



# Rules & Regulations



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## Ringette Calgary Association RULES & REGULATIONS

### 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.***

## 1. Rule Clarification Policy

### 1.1. Clarification of Rules & Regulations

- 1.1.1. Matters requiring clarification of league operating policy and procedure shall be referred to the League Director for initiation of appropriate action.
- 1.1.2. The League Director will provide clarification of the 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.
- 1.1.3. 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.
- 1.1.4. These Rules & Regulations apply to AS to U19. Open games shall be under the league jurisdiction of CORA.
- 1.1.5. 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.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019

## 2. General Responsibilities Policy

### 2.1. 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).

### 2.2. 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.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019
1		Updates in red	Sept 2022

### 3. Eligible Team Members Policy

#### 3.1. Affiliated Players

##### 3.1.1. Refer to the Ringette Alberta Player Affiliation Policy

##### 3.1.1.1. As per Ringette AB policy, the maximum number of **players**\* dressed and 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... - **12 players**
- **When using affiliate skater(s) plus an affiliate goalie in addition to your regular goalie – 13 players**
- When only using an affiliate goalie - 18 players
- A maximum of five (5) affiliate players

\*NOTE: "**players**" includes goaltenders, skaters and affiliates

##### 3.1.2. Documentation for a regular player's absence must be provided if requested by the League Director

#### 3.2. Eligible Players

##### 3.2.1. 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.

##### 3.2.2. A head coach who plays an ineligible player will:

- 3.2.2.1. Be immediately suspended until their case has been dealt with by the Disciplinary Review Committee.
- 3.2.2.2. 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.

#### 3.3. Eligible Coaching Staff

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

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019
1		Updates in Red	Sept 2022
2		Update to Game Reports	Nov 2024
3		Update to Minor Officials	Nov 2024

## 4. Game Responsibilities Policy

### 4.1. Game Reports

Game Scores and Game Reports must be submitted via **RAMP Online Gamesheets by the HOME team and verified by the VISITING team within 24 hours** of the game being played.

- 4.1.1.1. 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 and game start time.
  - Location of game (arena name)
- 4.1.1.2. Failure to **enter or verify** provide a properly completed **Online Gamesheet** may result in the loss of points for that game.

4.1.2. 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.

- 4.1.2.1. In the event of a conflict or protest of the final standings, the Official Game Report will govern the final standings.

4.1.3. Game Reports for all City Championship games must be uploaded within 4 hours of completion of the game.

4.1.4. **Game Reports must be completed properly in RAMP. Only players in the RAMP rosters may play the game. Check off players, goalie(s) and affiliates that are present and add officials on the RAMP app. Goaltender(s) playing time must be documented at the end of the game on the Gamesheets App for U12 and up. Captains must be marked with a (C) or an (AC) for U12 and up.**

### 4.2. Minor Officials

- 4.2.1. **HOME TEAM will be responsible to operate the score clock and to complete the RAMP electronic gamesheet, and to provide one (1) penalty box attendant.**
- 4.2.2. **VISITING TEAM will be responsible to provide one (1) penalty box attendant.**

- 4.2.3. In extenuating circumstances, the breakdown of the supply of minor officials can be altered as long as agreement is met between both Head Coaches.

#### 4.3 Shot Clocks

For Ringette Calgary league play and City Championships Shot Clock use applies to all divisions EXCEPT Active Start and U10 Steps 1, 2 and 3.

- 4.3.1. It is the responsibility of the home team to ensure the availability and set-up of the shot clocks.
- 4.3.2. The **Visiting** 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.
- 4.3.3. In the event that one of the shot clocks is not functioning then the game will be played without shot clocks.

#### 4.4 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.

#### 4.5 Team Colors

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



Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019

## 5. Ice Requirements Policy

### 5.1. Ice and Permit Requirements

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

### 5.2. Modified Game Duration

- 5.2.1. All League and Exhibition game playing times 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.
- 5.2.2. 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

### 5.3. Time Restrictions

- 5.3.1. For all League and City Championship games:
  - 5.3.1.1. 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.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		New	Sept 2019
1		Housekeeping	Sept 2021
2		Section 6.6	Jan 2022
3		Updates in Red	Sept 2022

## 6. League Operations Policy

### 6.1. Purpose

This policy shall establish and define the requirements for League Operations.

### 6.2. Principles

- 6.2.1. All participating teams deserve fair access to league games.
- 6.2.2. It is the goal of the League to provide structure that promotes competitive equity.
- 6.2.3. The League shall operate in accordance with Critical Dates (Appendix 7).
- 6.2.4. The League shall operate in accordance with the Fees and Fines structure established in Appendix 6.

### 6.3. Requirements

#### 6.3.1. League Committee Terms of Reference

The League Committee Terms of Reference (Appendix 1) defines the formation and authority of the League Committee.

### 6.4. Tournament Attendance

#### 6.4.1. Tournament Blocks & Reschedules – Session 1 ONLY

- 6.4.1.1. Teams may attend ONE tournament weekend through means of a RESCHEDULE REQUEST in the first half only in accordance with Critical Dates (Appendix 7)
- 6.4.1.2. In addition to the above, teams who are accepted to their own HOME tournament in the first half, and they are confirmed as accepted, may request one additional reschedule, using the form and complying with Critical Dates
- 6.4.1.3. Teams may not request ANY other reschedules. No tournaments in lieu of the home tournament can be accommodated in the case a home tournament does not run all divisions or accept all teams in that division.
- 6.4.1.4. Reschedule requests will be tracked and must be made minimum 7 days in advance.
- 6.4.1.5. The only acceptable scheduling constraint will be for tournament attendance. Fundraising events, team activities, dryland, exhibition games, etc. are not able to accommodate reschedules or constraints. Teams must use “Events” in SportzSoft and not “Constraint” for this

reason. The league may reschedule games on days that do not have constraints. Teams are expected to manage their events accordingly.

- 6.4.1.6. Reschedules will not occur with less than 7 days' notice to prospective teams unless mutually agreed.
- 6.4.1.7. Rescheduled games are subject to ice and referee availability, and at no time are guaranteed. **The League** will make best efforts to reschedule.
- 6.4.1.8. If a team accepts a tournament after the league schedule has been released on a weekend that they appear to be available, be advised that game reschedules for other teams may occur on that weekend. If they later accept a tournament, they must either play the league game as well, or forfeit at their own risk.

#### 6.4.2. Tournament Blocks – Session 2 ONLY:

- 6.4.2.1. 2nd Half league games WILL NOT BE RESCHEDULED by **the League**.
- 6.4.2.2. Zone 3 Teams may BLOCK (CONSTRAIN) one tournament in the 2nd half in addition to the Esso Golden Ring (EGRT) weekend for a maximum of 2, total, (see Critical Dates). In the case a team does not attend the EGRT, they will not be granted any additional schedule constraint in lieu.
- 6.4.2.3. Associations with home tournaments in the second half must use their tournament block to constrain the league from scheduling.
- 6.4.2.4. Zone 1 and 2 teams participating in League may have up to 2 constraints, total. This may or may not include EGRT.
- 6.4.2.5. It is important to note the start of Playdowns, Provincials, and City Playoffs when accepting post-league tournaments. These events will not be scheduled around tournaments.

### 6.5. Forfeit, Default and No Fault Games

#### 6.5.1. Forfeit

- 6.5.1.1. Teams that forfeit give up the possibility of acquiring points in a game. Forfeits require the payment of league fines.
- 6.5.1.2. The opposing team will be awarded two points for a win for the game in question. The score shall be recorded as 2-0 and will result in a League fine in accordance with Appendix 6, Fines. For example, a forfeit would be (but not limited to):
  - 6.5.1.2.1. A team who cancels a game for any reason other than allowed in section 6.4.
  - 6.5.1.2.2. A team who does not show up for a scheduled league game.
  - 6.5.1.2.3. A team who has the minimum required 7 players to start a game, and declines to play the game for "lack of players". See default options below.

6.5.1.2.4. A team who uses illegal players and the opposing team does not agree to play the game or becomes aware after the game has started, shall be issued a forfeit. The opposing team shall notify the League Director the game is played under protest. Additionally, the head coach will be subject to discipline action, and the team will be fined in accordance with Appendix 6.

#### 6.5.2. Default

6.5.2.1. Teams that default give up the possibility of acquiring points in a game.

6.5.2.2. The opposing team will be awarded two points for a win for the game in question. The score shall be recorded as 2-0 and does not result in a League fine. For example, a default would be (but not limited to):

6.5.2.2.1. A team who has less than the required 7 legal players to start a game and does arrive at the arena at the scheduled time. The teams may combine players, the game marked as exhibition, and a default awarded to the team with sufficient players.

