



Rules & Regulations

Updated October 19, 2017

Policy changes/updates are indicated in red.
Late changes (Oct 19) are indicated in green.

Host Association of the



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Ringette Calgary Association RULES & REGULATIONS

Updated September 13, 2017

RINGETTE CANADA Rule Book Will Apply EXCEPT Where Specifically Noted

RINGETTE ALBERTA Rules and Operating Procedures Will Apply EXCEPT Where Specifically Noted

Ringette is available in Calgary to further and encourage the sport for the enjoyment of participants, to teach sportsmanship, and to help form good character. **The player's welfare must be held paramount.** All teams playing in Zone 3, Ringette Calgary's jurisdiction, are subject to these Rules & Regulations, and the **Operating Policies** of Ringette Calgary.

In the interest of sportsmanship and fair play, coaches and managers shall make every reasonable effort to ensure that all team members receive equal playing time in all games.

Section I. RULE CLARIFICATION

A. Clarification of Rules & Regulations

- Matters requiring clarification of league operating policy and procedure shall be referred to the League Director for initiation of appropriate action.
- The League Director will provide clarification of the Ringette Calgary Rules & Regulations as issued, and provide interpretation for areas not specifically identified in the Rules & Regulations. Rulings will be documented and will be updated in the Rules & Regulations, if required, prior to commencement of the next playing season.
- If required, League decisions to address issues not covered by current policy may be made between board meetings with input from a quorum of the President, Sub-Association Presidents and League Director.
- **These Rules & Regulations are intended to be used in complement to the Association Bylaws, Association Operating Policies and the rules of Ringette Canada and Ringette Alberta.**

Section II. GENERAL RESPONSIBILITIES

A. Conduct of Teams

The team staff shall be responsible for their conduct and the conduct of their players at all times and must endeavor to prevent disorderly conduct before, during, and after the game, on or off the ice, any place within or around the arena (including the parking area).

B. Exhibition Games

All teams wishing to play exhibition games must advise the appropriate Division Coordinator and Referee Scheduler in advance. A Game Report marked "exhibition game" must be submitted in the usual manner.

C. Equipment

1. Numbers on the right front of the uniform are recommended for ALL Ringette Calgary sanctioned play.
2. The use of goal post anchors is required for U16 divisions and up, provided that the anchors available allow net movement with minimal force. This shall be at the discretion of the on-ice officials.

Section III. ELIGIBLE TEAM MEMBERS

A. Affiliated Players

1. Refer to the Ringette Alberta Player Affiliation Policy
 - a. As per Ringette AB policy, the maximum number of **players*** listed on a Game Report can be:
 - When using no affiliates 18 players
 - When using affiliate(s) as skater(s) only 12 players
 - When using affiliate skater(s) plus an affiliate goalie..... 13 players
 - When only using an affiliate goalie..... 18 players

***NOTE: "players" includes goaltenders, skaters and affiliates**
 - b. Documentation for a regular player's absence must be provided if requested by the League Director

B. Eligible Players

The head coach shall be held responsible for ensuring that all players on the team are of the correct age and reside within the proper boundaries. Any improper use of an affiliate or out of boundary player constitutes an ineligible player, and the head coach will be suspended accordingly.

A head coach who plays an ineligible player will:

- a. Be immediately suspended until his/her case has been dealt with by the Disciplinary Review Committee.
- b. Forfeit all games involving an ineligible player in favor of the opposing team. The official score for a forfeit shall be posted as 2-0.

C. Eligible Coaching Staff

All bench staff (head coaches, assistant coaches, trainers, managers) must meet the certification requirements as set by Ringette Alberta.

Section IV. GAME RESPONSIBILITIES

A. Game Reports

1. Game Scores and Game Reports (Gamesheets) must be submitted to the Division Coordinator **electronically via TeamWeb** by the winning team within twenty-four (24) hours of the game being played. In the event of a tied game, the home team is to assume this responsibility.
 - a. The reporting coach must ensure the following information is clearly printed on the Game Report at the end of the game. Failure to do so may result in the loss of the points in the event of a win, or the loss of the single point to each team in the event of a tie.
 - Type of game, (i.e. League, Exhibition, City Championship)
 - Division, (i.e. U12, U14) In the case of interlocking divisions, list both divisions and levels.
 - Level, (i.e. "AA", "A", "B" or "C")
 - Date
 - Location of game (arena name)
 - b. Failure to provide a properly completed Game Report may result in the loss of points for that game.
2. Final standings will reflect the tabulation of game results from the official Game Reports. Points awarded to a team that does not submit a Game Report in accordance with the above stands to lose those points at the discretion of the League Director.

