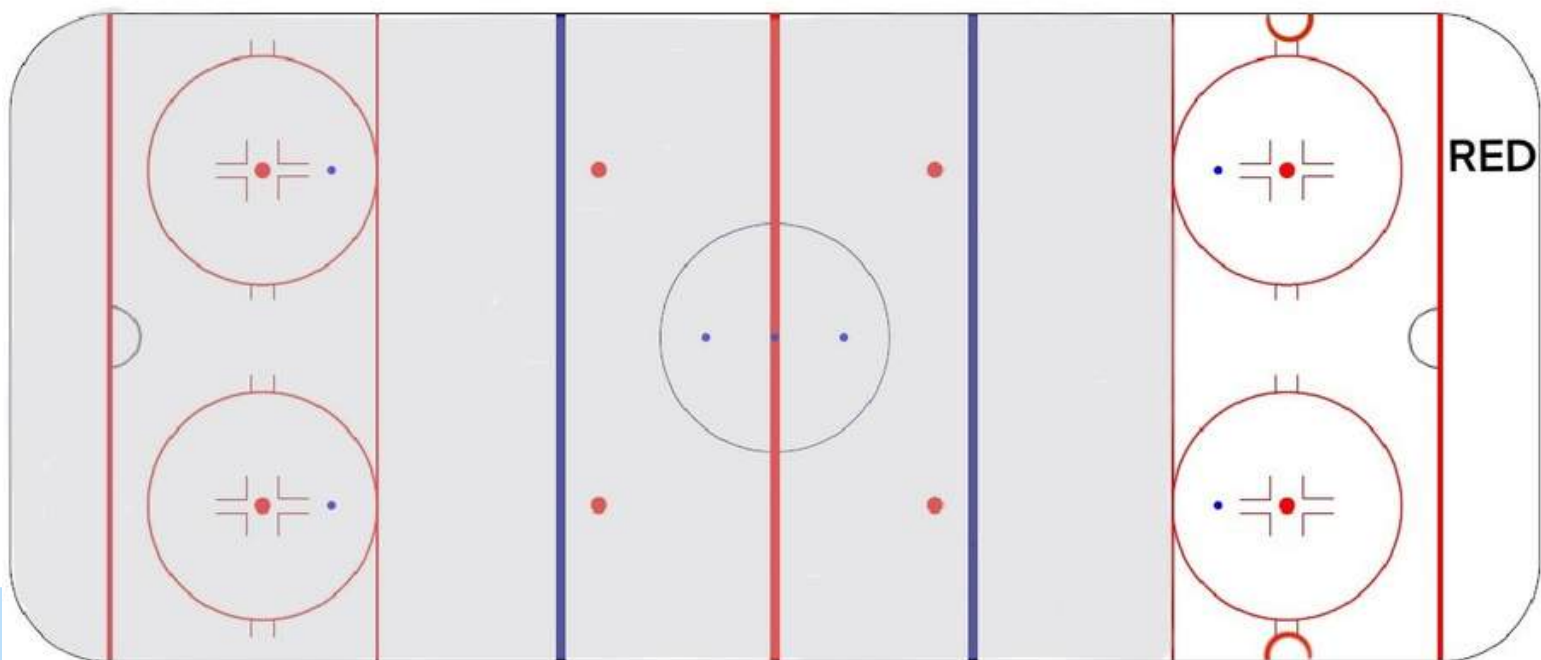
# ICE SURFACE



# BLUE ICE SURFACE



# RED ICE SURFACE



# R4U RED

## Season Format:

Weeks 1 & 2:

- Placement skates

Weeks 3 - 18:

- 1 Lesson during the week in your community (or closest available community). Ice for lessons should be split the same as games. In the event a community must split ice with another team for R4U lessons, the red and blue would each have  $\frac{1}{4}$  of the half.
- 6 weekend games in each half of the season
- Format will be as follows:
  - 10 minute warm up
  - 40 minutes of dedicated color play (blue with blue, red with red)
  - 10 minute fun games (full group)

Red v Red game are played cross ice games on  $\frac{1}{4}$  of the ice surface

Red v Red Rules:

- There are no official rules at this stage.
- Games are played 3 on 3
- Games use smaller nets or pylons if there are not nets
- There are no goalies at this stage.
- There is no score, or standings kept at this stage.