6.5.2.2.2. If two teams believe at any time they are unbalanced and jointly agree to combine teams for a game or part of a game. The weaker team would be issued a default, the game marked as exhibition, and a default awarded to the stronger team.

6.5.2.2.3. Using a player/goaltender who is not a registered member of that team. If the opposing team agrees to play the game anyway, the default is awarded to the compliant team.

6.5.2.2.4. Failure to finish the game due to an injury sustained by a team's only available goaltender, and the team will not utilize any other player in goal.

#### 6.5.3. No-fault Game

6.5.3.1. 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). The score recorded for that game shall be 0-0. These games will not be rescheduled. For Example, a no fault game would be (but not limited to):

6.5.3.1.1. Lack of available ice (Double booking, power/equipment failure, communication problems)

6.5.3.1.2. Referee no-shows

6.5.3.1.3. Inclement weather – See Section 6.5.4

#### 6.5.4. Cancelling of **League** Games due to Inclement Weather

6.5.4.1. The League encourages participants to leave enough travel time to arrive safely and drive according to weather conditions.

- 6.5.4.2. **In the case of moderate travel games (less than 2 hours)** - any decision relating to cancellation of games will be made by 4pm on a weekday, or minimum three hours prior to the commencement of the game on a weekend.
- 6.5.4.3. In the case of high travel games (over 2 hours) - the decision will be made a minimum five hours prior to the commencement of the game.
- 6.5.4.4. League games canceled due to weather will NOT be rescheduled. Teams will be issued a no fault tie (0-0).
- 6.5.4.5. If a decision is made to cancel games, the League will send notification through the following means:
  - Email notification to the affected team contacts as listed on the website
  - Email to League Scheduler
  - Email to Referee Assignor
- 6.5.4.6. Due to the geographic size of the league, safety requires attention from all participants. Nominated team representatives may submit ONE game cancellation request by filling in the online form (on the website under "Forms"). The form will notify League Director, Scheduler and Referee Assignor. Note:
  - The form requires documentation of inclement weather conditions from either Alberta Roads (511.alberta.ca or any generally recognized Canadian National Weather Service)
  - The nominated team representative will receive confirmation of cancellation from the League upon receipt of the game cancellation form.
  - **The League** encourages teams to reorganize cancelled 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. **The League** will not get involved and the game will NOT count in standings.

## 6.6. Standings

- 6.6.1. Statistics and standings for U12 divisions and higher shall reflect a maximum seven (7) goal differential on score clock during the game, and in final score displayed on the website. The actual goal spread (as reported on the game sheet and stored in league software) will be used when evaluating advance and retreat options.
- 6.6.2. To account for differences in number of games played between teams, team standings will be decided using a Win Percentage for scheduled league games. Win % = points earned divided by total possible points  
Teams will be ranked from high to low win percentage.
  - 6.6.2.1. For U16A & U19A divisions, League games against AA teams will be removed for final rankings.

- 6.6.2.2. In the event that a team has advanced or retreated across divisions, only their Win% in the division in which they ended the season will be counted.  
For example, Team X advances from division UxxB to UxxA. Only the games at UxxA will count toward Win%. All teams remaining in division UxxB will have games against team X removed from their standings.
- 6.6.2.3. All games cancelled because of government or public health restrictions will be fully removed from Win% calculations.
- 6.6.2.4. In the case of teams being tied after the application of Win%, the tie will be broken by:
  - 6.6.2.4.1. Goals For divided by Goals Against for all League Games.
- 6.6.3. Tied League Games
  - 6.6.3.1. If a league game at U12 or higher, is tied after regulation time, and if more than 8 minutes remain on the ice permit, a 3-player “best of 3” shootout will take place. The score reported on the game sheet shall remain the score at the end of regulation time.
  - 6.6.3.2. 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.
  - 6.6.3.3. A coin toss will determine which team gets choice of shooting 1st or 2nd (winner of the coin toss getting their choice).
  - 6.6.3.4. 3 players for each team alternate shots.
  - 6.6.3.5. Coaches must have list of shooters (including all players on the bench) completed by the end of the game.

## 6.7. Advance Retreat/Team Pooling Process

- 6.7.1. **The League** holds paramount the principles of fair play and competitive equity. For this reason, the League will follow the Advance Retreat Procedure to analyze empirically if teams may have a more appropriate experience in a different division or sub-division (tier).
- 6.7.2. In some cases, pre-season evaluation may be indicative of a need for sub-tier team pooling within a division. In the case this is evident, the League Director will call an emergency League Meeting, including representatives from every affected association and the decision to pool teams within a division at the start of session 1 or 2 will be made by popular vote. Each association within the league will get one vote at the league call. Impacts of this decision will be discussed. This includes, but is not limited to, mid-season equity and post-season rankings.

## 6.8. References and Attachments

- Appendix 1 League Committee Terms of Reference
- Appendix 2 Tournament Block Form (Session 2)
- Appendix 3 Game Reschedule Request (Session 1)
- Appendix 4 Game Cancellation Form (Weather) – Any Session

Appendix 5	League Request Procedure (Overage, Advance, Retreat)
Appendix 6	Fees and Fines
Appendix 7	Critical Dates

Policy Revision	Section(s) revised	Change Description	Effective Date
0		New	Sept 2019
1		Updates in Red	Sept 2022

## Appendix 1 League Committee Terms of Reference

### Purpose:

This document describes the Terms of Reference for Committee evaluation and decisions regarding League Requests. Dates can be found in Critical Dates (Appendix 7)

### Definitions:

League Requests comprise the following:

1. Overage Player
2. Team Advance or Retreat (by self)
3. Team Advance or Retreat (by others)

League Request Review Meeting                      See Critical Dates

Any submissions after the dates and times specified will not be considered.

### Scope of Authority:

The League Request Committee will consider League Requests in **U12 through U19** divisions.

### Format:

The League Request Committee is to be formed in the following format:

The CRL Chair will Chair the League Request Committee.

All other members of the CRL Sub-Committee or their representative will attend the meeting and the vote breakdown will be as follows, (example with team numbers from the 2022/23 season):

Delegate	Votes*
AIR	10
CBV	25
CGY	6
CNW	21
COC	6
CSO	18
FRA	3
IND	7
LTH	7
MHT	4
STR	8
Z2D	2
<b>Total</b>	<b>117</b>

\* Number of Votes = Number of Teams in CRL

Position	Votes*
CRL Chair	tie
CRL Finance	11.7
CRL Administration	11.7
CRL Technical	11.7
CRL Operations	11.7
CRL RAB Liaison	11.7
<b>Total</b>	<b>58.5</b>

\*Number of Votes = Half the total number of teams split amongst board positions

If a member of the CRL Committee is not present and does not send a delegate, their votes are forfeited.



**Meeting Agenda:**

The League Director will present the Committee with all League Requests submitted prior to Submission Deadline.

The Committee will discuss and align on criteria used to approve or deny the request. General considerations include, but not limited to:

- In the case of Overage Players, including Goaltenders, using Ringette Alberta Policy 7 as a guideline.
- In the case of Advance or Retreat by self or by others, Advancement by self is automatically endorsed. In the case of by others, the team will have minimum 3 days to respond as per dates noted above.
- Relative competitiveness within a given division or tier. A winless season or an undefeated season is not justification for advancement or retreat. Very high average GFGA differentials is a better indicator.

The Committee has authority to approve or deny the request. Written justification must be provided for all decisions, to be kept with league records.

Minimum number of votes on any decision is 3.

Conflict of interest must be declared by any committee member if they have a child playing in the division affected. i.e., A decision to retreat a team from U14A to U14B and the committee member has a child in either tier, that member is exempt from that vote.

**Information to be considered:**

The committee will consider all information provided by the team or teams.

Typical information provided is:

- Team profile information (using RAB template)
- League and non-league records of competition (exhibition, tournament, etc)
- Other pertinent information as decided by the team or teams

The Committee has authority to decide if any information provided by the teams is relevant or not relevant to the decision (i.e., letters of support, medical information, other TBD).

**Possible decisions:**

- Approve
- Deny
- Modify with directive
- Modify with options

Approve and Deny are straight forward responses. If a team applies for a retreat and is denied, they must play the remainder of the season in the assigned division and tier or have the option to withdraw from the league without penalty or compensation.