In the event of a conflict or protest of the final standings, the Official Game Report will govern the final standings.
3. Game reports for all City Championship games must be **uploaded within 4 hours of completion of the game.**

4. Names on Game Reports must be legible. Goaltender(s) must be marked with (G) or (AG) after their name on the Game Report. If affiliate players are used, they must be designated with (AP) after their name.
5. Players must sign the back of the Game Report if requested to do so by the referee or attending Ringette Calgary official (e.g., Division Coordinator or League Director).

B. Minor Officials

1. The home team is responsible for ensuring that minor officials are available, including game timekeeper, game scorekeeper, and penalty box attendants.
2. Where possible, the home team should provide the game timekeeper and the visiting team should provide the game scorekeeper.
3. The visiting team may have at least one person in the timekeeper's box.

C. Shot Clocks

For Ringette Calgary league play and City Championships Shot Clock use applies to all divisions EXCEPT Active Start and U10 (all steps).

1. It is the responsibility of the home team to ensure the availability and set-up of the shot clocks. If the home team cannot supply a shot clock, they must give 24 hours notice to the visiting coach (to allow them time to try to get one).
2. The Home team is responsible to ensure that there is a shot clock operator. In the event that there is no clock or operator the game will be played without the use of the shot clock rules.
3. In the event that one of the shot clocks is not functioning then the game will be played without shot clocks.

D. Game Start Time

Any team in attendance but not ready to begin play within five (5) minutes of scheduled game time will lose the game by forfeit. This is to be indicated on the Game Report, and signed by the referees.

NOTE: The referee will immediately notify both teams of the situation and advise that the offending team has five (5) minutes to ice its players and to begin play. Failure to comply with this five (5) minute start rule will result in a forfeit in favor of the non-offending team but, if possible, the game should still be played as an exhibition game.

E. Team Colors

It is the responsibility of the home team to declare to the opposing team prior to the game their team colors. In the event of conflict, the **visiting team** must change colors.

Section V. ICE REQUIREMENTS

A. Ice and Permit Requirements

1. All regular league and City Championship games should be scheduled on an ice slot of at least one hours duration for the U14 division and below, and at least one and one-quarter hours duration for the U16 division and above.
2. The ice surface should be cleaned before each regular league and City Championship game.

B. Modified Game Duration

1. All League and Exhibition game playing times in Calgary (Zone 3) will be extended to maximize ice use, and shall be structured as follows:
 - **Active Start and U10 - Refer to Section XII.**
 - U12 and U14 - Two (2) eighteen (18) minute stop time periods.
 - U16 AND OVER - Two (2) twenty-three (23) minute stop time periods.
 - PERIOD BREAK - One (1) two (2) minute break between periods.
 - TIME OUTS - Time out as per Ringette Canada Rules.

2. All City Championship Games will conform to Ringette Canada Rules standard time formats:
 - U14 and under - Two (2) fifteen (15) minute stop time periods.
 - U16 and over - Two (2) twenty (20) minute stop time

C. Time Restrictions

For all Ringette Calgary League and City Championship games:

1. In the event that there is insufficient ice time to complete a game of regulation length, the following procedure will apply:
 - When the time reaches five (5) minutes left on the permit, at the first stoppage of play, the clock will be re-set to two (2) minutes and the remainder of the game will be completed with stop time.
 - The clock will not be re-set for more than the time remaining on the permit.
 - Penalties will be fully served.
2. In any situation where circumstances do not allow a game to be played in its entirety, (for example, but not limited to: player injury, power outages, mechanical problems, lateness of officials, late start time, etc), whether the appropriate ice slot is or is not available (Section VIII, A), a game shall be considered **complete** provided that:
 - 24 minutes of stop time has been completed at the U14 division and under
 - 30 minutes of stop time has been completed at the U16 division and older

An incomplete game shall be rescheduled and replayed in its entirety with a starting score of 0-0

Section VI. LEAGUE STRUCTURE

A. Forfeit, Default and No-fault League Games

1. Forfeit

Teams that **forfeit** give up the possibility of acquiring points in a game. The opposing team will be awarded two points for a win for the game in question. The score shall be recorded as 2-0

For example (but not limited to):

- a. A team who cancels a game with less than 7 full days written notice in **2017**.
- b. A team who has already cancelled a game in **2017** and cancels additional game(s).
- c. A team who cancels any league game in **2018**.
- d. A team who does not show up for a scheduled league game.