# R4U RED

## SKILLS TO BE LEARNED

### Skating Skills:

- Demonstrate the basic Ringette stance
- Fully capable of getting back up after falling
- Balance on Skates
- Basic ability to skate with the ring
- Basic ability of stops and starts
- Basic ability to glide on 1 foot
- Basic ability to move in a backward direction
- Have a basic forward stride
- Basic ability to make a turn on 1 side

### Ring Skills:

- Fully capable to hold the stick correctly to receive a pass
- Basic ability to pass the ring to a target
- Basic ability to receive a pass from an instructor
- Basic ability to shoot the ring into the net
- Concept of checking

### Rule Development

- Encouraged to pass 3 times before shooting to simulate passing over the blue line.

# HEAD COACH RESPONSIBILITIES

## **Coaching Certification:**

Ringette 4U coaching quiz (online)

Coach Initiation in Sport (online)

Child Abuse Registry Form (semi-annually)

Respect in Sport (online)

Bench Staff Code of Conduct (annually)

## **Responsibilities during Ice Times:**

The Head Coach plays an important role in the coordination of coaching activities, overseeing assistant coaches, and collaborating with Instructors to review lesson plans. A crucial responsibility involves meeting with the Head Instructor 15 minutes before ice time to discuss lesson plans, game details or if they have any questions or concerns. The Head Coach ensures players' attention during instructions, both on and off the ice, and directs assistant coaches in setting up drills while the instructor explains them. The Head Coach may need to step in for the instructor's roles and responsibilities if the instructor is absent and is prepared to undertake other duties as required. If any issues arise, the Ringette Manitoba Program Coordinator should be contacted.

## **During the Game:**

The Head coach is responsible for having the lines made up for each game. They will direct assistant coaches as to where they need to be. Example: Opening a gate, on ice helping etc. When there is only 1 female coach available, they should always be present on the bench and not on the ice.

## **Behind the Scenes:**

The Head Coach is responsible for:

- Working with the Manager to ensure that all forms are handed in on time and correctly.
- Be a contact for Ringette Manitoba
- Ensure certification of all coaching staff is complete and correct.
- Planning additional activities for your squad.
- Holding a Parent meetings to discuss events of the season.

R4U Instructors are there to help the players but also the coaches. Don't hesitate to ask questions or have them explain their reasoning behind something. Please use them as a resource to help develop your skill set as a coach.



# ASSISTANT COACH RESPONSIBILITIES AND REQUIREMENTS

## **Coaching Certification:**

Ringette 4U coaching quiz (online)

Coach Initiation in Sport (online)

Child Abuse Registry Form (semi-annually)

Respect in Sport (online)

Bench Staff Code of Conduct (annually)

## **Responsibilities during Ice Times:**

- Review the Lesson plan with the Instructor and/or Head coach.
- The Head Coach or Assistant Coach may be asked to demo the drill while the Instructor talks to the players.
- If a player needs assistance because of injury, water breaks, or needs a minute to rest; the Head coach will organize an assistant coach to accompany them or get a parent.
- The assistant coach may need to perform other duties as required by the Instructor or Head Coach.

## **During the Game:**

- Head coach will direct Assistant coaches to where they are needed (Opening the gate, 1 coach being on the ice to help direct, etc.).
- When there is only 1 female coach available, they should always be present on the bench for games, (or assisting with the practice) not being the on-ice game coach.

## **Behind the Scenes:**

- The assistant coach may need to perform other duties as required by the Instructor or Head Coach.

# ICE TIMES

## BEFORE ICE TIME:

Teams should be ready to go on the ice 5 minutes before start time

Instructors are to be at the ice time no less than 15 minutes before the scheduled start time.