Modify with directive may be applied, for example, if the committee decides the decision is supported but has condition(s) of support. The directive may be any actions or conditions

deemed appropriate for the team, such as approving a retreat for developmental reasons, but declining eligibility for League post season play.

Modify with options may be applied in cases where an association may have limited options for grouping like skilled players and may end up with a competitive advanced (per RAB policy 7), but in order to keep the “most appropriate” place for them to play, may provide options such as:

- Overage goaltender that doesn’t meet criteria can play out as a skater
- Entire team can move up a division and remain eligible for all post season benefits available in that division
- Other options as deemed feasible or practical by the committee.

## **Appendix 2    Tournament Block Form (Session 2)**

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Please see the website for this form.

## **Appendix 3    Game Reschedule Request (Session 1)**

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Please see the website for this form.

## **Appendix 4    Game Cancellation Form (Weather) – Any Session**

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Please see the website for this form.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		New	Sept 2019
1	In red	Updates	Sept 2022

## Appendix 5 League Request Procedure (Overage, Advance, Retreat)

Procedure for CRL Advance/Retreat and Overage Player Requests

### Preamble:

All league requests must comply with current Ringette Alberta Policies.

### Section 1.0 Definitions:

Overage Player Submission Deadline .....see Critical Dates  
Self-Advance or Retreat Deadline.....see Critical Dates  
Advance or Retreat Request (by Others).....see Critical Dates  
Notification of League, or Request by Others to  
Advance or Retreat (not by Self).....see Critical Dates  
Response to Advance or Retreat Request by Others .....  
due 1 day prior to CRL Request Committee Meeting  
CRL Request Committee Meeting\* .....see Critical Dates  
Notification to Associations and League Scheduler\* .....  
1 day after CRL Request Committee Meeting

\*These dates are to be held as soon as practicable after the Self Advance/Retreat Deadline and Responses to Advance or Retreat Requests by Others.

### Section 2.0 Overage Players

Home association shall:

1. Fill out all the required information in the Overage Player Form.
2. Fill out a Team Profile Form.
3. Submit Form to rleaguedirector@gmail.com and admin@ringettecalgary.ca by the Submission Deadline noted in Section 1.0

### Section 3.0 Self Advance or Retreat

Home association shall:

1. Fill out all the required information in the Self Advance or Retreat Form.
4. Be prepared to offer supporting evidence such as exhibition game results in divisions they are applying for a team to avoid or join. The amount of satisfactory supporting evidence is at the discretion of the League Request Committee.
5. Be able to supply the retreating or advancing team with resources with which to establish exhibition games in such demonstration.

6. Submit a formal Retreat Request if a team has been designated by Ringette Alberta Universal Athlete Assessment (UAA) at a level that is higher than the level the association declares to the league for league play.

Notes: Teams seeking Advance or Retreat consideration may not be guaranteed any tournament acceptance in either of the affected divisions.

The league has authority to impose conditions on teams seeking retreat for developmental reasons, such as prohibiting participation in post-season competition at the lower level

Self Advancements are automatically endorsed.

#### **Section 4.0 Advance or Retreat Request (by Others)**

Requesting Association shall:

1. Submit a non-refundable fee of \$200, paid to the league accompanying the request by the date specified for the Advance or Retreat Request (by Others).
2. Fill out all required information in the Advance or Retreat Request (by Others) Form.

#### **Section 5.0 League Actions**

**CRL Chair /** League Directors shall:

1. Notify all teams they are being considered for Advancement or Retreat either through Nomination of others, misalignment with provincial designation, or league evaluation.
2. Request supporting evidence such as tournament or exhibition games from teams under consideration.
3. Provide timely and documented decisions on the advance/retreat process in accordance with the above.
4. Chair the League Request Committee process.

Decisions by the League Request Committee are final, and not subject to appeal.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		New	Sept 2019
1	Fines	Wording Change	Sept 2021
2	League Fees and Fines	Updated	Sept 2022

## Appendix 6 Fees and Fines

### Fees

Performance Bond ..... Not in Effect  
Protest/Grievance/Appeal ..... **\$250/Instance**

#### Ringette Calgary Teams:

League Fee ..... **\$25/player**  
Ringette Calgary Fee ..... **\$37/player**

#### Zone 1 / Zone 2 teams:

League Fee ..... **\$25/player**

### Fines

Fines are assessed to and paid by the Association. Associations may recover fines from teams at their own prerogative.

Fees and Fines are payable within 30 days of the invoice. Fines must be paid to remain a member in good standing. Overdue fines may prohibit associations from participating in the league in the **current or** following season.

Game Forfeits..... **\$750/ first instance**  
..... **\$1500/subsequence instances**  
Code of Conduct Violation ..... **up to \$500/instance**  
Illegal Players, in a game played under protest  
..... **\$250/ first instance**

Policy Revision	Section(s) revised	Change Description	Effective Date
1	Appendix 7	Updated	Sept 2021

## Appendix 7 Critical Dates

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Please see the website for critical dates and deadlines.

Policy Revision	Section(s) revised	Change Description	Effective Date
0	7.1.1.3./7.1.1.4.	To mirror RAB Playdown Ranking policy	Sept 2019
1	7.1.1	Change to refer to Standings in 6.6	Jan 2021
2	7.5	Added Modified Game Duration (as stated in Ice Requirements Policy)	Mar 2024

## 7. Calgary City Championships Policy

### League Standings for City Championships

League Standings shall be calculated using Win% (see 6.6)

#### 7.1. Home Team

7.1.1. The home team for the first game will be the higher placed team in the league standings.

7.1.2. The home team for subsequent games shall be as displayed on the website.

#### 7.2. Minor Officials for City Championship Games

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

7.2.2. The same policies apply for Shot Clocks as for regular league play.

#### 7.3. City Championship Format

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

#### 7.4. Modified Game Duration

7.4.1. 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

#### 7.5. Time Restrictions

7.5.1. For all League and City Championship games:

7.5.1.1. 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.



Policy Revision	Section(s) revised	Change Description	Effective Date
0	8.2 Referee Fees	Revised/Reformatted	Sept 2019
1	8.2 Referee Fees	Updated	Sept 2021

## 8. Referees Policy

### 8.1. Notification

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

### 8.2. 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:

	1	2	3	4
Division	Referee rate	Total game fee per referee*	Referee rate if solo	Referee rate if solo exhibition*
U10S3	\$29.00	\$31.50	\$43.50	\$46.00
U12 A/B/C	\$32.00	\$34.50	\$48.00	\$50.50
U14 A/B/C	\$34.00	\$36.50	\$51.00	\$53.50
U14 AA	\$38.00	\$40.50	\$57.00	\$59.50
U16 A/B	\$38.00	\$40.50	\$57.00	\$59.50
U16 AA	\$42.00	\$44.50	\$63.00	\$65.50
U19 A/B	\$42.00	\$44.50	\$63.00	\$65.50
U19 AA	\$45.00	\$47.50	\$67.50	\$70.00
* includes assignor fee and admin fee, which total \$2.50 per official				
Home teams for games at the Olympic Oval are charged an additional \$8 fee per referee for parking.				

### 8.3. 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.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019

## 9. Suspension Policy

### 9.1. Suspension

Refer to the **Ringette Alberta Suspension Policy** for any Misconduct Penalty or Match Penalty that is assessed in any game - Exhibition, League, Tournament, or Provincial Championship.

- 9.1.1. 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.
- 9.1.2. 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.
- 9.1.3. 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.
  - 9.1.4. 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.

### 9.2. Reporting

- 9.2.1. The Official issuing any Misconduct or Match penalty must report the incident to the Ringette Calgary Officials Committee who would in turn report the incident to the League Director within 24 hours of the incident.
- 9.2.2. The League Director will notify the Disciplinarian to review each case and determine whether a 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.

Policy Revision	Section(s) revised	Change Description	Effective Date
0	10.3.1, 10.3.2	To add the option for Associations to hear the issue	Sept 2019
1	10	Updates in Red	Aug 2022

## 10. Disciplinary Review Policy

### 10.1. 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 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.

- 10.1.1. All actions during ANY play (league, tournament, exhibition, etc), are subject to possible further disciplinary review as outlined in these Rules & Regulations.
- 10.1.2. In specific cases where a penalty has not been assessed, the 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.