2. Default

Teams that **default** give up the possibility of acquiring points in a game. The opposing team will be awarded two points for a win for the game in question. The score shall be recorded as 2-0

For example (but not limited to):

- a. A team who has less than the required 7 legal players to start a game, but did actually show up at the arena at the scheduled time.
- b. A team who concedes a game.
- c. If two teams are unbalanced and jointly agree to combine teams for a game or part of a game. The weaker team would receive the forfeit.
- d. Using a player/goaltender who is not a registered member of that team.
- e. Failure to finish the game due to an injury sustained by a team's only available goaltender.

3. No-fault Game

Recognizing that some scheduled games may not be completed due to circumstances beyond either team's control, teams will be issued one point each (tie) if rescheduling that game is deemed impossible. The score recorded for that game shall be 6-6. Ringette Calgary expects both teams to cooperate and work together in rescheduling the game so the game can be decided on the ice by the teams if at all possible.

For Example (but not limited to):

- a. Lack of availability of ice
(Double booking, power/equipment failure, communication problems)
- b. Referee no-shows
- c. Inclement weather

B. Standings

Statistics and standings for U12 divisions and higher shall reflect a maximum seven (7) goal differential.

C. League Definition

1. **1st Half:** Shall consist of the first part of the season and shall run to **December 3rd** of each season.
 - a. U7/U10/U12 divisions: league play shall commence early to mid October
 - b. U14/U16/U19 divisions: league play shall commence early to mid October
2. **2nd Half:** Shall consist of the second part of the season and shall run from **December 4th** until division completion. The end of the season will vary by Division and Level.

D. Scheduled Games

All teams must make reasonable effort to play their games as scheduled by the League Scheduler. Except for properly rescheduled games (see below), teams not completing their games will default or forfeit these games in favor of the other team when determining final standings.

E. Game Reschedules & Tournament Weekends

1. Game Reschedules for **2017** (until **Dec31st**):
 - a. In **2017** all teams shall be allowed one (1) game reschedule or tournament weekend (see below).
 - b. A minimum of seven (7) full days written notice prior to the original scheduled game date is required to cancel a scheduled league game.
 - c. Scheduled league games must be cancelled by contacting the Ringette Calgary League Scheduler (not your division coordinator or the referee assignor). Coaches cannot reschedule games between themselves. ALL reschedules MUST be done through their respective association ice schedulers.
 - d. It is the canceling coach's responsibility to notify the opposing coach.
 - e. The team that cancels is responsible for contacting their Sub-Association's ice scheduler regardless if they are the home team or visiting team. The canceling team's Sub-Association ice scheduler will then make the appropriate arrangements to ensure the game is rescheduled and arrange for referees. Please note, a minimum of five (5) days is required to book officials for rescheduled league games.
 - f. Rescheduled games are subject to referee availability.
2. Game Reschedules for **2018** (after **Jan 1st**):
 - a. In **2018** games WILL NOT BE RESCHEDULED by Ringette Calgary. Only under exceptional circumstances such as facility, referee or weather will the rescheduling of a league game be considered.
 - b. Ringette Calgary encourages teams to reschedule cancelled league games and play them as exhibition so the teams still get a game. In such cases the teams involved are responsible for providing the ice and booking/paying for the referees. Ringette Calgary will not get involved and the game will not count in standings.
 - c. For all games cancelled in **2018** within Calgary, the non-cancelling team maintains use of the ice slot so they can either practice or set up an exhibition game. If both teams need to cancel then the ice must be turned back to the Sub-Association ice scheduler.

GAME RESCHEDULE EXCEPTIONS: Zone games that require highway travel of more than one hour by either party CAN ONLY be rescheduled for weather-related cancellations. NO EXEMPTIONS.

3. Tournament Weekends:

A team may apply for as many tournaments as they want, however, if a team participates in a tournament and has already used their blocked off weekend their league games will **not be rescheduled** and the cancelling team will be issued a forfeit.

Teams are also allowed to attend their association's home tournament, Games will be scheduled around this date for the home association's teams (only one tournament allowed per association).

