

COME TRY RINGETTE

SAFETY RULES

Rule #1: Sticks are to be kept below the waist

- Remind players that the sticks are not swords, guns, batons, etc.
- Remind players we are not golfing so they need to keep their follow through in front of their body (they never know who may be standing behind them)
- Use the bellybutton rule

Rule #2: Unless told, 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 do damage to players not wearing goggles, helmets or other protective equipment

Rule #3: At all times while participating in drills and activities children should have TWO HANDS on their stick.

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