### 10.2. Procedure

The 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:

- 10.2.1. 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.
- 10.2.2. Report the incident to Ringette Alberta who will issue game suspension(s) if required.
- 10.2.3. Determine from the Disciplinary Hearing Criteria (as contained in this section) whether a hearing is required.
- 10.2.4. Contact the individual to ensure that they understand the procedure, process and requirements of the disciplinary review process. In the case of a minor, contact the head coach and parents.
- 10.2.5. If required, organize and chair a disciplinary hearing, and ensure that appropriate documentation is added to the records.
- 10.2.6. Verify, in conjunction with the League Director that the issued suspension has been fully served.

Where a hearing is required, the individual is automatically suspended until the hearing is held, including roles on any other teams and as an Official. The 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

### 10.3. Disciplinary Hearing Criteria

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

- 10.3.1. In all cases where a match penalty is assessed, and Ringette Canada and Ringette Alberta have issued a suspension of more than 2 games total. If not, Home Associations will hear the issue.
- 10.3.2. In all cases where any bench personnel are assessed a Misconduct and Ringette Canada and Ringette Alberta have issued a suspension of more than 2 games total. If not, Home Associations will hear the issue.
- 10.3.3. When a player or coach accumulates 5 of the following penalties in any combination in a single playing season:
  - 10.3.3.1. Unsportsmanlike Conduct.
  - 10.3.3.2. Major Penalty.
  - 10.3.3.3. Misconduct Penalty
  - 10.3.3.4. 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.
- 10.3.4. When a player has accumulated 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
- 10.3.5. For the HEAD COACH when a TEAM has accumulated 3 of the following penalties in any combination in a single playing season:
  - 10.3.5.1. Misconduct Penalty
  - 10.3.5.2. Match Penalty

Records will be maintained permanently in a case file. The Disciplinary Review Committee may assess additional disciplinary action that would be carried into the next playing season.

### 10.4. 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.

### 10.5. 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):

- 10.5.1. The head coach of a team shall serve an automatic 1 game suspension in the following cases:

- 10.5.1.1. When a team has accumulated 10 unsportsmanlike conduct or major penalties in any combination in a single playing season:
- 10.5.1.2. When a team has accumulated 3 Misconduct and/or Match penalties in any combination in a single playing season.
- 10.5.2. The head coach or acting head coach of a team shall serve an automatic one game suspension when a team accumulates more than 24 penalty minutes for U14 and under, and 30 penalty minutes for U16 and U19, in any game.

#### 10.6. Disciplinary Review Committee

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

- 10.6.1. The Disciplinarian (acts as chairperson, votes only in a tie.)
- 10.6.2. The League Director, or the **Association** President or Representative thereof.
- 10.6.3. Officials Committee liaison or Representative thereof.
- 10.6.4. Association Past Presidents or Association Presidents or Representatives thereof.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019
1		Entire section replaced	Sept 2022

## 11. Protest, Grievance and Appeal Policy

Protests and Grievances will be dealt with by the Dispute Committee.

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

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

### 11.1. Protest

A formal statement of disapproval or dissent with an event or outcome. A protest may not be based upon the judgment call of a referee.

#### 11.1.1. Submission

11.1.1.1. Regular Season & Exhibition Game Protests and evidence in support thereof must be submitted:

11.1.1.1.1. In writing to the Ringette Calgary President and must be signed by the coach and/or manager of the protesting team. If the President is unavailable, the protest may be submitted to the League Director or the Past President.

11.1.1.1.2. Within 48 hours from the conclusion of the game for which the protest is being made.

11.1.1.1.3. A copy of the protest must also be delivered to the other team within the same time limit.

11.1.1.2. City Championship Game Protests procedure:

11.1.1.2.1. Verbal notification of a team's intent to protest a game is required within 2 hours of the completion of the game. Notification must be received by telephone to one of the following Executive Members: President, League Director, Past President, or the VP Administration.

11.1.1.2.2. Must be submitted in writing with evidence in support thereof, within 18 hours from the conclusion of the game for which the protest is being made.

11.1.1.2.3. A copy of the protest must also be delivered to the other team within the same time limit.

#### 11.1.2. Requirements

11.1.2.1. Protests must be accompanied by cash in the amount of \$250.00 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.

- 11.1.2.2. If the protest is upheld, the \$250.00 will be refunded.

## 11.2. Grievance

A formal complaint, which is not a protest or an appeal, but in the opinion of the complainant is a violation of the Bylaws, Rules & Regulations or Operating Policies; also applicable for Code of Conduct. A grievance shall not encompass matters of referee judgment.

### 11.2.1. Submission

- 11.2.1.1. Grievances and evidence in support thereof must be submitted:

- 11.2.1.1.1. In writing to the Ringette Calgary President and must be signed by the complainant. If the President is unavailable, the grievance may be submitted to the League Director or the Past President.

- 11.2.1.1.2. Within 48 hours from the conclusion of the incident for which the grievance is being filed.

### 11.2.2. Requirements

- 11.2.2.1. Grievances must be accompanied by cash in the amount of \$250.00 with a letter signed by the complainant's Sub-Association President (or designate indicating that they are aware of the grievance.
- 11.2.2.2. If the grievance is upheld, the \$250.00 will be refunded.

## 11.3. Appeal

A formal request to alter a specific decision from a Protest Hearing, Grievance Hearing, Administrative Action, Disciplinary Hearing, or decision by a lower body. Only those parties to the original action shall be allowed to appeal.

### 11.3.1. Appeal Procedure

- 11.3.1.1. Appeals, and all evidence in support thereof, must be submitted in writing to the Ringette Calgary President, signed by the appellant, and presented within 48 hours from the rendering of the decision which is being disputed.
- 11.3.1.2. If the President (or designate), confirms that new evidence or testimony has been submitted which could possibly impact a previous decision, a hearing for an appeal would be granted.
- 11.3.1.3. The appeal must be accompanied by cash in the amount of \$250.00.
- 11.3.1.4. A quorum of members of the Board of Directors will convene within one week where possible, to deal with the appeal.
- 11.3.1.5. If the appeal is upheld, the \$250.00 will be refunded.
- 11.3.1.6. Suspended individuals are ineligible to participate in all games until the dispute has been dealt with.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		New	Oct 2019
1	12.5 U10 Step 2		Sept 2021
2		Updates in Red	Sept 2022
3		Technical revisions in red	Nov 2023
4	12.3.6.2, 12.4.6.2, 12.4.6.3, 12.4.8.4, 12.5.6.2, 12.5.6.3, 12.5.8.4, 12.6.6.2, 12.6.8.4	Removal of the work "Keely, replaced with "blocker/trapper combo"	Feb 2024
5	12.6.5.3	Game Format	Nov 2024

## 12. Children's Ringette Policy

### 12.1. Purpose

This policy shall establish requirements for Active Start & U10 and under program in Ringette Calgary (Zone 3).

### 12.2. Principles

- 12.2.1. Children's Ringette will be structured to facilitate fun and maximum participation.
- 12.2.2. The program shall be based on Children's staged-based periods of development, not chronological age. "U10" is used to refer to various stage-based groups, called Steps (1, 2 and 3). Active Start and the U10 Steps graduate and facilitate skill development progressively, **including goaltender**.
- 12.2.3. This policy is based on the foundation set forth in [yourringette.ca/children](http://yourringette.ca/children).
- 12.2.4. Shot clocks are not used in any Children's Ringette program.

### 12.3. Requirements – Active Start

#### 12.3.1. General

- 12.3.1.1. Active Start will be organized in practices, and scrimmages. Scrimmages are not considered games, but rather structured practices.
- 12.3.1.2. **Children's Ringette scrimmages are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the scrimmages with data input to RAMP post-scrimmage.**
- 12.3.1.3. Ringette Calgary in general will provide 10 scrimmages per team. This may be adjusted pending team sizes and facility access/usage

#### 12.3.2. Team format

- 12.3.2.1. Four teams per scrimmage. Acceptable combinations are: one large team (split squad) vs two small, two small vs two small, or two large teams (split squad)
- 12.3.2.2. Players per team should be considered:
  - small teams 13 players or less, large teams 14 players or more



- Ideal is 10 players per team
- In the case that teams are required to have more players for registration logistics, Ringette Calgary will be the final authority on how those teams will be scheduled (i.e. one large vs two small, or other solutions as deemed appropriate, including but not limited to an effective equalization of number of games)

#### 12.3.3. Ice set up

- 12.3.3.1. Ice set up is CROSS ICE. Home teams are responsible to mark goalie creases with bingo dauber or equivalent temporary ice marker as per ice format shown below.
- 12.3.3.2. Ice diagram: See Appendix 8
- 12.3.3.3. Rink dividers are preferred if present at the facility, not mandatory, set up along both blue lines. Coaches are responsible to setup and takedown within the ice permit time.
- 12.3.3.4. Right-sized nets are required (52"x36"x24") and placed as per ice diagram above. Where smaller nets are not available, pylons may be used spaced approximately 52" apart. Precise measurement is not required.