- a. In 2017, all teams at all levels are allowed up to one (1) potential game or weekend to "reschedule" (providing ice is available and teams availability works). Of course a team may apply for as many 2017 tournaments as they want to. However, if a team participates in a 2017 tournament and has already used their reschedule and it results in a cancellation of a scheduled league game(s) the cancelling team will be issued a forfeit and the league game will not be rescheduled.
- b. In 2018, teams are allowed to block off one (1) tournament weekend (in addition to the Esso Golden Ring Tournament). Written notification must be submitted to your Sub-Association Ice scheduler by the deadline.
 - When making your tournament selection, please pay attention to when your City Championships would be. Tournaments selected during the City Championships may not be automatically granted.

F. Cancelling of Games due to Inclement Weather

1. If there is a situation where weather may cause issues for either team to get to a game, it will be up to the two coaches to communicate and make a determination of whether the game is a go or not. Once the decision has been made to cancel, the coaches will contact the Division Coordinator, League Scheduler, and the Referee Assignor to ensure that contact is made with the officials.
2. Ringette Calgary will attempt to reschedule any games cancelled due to severe weather, but coaches are encouraged to do their best to get to all games.
3. For Weather Policy for Travel Games (Zone 123), refer to the Zone 123 Governance document.

G. Tied League Games

1. If a league game is tied after regulation time a 3-player "best of 3" shootout will take place.
2. Regardless of the outcome of the shootout, each team will be awarded 1 point for a tie. This is intended to encourage coaches to give all players the opportunity to compete in the shootouts.
 - a coin toss will determine which team gets choice of shooting 1st or 2nd (winner of the coin toss getting their choice).
 - 3 players for each team alternate shots. The winner is declared to be the team with the most goals for 3 players. The shootout will end if it becomes impossible for one team to score sufficient goals to tie the other team.
 - If it is still tied they continue one shooter at a time until a winner is determined. No shooter may shoot again until all players have shot. Winner is declared when one team scores and the other does not in sudden victory format.
 - Coaches must have list of shooters (including all players on the bench) completed by the end of the game.

Section VII. CITY CHAMPIONSHIPS STRUCTURE

A. League Standings for City Championships

1. Team standings will be decided on the basis of point total for all scheduled league games. In the case of teams being tied, the tie will be broken by:
 - a. The most wins.
 - b. The team with the most wins for games played between the tied teams.
 - c. The team with the resulting highest number after applying the formula: goals for, plus goals against, divided by goals against for the games played against each other. The maximum goal differential per game is seven (7). $(GF+GA)/GA$
 - d. If any teams are still tied, a sudden victory City Championship game on neutral ice will be scheduled.
2. Home Team
 - a. The home team for the first game will be the higher placed team in the league standings.
 - b. The home team for subsequent games shall be as displayed on the website.

B. Minor Officials for City Championship Games

- The same policies apply for Minor Officials and Shot Clock Operators as for regular league play.
- The same policies apply for Shot Clocks as for regular league play.

C. City Championship Format

- The Ringette Calgary City Championship will include only Zone 3 teams and will be a double knockout series.

D. Last Ice Time of a City Championship Series

- If a FINAL series ends and does not require the use of the second ice time for a City Championship game, the winning team of the series must use the ice time.

E. Tied City Championship Games / Tied Series

The intent is for teams to decide the victor on the ice utilizing whatever time is available to break a tie.

If a City Championship game or series is tied after regulation time the following will take place:
(note, there will be no time outs allowed in OT)

1. If there is time on the permit, 5 minutes of overtime will be played. Format would be 5 on 5 and the winner will be decided by sudden victory. Ring possession determined by coin toss. Home team will call the coin toss. Winner of the coin toss will receive the ring and the opponent shall choose which net they wish to defend.
2. If it is still tied after the 5 minute overtime or there is not enough time on the permit to play overtime, a 3 player best of 3 shootout will take place.
 - a. 3 players for each team alternate shots. The winner is declared to be the team with the most goals for 3 players. The shootout will end if it becomes impossible for one team to score sufficient goals to tie the other team.
 - b. If it is still tied they continue one shooter at a time until a winner is determined. No shooter may shoot again until all players have shot. Winner is declared when one team scores and the other does not in sudden victory format .
 - c. Coaches must have their list of shooters (including all players on the bench) completed by the end of the game.
 - d. The team that lost the coin toss for OT will have choice to shoot first or second in the shootout. If no OT is played a coin toss will determine which team gets choice of shooting 1st or 2nd (winner of the coin toss getting their choice).
 - e. If no additional ice time is available, a coin toss will determine the winner.

