

# Novice U10

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## Table of Contents – U10

Program Overview.....	3
Program Duration.....	3
Philosophy.....	3
Program Objectives .....	3
Program Structure.....	3
Program Guidelines .....	3
Game Philosophy .....	3
Practices .....	3
League Games .....	3
Game Rules & Regulations.....	3
Tournaments .....	3

## **U10**

### **Program Overview**

The U10 Program has been designed to meet the developmental needs of returning 8 year old players with 2 to 3 years of prior ringette experience + new and returning 9 year old players.

### **Program Duration**

- As per current Novice league scheduling.

### **Philosophy**

The U10 Program will provide the opportunity for a more balanced approach with respect to individual player skill development within this age category for both returning 8 year old players and new and returning 9 year old players.

### **Program Objectives**

- As per current Novice program objectives.

### **Program Structure**

- 8 year olds; returning players, recommended 2 to 3 years prior ringette experience
- 9 year olds; new and returning players

Associations with more than 1 team need to ensure that players are divided as equally as possible according to skill level and age so that the skill and developmental level among all teams is similar (balanced) and that no one team is "stacked" in skill or developmental level.

### **Program Guidelines**

- As per current Novice program Guidelines.

### **Game Philosophy**

#### ***Practices***

- As per current Novice program.

#### ***League Games***

- Refer to Section XV of the Ringette Calgary Rules and Regulations.

### **Game Rules & Regulations**

- Refer to Section XV of the Ringette Calgary Rules and Regulations
- No set positions. All players will rotate through all positions during the course of the season.

### **Tournaments**

- Participation in the Esso Golden Ring.
- Friendship Tournament