#### 12.3.4. Program time

- 12.3.4.1. Active Start scrimmages can be played on either 45 minute or 60 minute ice slots
- 12.3.4.2. Pre-game warm up: 3 minutes
- 12.3.4.3. Intermission: up to 3 minutes
- 12.3.4.4. Set-up and takedown time (switching nets, ice markings etc) 6 minutes total
- 12.3.4.5. For 60 minute ice slots, use 2 – 24 minute, run time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.

#### 12.3.5. Program format

- 12.3.5.1. Scrimmage is 3v3, plus an acting goaltender per side.
- 12.3.5.2. Buzzer time every 90 seconds, run time on the facility clock. At each buzzer, players will rotate. **Coaches have discretion to shift their goaltenders every shift or every other shift. The game play will stop at the buzzer shift change. The team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.**
- 12.3.5.3. Home team #1 provides the time clock attendant volunteer.
- 12.3.5.4. There are two playing areas per arena, with the neutral zone being used as a staging/practice area (see rink diagram)

- 12.3.5.5. Active Start shall use a one-pass rule. Any player gaining possession of the ring shall pass a minimum of one time before taking a shot on net.
- 12.3.5.6. No arena lines are used to require passing. See one-pass rule instead.
- 12.3.5.7. No goals are announced or recorded.
- 12.3.5.8. No standings are kept or published
- 12.3.6. Game equipment
  - 12.3.6.1. Shoulder pads are mandatory in addition to [RAB policy](#)
  - 12.3.6.2. Blocker/trapper combo style goalie gloves are not permitted
  - 12.3.6.3. Goaltending pads and blockers are not permitted. Goaltenders will use a goaltending stick and switch rotation with the buzzer shift change
- 12.3.7. Game Management
  - 12.3.7.1. No officials are required
  - 12.3.7.2. On ice coaches in any on-ice area are required to wear skates and CSA approved helmets
  - 12.3.7.3. One coach per team, per playing area is required.
  - 12.3.7.4. One coach per team is required in the neutral zone/staging area to work with players who are not “on shift” with a focus on development.
  - 12.3.7.5. If the bench area is to be used, the teams shall ensure at least one coach/on ice helper is on the bench for player support.
  - 12.3.7.6. Players shall not have set positions throughout the season.
  - 12.3.7.7. Coaches working in the playing area are expected to:
    - Manage their teams so that strongest players do not dominate newer players
    - Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body, or boards
  - 12.3.7.8. Goal Scored, Infraction, Ring out of play, **Shift Change:**
    - When a goal is scored, the non-scoring team will take possession and pass from the hockey face off dot in their own defensive end. Defending team must retreat to halfway.
    - When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to penalty box.
    - When ring is sent out of play (into the neutral zone, across the blue line), the last team to touch the ring will defend as per above, and possession switches to the non-offending team
    - On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
    - **Teams will not switch ends at the half.**

### 12.3.8. Goalie Policy

- 12.3.8.1. Goalies shall change after every shift, or every second shift as determined by coach. The role of the goalie shall be equally assigned to all players each game.
- 12.3.8.2. To facilitate quick shift changes, it is recommended that (though not required) for each team to have two goalie sticks for each game.

## 12.4. U10 Step 1

Progressions from Active Start are highlighted in purple

### 12.4.1. General

- 12.4.1.1. Step 1 will be organized in practices, and scrimmages. Scrimmages are not considered games, but rather structured practices.
- 12.4.1.2. Children's Ringette scrimmages are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the game with data input to RAMP post-scrimmage.
- 12.4.1.3. Goaltender(s) must be indicated for each scrimmage. Teams are required to rotate all players as goaltenders throughout the season.
- 12.4.1.4. Ringette Calgary in general will provide 14 scrimmages per team. This may be adjusted pending team sizes and facility access/usage.

### 12.4.2. Team format

- 12.4.2.1. Four teams per scrimmage. Acceptable combinations are: one large team (split squad) vs two small, two small vs two small, or two large teams (split squad)
- 12.4.2.2. Players per team should be considered:
  - small teams 13 players or less, large teams 14 players or more
  - Ideal is 10 players per team
  - In the case that teams are required to have more players for registration logistics, Ringette Calgary will be the final authority on how those teams will be scheduled (i.e. one large vs two small, or other solutions as deemed appropriate, including but not limited to an effective equalization of number of games)

### 12.4.3. Ice set up

- 12.4.3.1. Ice set up is HALF ICE. Home teams are responsible to mark goalie creases with bingo dauber or equivalent temporary ice marker as per ice format shown below.

- 12.4.3.2. Ice diagram: See Appendix 8
- 12.4.3.3. Rink dividers are preferred if present at the facility, not mandatory, set up on the arena center line. Coaches are responsible to set up and take down within the ice permit time.
- 12.4.3.4. Right-sized nets are required (52"x36"x24"), and placed as per ice diagram above. Where smaller nets are not available, pylons may be used spaced approximately 52" apart. Precise measurement is not required.
- 12.4.4. Program time
  - 12.4.4.1. Step 1 scrimmages can be played on 60 minute ice slots
  - 12.4.4.2. Pre-game warm up: 3 minutes
  - 12.4.4.3. Intermission: up to 3 minutes
  - 12.4.4.4. Set-up and takedown time (switching nets, ice markings etc.) 6 minutes total
  - 12.4.4.5. 2 – 24 minute, run time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.
- 12.4.5. Program format
  - 12.4.5.1. Scrimmage is 3v3, plus an acting goaltender per side.
  - 12.4.5.2. Buzzer time every 90 seconds, run time on the facility clock. At each buzzer, skaters will rotate. The game play will stop at the buzzer shift change. The team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
  - 12.4.5.3. Home team #1 provides the time clock attendant volunteer.
  - 12.4.5.4. There are two playing areas per arena, with the center arena line acting as a boundary between two playing areas.
  - 12.4.5.5. Step 1 shall pass over the ringette line in either direction of play.
  - 12.4.5.6. No goals are announced or recorded.
  - 12.4.5.7. No standings are kept or published
- 12.4.6. Game equipment
  - 12.4.6.1. Shoulder pads are mandatory in addition to [RAB policy](#)
  - 12.4.6.2. Trapper/blocker style goalie gloves are not permitted
  - 12.4.6.3. Goaltenders are assigned per game. They may wear a goaltending chest protector, pads and gloves (Except the trapper/blocker combo style glove, as noted above). None of the aforementioned equipment is mandatory.
- 12.4.7. Game Management
  - 12.4.7.1. No officials are required.

- 12.4.7.2. On ice coaches in any on-ice area are required to wear skates and CSA approved helmets
- 12.4.7.3. One coach per team, per playing area is required.
- 12.4.7.4. Benches must be attended by remaining team staff.
- 12.4.7.5. Players shall not have set positions throughout the season.
- 12.4.7.6. Coaches working in the playing area are expected to:
  - Manage their teams so that strongest players do not dominate newer players
  - Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body, or boards
- 12.4.7.7. Goal Scored, Infraction, Ring out of play, Shift Change:
  - When a goal is scored, the non-scoring team will take possession at the “Starting point” dot in their own defensive end. Starting point is defined on ice diagram above. Defending team must retreat to halfway.
  - When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to penalty box.
  - When ring is sent out of play (into the neutral zone, across the blue line), the last team to touch the ring will defend as per above, and possession switches to the non-offending team.
  - On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
  - Teams will not switch ends at the half.

#### 12.4.8. Goalie Policy

- 12.4.8.1. No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with their Association’s Player Evaluation and Team Formation Policies.
- 12.4.8.2. Goaltenders shall be assigned to play each scrimmage, or each half scrimmage, as determined by the coach. This assignment shall be indicated on each game sheet by marking a “G” beside the goalie(s) playing in that scrimmage.
- 12.4.8.3. Players must be given the following opportunities to play goal:
  - At U10 Step 1, all players must play the goalie position in practice at least once AND in a scrimmage at least once per season.
  - Once all players have been given the opportunity to play in at least one scrimmage, players may choose to play the goalie position again.