Section VIII. REFEREES

A. Notification

Where referees are required for other than regularly scheduled games, the referee assignor must be advised by completing the “Book Refs” form on the website at least seventy-two (72) hours prior to game time (3 full nights notice).

B. Referee Fee Structure

Payment to referees for exhibition games must be made directly to the officials PRIOR to the game starting. Fees are as follows:

Division	per official game fee	Assignor & Admin Fee	charge rate per official	# of officials	total game fee
AS	\$26.00	\$2.00	\$28.00	1	\$28.00
U10	\$27.00	\$2.00	\$29.00	2	\$58.00
U12 A/B/C	\$28.00	\$2.00	\$30.00	2	\$60.00
U14 A/B	\$30.00	\$2.00	\$32.00	2	\$64.00
U14 AA	\$31.00	\$2.00	\$33.00	2	\$66.00
U16 A/B	\$32.00	\$2.00	\$34.00	2	\$68.00
U16 AA	\$33.00	\$2.00	\$35.00	2	\$70.00
U19 A/B	\$34.00	\$2.00	\$36.00	2	\$72.00
U19 AA	\$35.00	\$2.00	\$37.00	2	\$74.00
Open A/B/C	\$38.00	\$2.00	\$40.00	2	\$80.00
Open AA	\$38.00	\$2.00	\$40.00	2	\$80.00

Teams playing games at the Olympic Oval are charged an additional fee for referee parking.

C. Spectators

Where spectators are abusive to players, coaches, officials or other spectators, the referee may have the spectator ejected from the arena playing area. Failure to comply could result in the team associated with the spectator charged with a game forfeit by the league after receiving the detailed officials report.

Section IX. SUSPENSION

A. Suspension

Refer to the **Ringette Alberta Suspension Policy** for any Misconduct Penalty or Match Penalty that is assessed in any game - exhibition, league, sanctioned tournament or Provincial Championship.

1. An individual under suspension is not allowed in the playing areas of the arena, including but not limited to the dressing room, players bench or timekeeper’s bench. Suspended individuals are encouraged to support their team from the viewing area.
2. Individuals under suspension are deemed to be ineligible team members until their suspension has been fully served. In the case where an individual participates in more than one capacity they are suspended in ALL CAPACITIES until the suspension has been fully served.
 For example (but not limited to)
 - a suspended player is also ineligible to participate as a coach and/or an official.
 - a suspended coach is also ineligible to participate as a player and/or an official.
3. Games which count towards the serving of a suspension are games which were scheduled prior to the incident occurring and involve the team that the individual was on when the infraction occurred. Games are considered scheduled if the referee assignor was contacted to assign officials.

- For example, a player who receives a suspension on Team Red is also suspended from their coaching duties on Team Blue, BUT the only games which count toward serving the suspension are those involving Team Red.
4. For each game that a participant is suspended, the participant's name must appear on the Game Report with the words 'SUSPENDED – GAME # X' appearing following the player's name.

B. Reporting

The Official issuing any Misconduct or Match penalty must report the incident to the Ringette Calgary Officials Executive Committee who would in turn report the incident to the League Director within 24 hours of the incident.

The League Director will notify the Past President who may act directly or appoint a Disciplinarian to review each case and determine whether a Ringette Calgary Disciplinary Review Hearing is required.

Any required suspension will be verified by the League Director to ensure the penalty is served. The head coach is responsible to ensure a suspended player or bench member serves their full suspension, and that proof thereof is provided to the League Director by submitting game reports.

Section X. Ringette Calgary DISCIPLINARY REVIEW

A. Purpose

A Disciplinary Review Hearing allows all parties an opportunity to clarify and assess the circumstances which led to the incident and to discuss proactively alternate reactions and actions. The Ringette Calgary Disciplinary Review Committee may issue additional suspension/punishment to the individual above Ringette Canada and Ringette Alberta policy, but cannot reduce a decision from either of these bodies.