## Mandatory Attire:

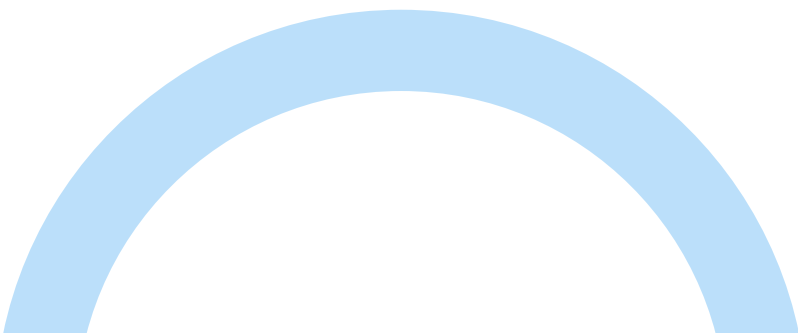
- Full equipment and jersey every ice time
- Long hair should be tied back neatly for safety reasons.
- Jewellery should be removed for safety reasons.
- Players should arrive with sufficient time to get dressed before the ice time.
- Ensure all equipment is worn and protecting as intended.
- Have a water bottle filled.

## DURING ICE TIME:

- Encouraging words should be used at all times
- All equipment is to stay on unless player is on the bench.
- If a player is injured and able to skate to the bench, please attend injuries on the bench
- If coaches have questions, feel free to ask instructors

## AFTER ICE TIME:

- Give positive feedback to the players and team as a whole. They should be leaving the arena with their heads held high and believing in themselves



# MANAGER REQUIRMENTS

## Manager Certification:

- Required to fill out and submit a Child Abuse Registry and Bench Staff Code of Conduct forms to Ringette Manitoba (annually).
- General Responsibilities:
- Main liaison between your squad and Ringette Manitoba.
- Initiate dialogue, communication and involvement among all parents.
- Encourage and promote squad spirit.

## Duties:

- Be on call to contact team/instructors if there is a change in ice time or cancellation due to weather.
- Complete Jamboree Registration Form.
- Create a squad calendar. Include Lesson times, tournaments, player's birthdays and all extra squad activities.
- Maintain team lists, phone numbers, etc.
- Make everyone aware of any player allergies.
- Obtain information on tournaments, submit applications.
- Collect any money required for tournaments, travel, squad photos, etc.
- May include other duties as required.
- Gather medical and contact information.
- Run the end of the season social event.

## Suggestions:

- Promote squad spirit by organizing activities.
- Use parent meetings to communicate information and gather opinions and assistance.
- Assist Head Coach in running a parent meeting at the beginning of the season.

Managers are not permitted on the ice for R4U, but are able to help out on the bench.

# BENCH HELPER

## DUTIES & REQUIRMENTS

### Certification:

- Child Abuse Registry
- Bench Staff Code of Conduct

### Duties:

- Be present on the bench during practice and games to help players with whatever they may need.
- Not permitted to be on the ice.

There MUST always be a minimum of one female over the age of 18 on the bench with the players.

# R4U INSTRUCTOR DIFFERENCE BETWEEN COACH & INSTRUCTOR WHILE WORKING TOGETHER

## Instructors Roles and Responsibilities:

- Required to complete the Instructor Certification as outlined in the Ringette Manitoba Policy Manual.
- Instructors will receive access to Ringette4U lesson plans electronically.
- Head Instructor meet with Head Coach 15 minutes prior to ice time.
- Review the Lesson plan BEFORE you arrive at the ice time.
  - Be there early and knowledgeable about the lesson plan to answer any of the coaches questions.
  - Be dressed (skates on) 10 minutes BEFORE the scheduled ice time.
  - Talk to the players in the dressing room prior to your ice time. All Instructors **MUST** get ready in the dressing room(s) with the players.
  - Explain some of the things you will be working on that day.
  - Get them excited to go on the ice.
- **The Instructor is leading the ice time** in partnership with the Head Coach.
- Once on the ice:
  - **Follow the Lesson Plan:**
    - Gather the players so you can show them the correct technique for a skill as needed in the lesson plan.
    - If you are the designated Head Instructor, explain a drill while you have one of the Assistant coaches or another Instructor demo it as needed in the lesson plan.
    - Once players are established in the drill, provide feedback to the players (separately).
- Help the coaches learn how to teach skills to the players; answer questions and provide feedback.
- After the ice:
- Say a few words in the dressing room afterwards...
- "Good Job everyone! You did great today!"

## Coaches Roles and Responsibilities:

- Discuss any team goals that are aside from the lesson plan that your team needs practice with.
  - "these are our points of what to learn today but they are having trouble with lead passing, can we talk about how we can incorporate that into the ice time that day or if we have time to work on that at the end etc.
- Get involved (passing, explaining, etc.) with the practice where you can
- Learn from instructors and ask questions



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