- Coaches are strongly encouraged to continue to rotate this position equitably through the remainder of the season and must assign players in accordance with the limits below:
  - At U10, any athlete may only play the goalie position up to 25% of the total regular season (excluding tournaments and post season scrimmages) scrimmages played by their team on or before December 31<sup>st</sup> and 25% of the total regular season (excluding tournaments and post season scrimmages) scrimmages after December 31<sup>st</sup>.

12.4.8.4. At U10 Step 1, players may not use a blocker/trapper combo style glove.

## 12.5. U10 Step 2

Progressions from Step 1 are highlighted in purple

### 12.5.1. General

- 12.5.1.1. Step 2 will begin organized games.
- 12.5.1.2. Children's Ringette games are required to record attendees (coaches and players). This data will be input into RAMP. Paper game sheets can be used during the game with data input to RAMP post-game.
- 12.5.1.3. Goaltender(s) must be indicated for each game. Teams are required to rotate all players as goaltenders throughout the season.
- 12.5.1.4. Ringette Calgary in general will provide 14 games per team.

### 12.5.2. Team format

- 12.5.2.1. Two teams per scrimmage.
- 12.5.2.2. Players per team shall be as per Ringette Alberta Registration Policy 2.0.

### 12.5.3. Ice set up

- 12.5.3.1. Ice set up is HALF ICE. Home teams are responsible to mark goalie creases with bingo dauber or equivalent temporary ice marker as per ice format shown below.
- 12.5.3.2. Ice diagram: See Appendix 8
- 12.5.3.3. Rink dividers are preferred if present at the facility, not mandatory, set up on the arena center line. Coaches are responsible to set up and take down within the ice permit time.
- 12.5.3.4. Right-sized nets are required (52"x36"x24") and placed as per ice diagram above. Where smaller nets are not available, pylons may be used spaced approximately 52" apart. Precise measurement is not required.

#### 12.5.4. Program time

- 12.5.4.1. Games will be played on 60 minute ice slots
- 12.5.4.2. Pre-game warm up: 3 minutes
- 12.5.4.3. Intermission: up to 3 minutes
- 12.5.4.4. Set-up and takedown time (switching nets, etc) 6 minutes total
- 12.5.4.5. 2 – 24 minute, run time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on.

#### 12.5.5. Program format

- 12.5.5.1. Scrimmage is 3v3, plus a goaltender per side.
- 12.5.5.2. Buzzer time every 90 seconds, stop time on the facility clock. At each buzzer, skaters will change shifts. The game play will stop at the buzzer shift change The team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
- 12.5.5.3. Home team provides the time clock attendant volunteer.
- 12.5.5.4. Step 2 shall pass over the ringette lines in either direction of play.
- 12.5.5.5. No goals are announced or recorded.
- 12.5.5.6. No standings are kept or published

#### 12.5.6. Game equipment

- 12.5.6.1. Shoulder pads are mandatory in addition to [RAB policy](#)
- 12.5.6.2. Blocker/trapper combo style gloves are not permitted.
- 12.5.6.3. Goaltenders are assigned per game. They may wear a goaltending chest protector, pads and gloves (Except the blocker/trapper combo style glove, as noted above). None of the aforementioned equipment is mandatory.

#### 12.5.7. Game Management

- 12.5.7.1. Coaches shall lead the games on-ice. No officials are required.
- 12.5.7.2. Players shall not have set positions throughout the season.
- 12.5.7.3. Coaches working in the playing area are expected to:
  - Manage their teams so that strongest players do not dominate newer players
  - Administer infraction education as per below. Goal is safety – focus on correcting dangerous use of stick, body, or boards
- 12.5.7.4. Goal Scored, Infraction, Ring out of play, Shift Change:
  - When a goal is scored, the non-scoring team will take possession at the “Starting point” dot in their own defensive end. Starting point is defined on ice diagram above. Defending team must retreat to halfway.

- When an infraction occurs, the non-offending team will take possession in the same fashion as above. Players are not sent to penalty box.
- When ring is sent out of play (into the neutral zone, across the blue line), the last team to touch the ring will defend as per above, and possession switches to the non-offending team.
- On a shift change, the team with possession of the ring at the buzzer will retain possession and will re-set up at their dot.
- Teams will not switch ends at the half.

## 12.5.8. Goalie Policy

- 12.5.8.1. No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with their Association's Player Evaluation and Team Formation Policies.
- 12.5.8.2. Goaltenders shall be assigned to play each game, or each half game, as determined by the coach. This assignment shall be indicated on each game sheet by marking a "G" beside the goalie(s) playing in that game.
- 12.5.8.3. Players must be given the following opportunities to play goal:
- At U10 Step 2, all players must play the goalie position in practice at least once AND in a game at least once per season.
  - Once all players have been given the opportunity to play in at least one game, players may choose to play the goalie position again.
  - Coaches are strongly encouraged to continue to rotate this position equitably through the remainder of the season and must assign players in accordance with the limits below:
    - At U10, any athlete may only play the goalie position up to 25% of the total regular season (excluding tournaments and post season games) games played by their team on or before December 31<sup>st</sup> and 25% of the total regular season (excluding tournaments and post season games) games after December 31<sup>st</sup>.
- 12.5.8.4. At U10 Step 2, players may not use a blocker/trapper combo style glove.



## 12.6. U10 Step 3

Progressions from Step 2 are highlighted in purple

### 12.6.1. General

- 12.6.1.1. Children's Ringette games are required to record attendees (coaches and players), as well as goals and assists as reported by officials. This data will be input into RAMP. Paper game sheets can be used during the game with data input to RAMP post-game.
- 12.6.1.2. Goaltender(s) must be indicated for each game. Teams are required to rotate all players as goaltenders throughout the season.
- 12.6.1.3. Ringette Calgary in general will provide 14 games per team.

### 12.6.2. Team format

- 12.6.2.1. Two teams per game.
- 12.6.2.2. Players per team shall be as per Ringette Alberta Registration Policy 2.0.

### 12.6.3. Ice set up

- 12.6.3.1. Ice set up is FULL ICE.
- 12.6.3.2. Right-sized nets are required (52"x36"x24"), and placed on each goal line, centered in the crease. Where smaller nets are not available, pylons may be used spaced approximately 52" apart. Precise measurement is not required.

### 12.6.4. Program time

- 12.6.4.1. Games will be played on 60 minute ice slots
- 12.6.4.2. Pre-game warm up: 3 minutes
- 12.6.4.3. Intermission: up to 3 minutes
- 12.6.4.4. Set-up and takedown time (switching nets, etc.) 6 minutes total
- 12.6.4.5. 2 – 18 minute, stop time halves. If there is sufficient time left on permit after the scrimmage is over, teams may play on. The game is considered complete after 36 minutes of play, or the permit runs out. If 5 minutes are left on permit and more than 2 minutes of game time remains on clock, the clock shall be dropped to 2 minutes.