B. Procedure

The Past President or Disciplinarian will review the nature of the incident with respect to the Ringette Canada Rule book, and the requirements for action and supplementary action. Specific functions are:

1. Review the case report and determine if game suspensions were issued that have or must be served as directed by the requirements of the Ringette Canada Rule Book.
2. Report the incident to Ringette Alberta who will automatically issue game suspension(s) if required.
3. Determine from the Ringette Calgary Rules & Regulations as contained in this section, if a Disciplinary Review Hearing is required.
4. Contact the coach or individual to ensure that they understand the procedure, process and requirements of the disciplinary review process.
5. Organize and chair a disciplinary hearing if required and ensure that appropriate documentation is added to the Ringette Calgary records.
6. Verify in conjunction with the League Director that the issued suspension has been fully served.

Where a hearing is required as directed by these Rules & Regulations, the coach or player is automatically suspended until the hearing is held. The Past President or Disciplinarian will convene the hearing as soon as practical to deal with each case. This shall be completed within one week of the assessment of the penalty if possible

C. Disciplinary Hearing Criteria

The convening of a Ringette Calgary Disciplinary Hearing which may result in further disciplinary action is required:

1. In ALL CASES where a Match Penalty is assessed.
2. In ALL CASES where any bench personnel are assessed a Misconduct.
3. When a player or coach accumulates five (5) of the following penalties in any combination in a single playing season:
 - a. Unsportsmanlike Conduct.

- b. Major Penalty.
- c. Misconduct Penalty
- d. Match Penalty

Note, even if an individual has already attended a hearing for a Misconduct or Match penalty another hearing shall be held when the accumulated number reaches 5.

4. When a player has accumulated two (2) Misconduct Penalties in a single playing season OR if a player receives a Misconduct penalty and has previously received a Match penalty in a single playing season
5. For the HEAD COACH when a TEAM has accumulated three (3) of the following penalties in any combination in a single playing season:
 - a. Misconduct Penalty
 - b. Match Penalty

Records will be maintained permanently in a case file at Ringette Calgary. The Disciplinary review committee may assess additional disciplinary action that would be carried into the next playing season.

In specific cases where a penalty has not been assessed, the **Ringette Calgary** Disciplinary Review Committee reserves the right to deal with individuals, players, or coaching staff who through their actions create an unsafe environment affecting players, referees, coaches or spectators.

D. Removal of a Team from the Ice Prior to the end of a Game

No coach shall forfeit a game by pulling their team off the ice before the end of the game. Any coach who does so shall be suspended from coaching until the disciplinary review committee has dealt with this matter. The official score for the forfeit shall be recorded as 2-0.

E. Automatic Suspensions

Automatic suspensions shall be served at the next scheduled game for the team (scheduled means referees were booked prior to any of the following occurring):

1. The head coach of a team shall serve an automatic one game suspension in the following cases :
 - a. When a team has accumulated ten (10) unsportsmanlike conduct or major penalties in any combination in a single playing season:
 - b. When a team has accumulated three (3) Misconduct and/or Match penalties in any combination in a single playing season.
2. The head coach or acting head coach of a team shall serve an automatic one game suspension when a team has accumulated more than thirty (30) penalty minutes in any one league, exhibition or City Championship game.

F. Disciplinary Review Committee

The **Disciplinary Review Committee** will consist of a **minimum of five** of the following voting members:

- a. The Past President, or if appointed, the Disciplinarian (acts as chairperson, votes only in a tie.)
- b. The Ringette Calgary League Director, or the Ringette Calgary President or Representative thereof.
- c. Ringette Calgary Officials Executive Committee liaison to Ringette Calgary or Representative thereof.
- d. Sub-Association Past Presidents or Sub-Association Presidents or Representatives thereof.

G. Dispute Procedure

Procedure for the filing of a dispute of a decision rendered by the Disciplinary Review Committee:

1. Disputes, and all the evidence in support thereof, must be submitted in writing to the President of Ringette Calgary, signed by the disputee, and presented within forty-eight (48) hours from the rendering of the decision which is being disputed.
2. The dispute must be accompanied by a certified cheque or cash in the amount of two hundred dollars (\$200.00). If the dispute is upheld, the two hundred dollars (\$200.00) will be refunded.

3. Members of the **Grievance Committee** will convene within one week where possible, to deal with the dispute.
4. Suspended individuals are ineligible to participate in all games until the dispute has been dealt with.

