

GYM RINGETTE: SAFETY & GAME RULES



SAFETY RULES

1. Sticks are to be kept below the waist.

- Remind players that sticks are sport equipment only to be used for their intended purpose.
- Remind players we are not golfing so they need to keep their follow through in front of their body (they never know who might be standing behind them).
- Use the bellybutton rule - no sticks above the bellybutton, ever.

2. Unless told otherwise, rings are to stay on the ground.

- The only time rings should be off the ground is when the player is taking a shot on net.
- The rings are hard and can cause injury to players not wearing face protection or other protective equipment.

3. Participants should have TWO hands on their sticks at all times during drills and activities.

- Children will have better control over their stick and ring, which will help prevent injuries.

4. Respect everyone.

- This should be safe place for everyone so encourage participants to always respect each other and the instructors/volunteers.

BASIC GYM RINGETTE RULES

- Gym Ringette is a team sport, with each team defending a goal.
- Maximum of 5 players per team plus a goalkeeper (6 in total).
 - Reduce number of players in smaller gym spaces.
- Game is divided into two or more equal periods with the time set by the instructor.
- Game starts with a free pass from the centre circle. The team taking the free pass alternates each period.
- Ring must be passed over any designated line. No stick handling across the line is permitted. Ring must be touched by another player before passer can touch the ring again.
- For safety, only the goalkeeper is allowed inside the goal crease.
- No physical contact with opponents is allowed. Deliberate contact gives the other team a free pass.
- After a goal is scored, or the ring goes out of bounds, play restarts with a free pass.

Keep in mind that every Gym Ringette session will be different and in some cases, due to time and ability of participants, it may not always be in the best interest of a positive sport experience to focus on rushing to complete a full game of Gym Ringette.



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