### 12.6.5. Program format

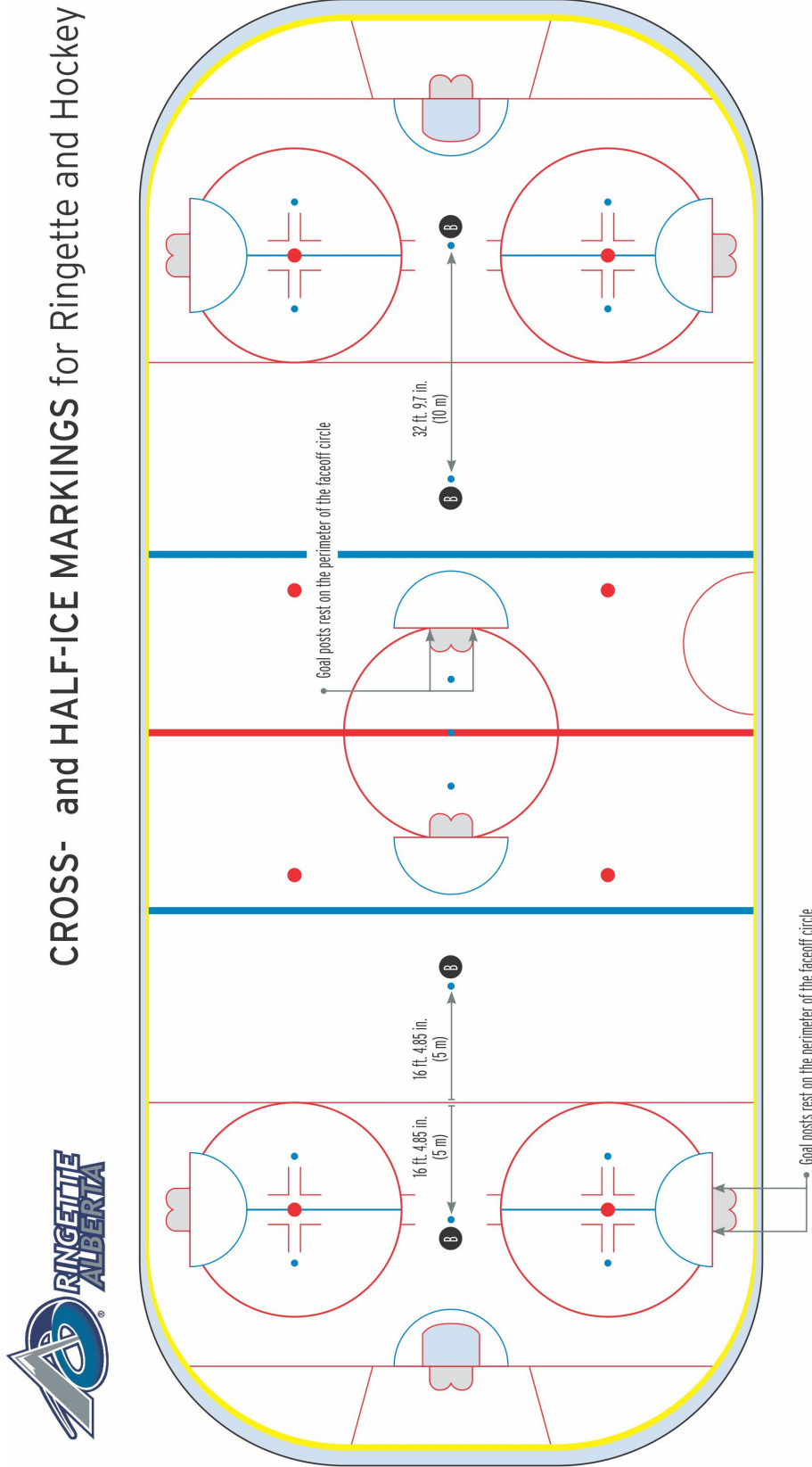
- 12.6.5.1. Scrimmage is 5v5, plus a goaltender per side.
- 12.6.5.2. Players will shift on the fly.
- 12.6.5.3. Home team is responsible for the score clock and to complete the RAMP electronic game sheet, and to provide one (1) penalty box attendant. Visiting team provides one (1) penalty box attendant.

- 12.6.5.4. Pass over the blue lines in either direction of play.
- 12.6.5.5. No player shall be credited with more than 3 goals in any game. No goals are announced in the arena. They will be credited on the game sheet in order to track the 3 goal limit.
- 12.6.5.6. Scores will be displayed on the facility clock, with a maximum 5 goal spread.
- 12.6.5.7. No standings are kept or published
- 12.6.6. Game equipment
  - 12.6.6.1. Shoulder pads are mandatory
  - 12.6.6.2. Blocker/trapper combo style goalie gloves are permitted.
  - 12.6.6.3. Goaltenders are assigned per game. They may wear a goaltending chest protector, pads and gloves (Except the blocker/trapper style glove, as noted above). None of the aforementioned equipment is mandatory but recommended.
- 12.6.7. Game Management
  - 12.6.7.1. Games are managed by officials, while coaches remain on bench.
  - 12.6.7.2. Players shall not have set positions throughout the season.
  - 12.6.7.3. 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.
  - 12.6.7.4. Teams will change ends for the second period.
- 12.6.8. Goalie Policy
  - 12.6.8.1. No individual may choose to be a full-time goaltender in U10. All athletes shall be evaluated as skaters in accordance with their Association's Player Evaluation and Team Formation Policies.
  - 12.6.8.2. Goaltenders shall be assigned to play each game, or each half game, as determined by the coach. This assignment shall be indicated on each game sheet by marking a "G" beside the goalie(s) playing in that game.
  - 12.6.8.3. Players must be given the following opportunities to play goal:
    - At U10 Step 3, players are encouraged but not required to play the goalie position in practice at least once AND in a game at least once per season.
    - Coaches are strongly encouraged to rotate this position equitably through the season, and must assign players in accordance with the limits below:
      - At U10, any athlete may only play the goalie position up to 25% of the total regular season (excluding tournaments and post season games)

games played by their team on or before December 31<sup>st</sup> and 25% of the total regular season (excluding tournaments and post season games) games after December 31<sup>st</sup>.

12.6.8.4. At U10 Step 3, players may use a blocker/trapper combo style glove.

## Appendix 8 Ice Markings



\* ICE SURFACE MARKINGS ON THE LEFT SIDE OF CENTER ICE ARE A MIRROR IMAGE OF THE MARKINGS TO THE RIGHT.

Revised 07/19



Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019
1	13.1 (all sections)	Add Player Equipment	June 2024
2	13.2	Add Safety Policy	June 2024
3	13.3	Add Drug & Alcohol Policy	June 2024
4	13.4	Removal of previous equipment policy	June 2024

## 13. Equipment & Safety Policy

### 13.1. Player Equipment

All players must wear the mandatory equipment as per “Official Rules” of Ringette Canada.

13.1.1. Skates: All on-ice participants shall wear ice skates.

13.1.1.1. The use of speed skates, figure skates or any skates where the blade extends past the heel or toe of the boot of the skate are prohibited.

13.1.2. Helmets: All on-ice participants must wear a CSA approved hockey helmet, with proper chinstrap affixed.

13.1.3. Facemasks: Skaters shall wear a CSA certified Type A or Type B facial protector.

13.1.4. Neck Protector: All players shall wear a BNQ approved neck protector.

13.1.5. Gloves: All players shall wear gloves that fully cover the hands and that have two layers of material on the back with some type of protective padding material in between.

13.1.5.1. Palmless gloves and gloves that expose the dorsal aspect (underside) of the wrist to the risk of injury are prohibited.

13.1.6. Knee, Shin and Elbow Pads: All players shall wear knee, shin and elbow pads. A plastic shell or similar hard-shell protection is required for all knee protectors (goalkeepers excluded).

13.1.7. Pelvic Protection: All players shall wear hip, tailbone and genital protection.

13.1.8. Shoulder Pads: Shoulder pads are mandatory for all Ringette Calgary registered players in the U19 division and under.

13.1.8.1. General shoulder pad information:

- Size: Not too small leaving exposed areas or too large to hinder movement.
- Protection: Plastic (not just foam) protecting chest, shoulder, back and upper arms.
- Condition: Look for cracks, loose stitching and/or deteriorating padding and Velcro strips.

### **13.2. Safety Policy (Return to Play After Injury)**

- 13.2.1. As per the Ringette Canada Concussion policy: [Ringette Canada - Concussion Policy & Return to Play Protocol](#), a player with a suspected Concussion, even if the player not rendered unconscious, will not be permitted to return to play until the player has consulted a physician.
- 13.2.2. Prior to returning to play, the player must consult and follow the Return to Play section of the Concussion Management Guidelines of Ringette Canada: [Ringette Canada - Concussion Management Guidelines](#)

### **13.3. Alcohol & Drug Consumption**

- 13.3.1. The use of illegal drugs is strictly prohibited. Alcohol consumption and marijuana usage by minors is strictly prohibited. Alcohol consumption by those of legal age must be handled with discretion and in a manner not demeaning to Ringette Calgary following all laws according to AGLC.

Policy Revision	Section(s) revised	Change Description	Effective Date
0		Reformat	Sept 2019

## 14. Code of Conduct Policy

### 14.1. Definitions

The following terms have these meanings in this Policy:

- 14.1.1. “Ringette Calgary” – Ringette Calgary Association
- 14.1.2. “Individuals” – All categories of Membership within Ringette Calgary Bylaws, as well as all individuals engaged in activities with Ringette Calgary, including but not limited to, athletes, coaches, officials, volunteers, managers, administrators, staff, directors and officers.

### 14.2. Purpose

- 14.2.1. The purpose of this Code of Conduct and Ethics ("Code") is to ensure a safe and positive environment within Ringette Calgary programs, activities, and events, by making all Individuals aware that there is an expectation, at all times, of appropriate behavior.
- 14.2.2. Ringette Calgary is committed to providing an environment in which all individuals are treated with respect. Ringette Calgary supports equal opportunity and prohibits discriminatory practices. Individuals are expected to conduct themselves at all times in a manner consistent with the values of Ringette Calgary that include fairness, integrity, open communication, and mutual respect.
- 14.2.3. Conduct that violates this Code may be subject to sanctions pursuant to Ringette Calgary’s policies related to discipline and complaints.