Section XI. PROTESTS

Protests will be dealt with by the **Grievance Committee**

A. Procedure for the Submission of Protests

- Protests and evidence in support thereof must be submitted in writing to the Ringette Calgary President and must be signed by the coach and/or manager of the protesting team. If the Ringette Calgary President is unavailable, the protest may be submitted to the Ringette Calgary League Director or the Ringette Calgary Past President.
 - The Protest must be accompanied by a certified cheque or cash in the amount of two hundred dollars (\$200.00) with a letter signed by the Sub-Association President (or designate) in which the protesting team is registered indicating that they are aware of the protest.
 - If the protest is upheld, the two hundred dollars (\$200.00) will be refunded.
 - A referee's decision cannot be protested. Only rule violations will be considered.
1. GAME Protests
 - a. Regular Season & Exhibition Games:
 - Game Protests must be submitted within forty-eight (48) hours from the conclusion of the game for which the protest is being made. A copy of the protest must also be delivered to the other team within the same time limit.
 - b. City Championship Games:
 - Verbal notification of a team's intent to protest a game is required within two (2) hours of the completion of the game. Notification must be received by telephone to one of the following Ringette Calgary Executive Members: President, League Director, Past President, or the VP Administration.
 - Game Protests for City Championships must be submitted within eighteen (18) hours from the conclusion of the game for which the protest is being made. A copy of the protest must also be delivered to the other team within the same time limit.
 2. OTHER Protests
 - Other Protests and evidence in support thereof must be submitted in writing, signed by the coach and/or manager of the protesting team within forty-eight (48) hours from the conclusion of the incident for which the protest is being made.

B. The Grievance Committee

The **Grievance Committee** will consist of a **minimum of seven** of the following:

- a. The Ringette Calgary President or designate (acts as chairperson, votes only in a tie.)
- b. **Ringette Calgary Executive members.**
- c. Ringette Calgary Officials Executive Committee liaison or representative thereof.
- d. Sub-Association Presidents or representatives thereof.

C. Dispute Procedure

Procedure for the filing of a dispute of a decision rendered by the Grievance Committee:

1. Disputes, and all the evidence in support thereof, must be submitted in writing to the Ringette Calgary President, signed by the disputee, and presented within forty-eight (48) hours from the rendering of the decision which is being disputed. The dispute must be accompanied by a certified cheque or cash in the amount of two hundred dollars (\$200.00).
2. If the dispute is upheld, the two hundred dollars (\$200.00) will be refunded.
3. A quorum of members of the Board of Directors will convene within one week where possible, to deal with the dispute.

Section XII. MODIFICATION OF RULES FOR ACTIVE START and U10 (all Steps)

Please refer to the Active Start and U10 modules posted on the Ringette Calgary website for program details.

- No Active Start or U10 player is to be credited with more than three (3) goals in any regular league game.
Goals scored in excess of this by any player shall NOT be recorded on the Game Report, posted on the score clock, or counted in the final score at the end of the game.
 - It is strongly recommended that Active Start and U10 coaches manage their team (ie. position changes) to ensure players do not consistently score more than the allowable three goals per player per game.
 - There should be only a three (3) minute pre-game warm up. It is important to start the game as soon as possible to ensure sufficient time to complete the game.
 - There will be up to a five (5) minute break between periods. If both teams are ready before the five (5) minutes are up, they may do so.
 - If time expires on the clock but time remains on the ice permit, then the game is considered complete.
However, coaches are encouraged to continue to play and take advantage of the ice time.
 - When the referee blows the whistle as a result of a violation, it is important that he/she explains the violation to the player(s) involved.
 - In order to ensure as much playing time as possible, discretion should be shown when blowing the whistle for violations such as crease infractions, free passes, and passing over the blue line.
 - As decided by Ringette Calgary, the use of the Keely style goalie glove is prohibited from all levels of U10 and below. A standard throwing glove or ringette glove is to be used as desired.
 - When available, small nets are to be used for all Active Start and U10 games.
- A. **The Developmental Ringette Program ("Active Start")** is a league in which the fundamentals and skill development are at the forefront of the leagues mandates. This program is the first step in a player's ringette career with an emphasis on the FUNdamentals of the game stressing the importance of fun. The Active Start Program provides an opportunity for players to meet new friends while gaining a firsthand experience in the game of ringette.

Active Start Division Rules

Active Start Games before November 30

A maximum of one (1) coach from each team is allowed on each mini ice surface. The coach or designate who participates on-ice during a game is required to wear skates and CSA approved protective head gear.

1. Recommended warm up of 3 minutes.
2. Coaches will divide their team into 2 (1/2 ice games) or 3 (cross-ice games) mini-teams.
3. No referees— each mini ice surface will have a coach from each team helping & directing the players.
4. No score kept on board or Game Reports.
5. No "bluelines". If the skill level warrants it, coaches can implement the play one pass rule. The players must pass the ring once before taking a shot on net.
6. No free passes—after a goal is scored the team who scored skates back to "half" & the opposing team digs the ring out of the net & the game continues.
7. No Penalties.
8. No Goalie Equipment—goalies use stick only.
9. Coaches to facilitate water breaks to break up the ice time, along with rotate players between mini games.

Active Start Games after December 1

1. A maximum of one (1) coach from each team is allowed on the ice. The coach or designate who participates on-ice during a game is required to wear skates and CSA approved protective head gear.
 2. Games will be full ice with referees.
 3. Blue lines to be worked in, but not strictly enforced.
 4. Time will be posted on the scoreboard but scores will not.
 5. Game Reports will be used for full-ice games for the purposes of tracking the 3 goal limit. Game Reports will not be submitted to Age Division Coordinator and league standings will not be kept.
 6. Games consist of two (2) stop time periods, 20 minutes each with a 2 minute buzzer. A free pass will occur after the 2 minute buzzer.
 7. No penalties will be called, but rather, the penalty will be explained to the offending player by the referee to facilitate learning of the rules.
 8. No Goalie Equipment will be used other than a goalie stick. Goalies will change every shift. 6 players will go out for a line change – one of them will play in goal for that shift. The next shift a new player will play goal. Players will not play goal for an entire game.
 9. The "4 or 5 in" violations will be waived if the on-ice coach notices and calls the player out without impacting play.
- B. **The U10 Step 1 Program** has been designed to meet the developmental needs of new and returning 7 year olds + new 8 & 9 year old players.

U10 Step 1 Division Rules***U10 Step 1 Games before November 30***

1. Recommended warm up of 3 minutes
2. A maximum of one (1) coach from each team is allowed on the ice until December 31st; staying close to the boards and out of the area of play. The coach or designate who participates on-ice during a game is required to wear skates and CSA approved protective head gear.
3. Games consist of two (2) stop time periods, 20 minutes each with a 2 minute buzzer. A free pass will occur after the 2 minute buzzer.
4. Extra time can be given at period break for the teams to do a cheer;
5. The "4 or 5 in" violations will be waived if the on-ice coach notices and calls the player out without impacting play.
6. Scores shall be posted on score clock with a maximum five (5) goal spread.

U10 Step 1 Games after November 30 (in addition to the above)

1. No coaches are allowed on the ice;
2. Games are two (2) stop time periods, 20 minutes in length with no 2-minute buzzer. Players are expected to make shift changes "on the fly"
3. Scores shall be posted on score clock with a maximum five (5) goal spread.
4. Teams must change ends for the second period

Officiating Practice for U10 Step 1 Games

The primary focus will be to have the Players learn the rules of Ringette. The On-Ice Official making the call will explain each violation to the offending Player and the Coach (should it be necessary).

Serving of penalties will be according to the following:

Point in Season	Action
Up to November 30	The on-ice Coach (up to November 30) or the on -ice official (after December 31st November 30) will escort the offending Player to the team bench and will further explain the call. Teams may substitute for the penalized player.
After November 30	The On-Ice Official will escort the offending Player to the penalty box and the appropriate penalty will be served. Teams may not substitute for the penalized player.

- C. **The U10 Step 2 and 3** Program has been designed to meet the developmental needs in general, of returning 8 year old players + new and returning 9 year old players.

U10 Division Rules

1. U10 Step 2 and 3 games will be played according to standard ringette rules.
2. No shot clock to be used.
3. When a penalty is called, the player is taken to the penalty box and the appropriate penalty will be served. Teams may not substitute for the penalized player.
4. Scores shall be posted on score clock with a maximum five (5) goal spread.
5. Games will be two (2) 18 minute stop time periods.
6. Teams must change ends for the second period

Steps 1, 2 and 3 will be evaluated and players divided in general according to the skill criteria. They will be grouped with each other for League play under these Rules & Regulations. The number of teams in each group will be mutually agreed by the associations.