### 14.3. Application of this Policy

- 14.3.1. This Policy applies to conduct that may arise during the course of Ringette Calgary business, activities and events, including but not limited to, its office environment, competitions, practices, training camps, travel, and any meetings.
- 14.3.2. This Policy also applies to the conduct of Individuals that may occur outside of Ringette Calgary’s business, activities, events, and meetings when such conduct is detrimental to the image and reputation of Ringette Calgary, as determined by Ringette Calgary.

### 14.4. Responsibilities

All Individuals have a responsibility to:

- 14.4.1. Maintain and enhance the dignity and self-esteem of Individuals and other persons by:

- 14.4.1.1. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, color, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status;
- 14.4.1.2. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members;
- 14.4.1.3. Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct;
- 14.4.1.4. Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
- 14.4.1.5. Consistently treating individuals fairly and reasonably; and,
- 14.4.1.6. Ensuring that the rules of ringette, and the spirit of such rules, are adhered to.
- 14.4.2. Refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious. Types of behaviour that constitute harassment include, but are not limited to:
  - 14.4.2.1. Written or verbal abuse, threats or outbursts;
  - 14.4.2.2. The display of visual material which is offensive or which one ought to know is offensive in the circumstances;
  - 14.4.2.3. Unwelcome remarks, jokes, comments, innuendos or taunts;
  - 14.4.2.4. Leering or other suggestive or obscene gestures;
  - 14.4.2.5. Condescending or patronizing behaviour which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;
  - 14.4.2.6. Practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance;
  - 14.4.2.7. Any form of hazing;
  - 14.4.2.8. Unwanted physical contact including, but not limited to, touching, petting, pinching or kissing;
  - 14.4.2.9. Unwelcome sexual flirtations, advances, requests or invitations;
  - 14.4.2.10. Physical or sexual assault;
  - 14.4.2.11. Behaviours such as those described above that are not directed towards a specific individual or group but have the same effect of creating a negative or hostile environment; or
  - 14.4.2.12. Retaliation or threats of retaliation against an individual who reports harassment.



- 14.4.3. Refrain from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behaviour that constitute sexual harassment include, but are not limited to:
  - 14.4.3.1. Sexist jokes;
  - 14.4.3.2. Display of sexually offensive material;
  - 14.4.3.3. Sexually degrading words used to describe a person;
  - 14.4.3.4. Inquiries or comments about a person's sex life;
  - 14.4.3.5. Unwelcome sexual flirtations, advances or propositions; or
  - 14.4.3.6. Persistent unwanted contact.
- 14.4.4. Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, Ringette Calgary adopts and adheres to the Canadian Anti-Doping Program. Any infraction of such Program shall be considered an infraction of this Policy and shall be subject to disciplinary action, and possible sanction, pursuant to Ringette Calgary's Discipline Policy. Ringette Calgary will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by any sport organization;
- 14.4.5. Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development or supervision of the sport of competitive ringette, who has incurred an anti-doping rule violation and is serving a sanction involving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program and/or the World Anti-Doping Code and recognized by the Canadian Centre for Ethics in Sport (CCES);
- 14.4.6. Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities;
- 14.4.7. In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the responsible consumption of alcoholic beverages in adult-oriented social situations associated with Ringette Calgary events;
- 14.4.8. Respect the property of others and not willfully cause damage;
- 14.4.9. Promote ringette in the most constructive and positive manner possible;
- 14.4.10. Adhere to all federal, provincial, municipal and country laws;
- 14.4.11. Comply at all times with the Bylaws, policies, procedures, Rules & Regulations of Ringette Calgary and Ringette Alberta, as adopted and amended from time to time.

#### **14.5. Board/Committee Members and Staff**

In addition to paragraph 7 above, Board and Committee Members of Ringette Calgary will:

- 14.5.1. Conduct oneself openly, professionally, lawfully and in good faith in the best interests of Ringette Calgary;
- 14.5.2. Behave with decorum appropriate to both circumstance and position;

- 14.5.3. Be fair, equitable, considerate and honest in all dealings with others;
- 14.5.4. Exercise due diligence in upholding one's fiduciary responsibility to Ringette Calgary;
- 14.5.5. Respect the confidentiality appropriate to issues of a sensitive nature;
- 14.5.6. Ensure that all Individuals are given sufficient opportunity to express opinions, and that all opinions are given due consideration and weight;
- 14.5.7. Respect the decisions of the majority and resign if unable to do so;
- 14.5.8. Commit the time to attend meetings and to be diligent in ones preparation for and participation in discussions at such meetings;
- 14.5.9. Have a thorough knowledge and understanding of all Ringette Calgary's governance documents.

#### 14.6. Coaches

In addition to paragraph 7 above, Coaches have additional responsibilities. The athlete-coach relationship is a privileged one and plays a critical role in the personal as well as sport and athletic development of the athlete. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it, consciously or unconsciously. Coaches will at all times:

- 14.6.1. Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by Ringette Calgary's Screening Policy, so that the ringette community is satisfied it has minimized the risk of an unsafe environment.
- 14.6.2. Report any ongoing criminal investigation, conviction or existing bail conditions, including those for violence; child pornography; or possession, use or sale of any illegal substance.
- 14.6.3. Under no circumstances provide, promote or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcoholic beverages and/or tobacco;
- 14.6.4. Respect all other teams, and athletes from other teams, and, in dealings with them, not encroach upon topics or actions which are deemed to be within the realm of 'coaching', unless first receiving approval from the coach who is responsible for the team or athlete(s) involved.
- 14.6.5. Not engage in a sexual relationship with an athlete of under the age of 18 years or an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust or authority over such athlete.
- 14.6.6. Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation and fair and reasonable treatment. Coaches have a special responsibility to respect

and promote the rights of participants who are in a vulnerable or dependent position and less able to protect their own rights;

14.6.7. Dress professionally, neatly and inoffensively; and

14.6.8. Use inoffensive language, taking into account the audience being addressed.

#### **14.7. Team Staff (Trainers and Managers)**

In addition to paragraph 7 above, Team Staff, including Trainers and Managers, will have additional responsibilities to:

14.7.1. Meet the highest standards of credentials, integrity and suitability, including but not limited to such considerations established by Ringette Calgary's Screening Policy, so that the ringette community is satisfied it has minimized the risk of an unsafe environment.

14.7.2. Report any ongoing criminal investigation, conviction or existing bail conditions, including those for violence; child pornography; or possession, use or sale of any illegal substance.

14.7.3. Under no circumstances provide, promote or condone the use of drugs (other than properly prescribed medications) or performance-enhancing substances and, in the case of minors, alcoholic beverages and/or tobacco;

14.7.4. Not engage in a sexual relationship with an athlete of under the age of 18 years or an intimate or sexual relation with an athlete over the age of 18 if the team staff member is in a position of power, trust or authority over such athlete.

14.7.5. Recognize the power inherent in the position of a Manager and/or Trainer and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation and fair and reasonable treatment;

14.7.6. Dress professionally, neatly and inoffensively; and

14.7.7. Use inoffensive language, taking into account the audience being addressed.

#### **14.8. Athletes**

In addition to paragraph 7 above, Athletes will have additional responsibilities to:

14.8.1. Report any medical problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete;

14.8.2. Participate and appear on time, well-nourished and prepared to participate to one's best abilities in all competitions, practices, training sessions, events, activities or projects;

14.8.3. Properly represent oneself and not attempt to enter a competition for which one is not eligible, by reason of age, classification or other reason;

14.8.4. Adhere to Ringette Calgary's rules and requirements regarding clothing and equipment;

- 14.8.5. Never ridicule a participant for a poor performance or practice; and
- 14.8.6. When competing, act in accordance with Ringette Calgary's and Ringette Alberta's Policies.

#### 14.9. Officials

In addition to paragraph 7 above, Officials will have additional responsibilities to:

- 14.9.1. Accept an assignment to officiate only if one intends to honour that commitment. If, for any reason, one is unable to attend, let the person in charge of officials know as soon as possible;
- 14.9.2. Be fair and objective;
- 14.9.3. Avoid situations for which a conflict of interest may arise;
- 14.9.4. Be as impartial, unobtrusive and inconspicuous as possible;
- 14.9.5. Submit all required documentation in a timely manner;
- 14.9.6. Conduct all events according to the rules of Ringette Calgary and Ringette Alberta; and
- 14.9.7. Make independent judgment