

SPRA PARENT HANDBOOK

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MESSAGE TO PARENTS - WELCOME TO RINGETTE!

We're thrilled that you and your child have chosen our wonderful sport! This guide has been developed to provide you with what you need to know to get started in the fastest sport on ice. If you have any questions about ringette and SPRA, your division director and coordinators would be happy to answer them.

HISTORY OF RINGETTE

Ringette is a unique winter team sport developed in 1963, by the late Mr. Sam Jacks, Director of Parks & Recreation of North Bay, Ontario. Originally designed to be a unique winter team sport for girls and an alternative to hockey, ringette has evolved into a fast paced, exciting sport that combines the speed of hockey with the strategy of basketball or lacrosse. The first game played in Espanola, Ontario, was nothing like the sport of today.

First introduced in Sherwood Park, Alberta in 1974. Sherwood Park was the first community in Alberta to introduce ringette and has since never looked back.

Ringette is now considered an international sport with participating teams from Canada, Finland, Sweden, Germany, Czechoslovakia and the United States competing in the World Ringette Championships held every two year.

OUR ATHLETES SUCCEED WITH A POSITIVE ENVIRONMENT!

SPRA is committed to the growth and development of our players. We strive to provide a positive environment where every athlete can reach his or her potential. Here are some suggestions for setting the stage for a successful season:

Parent to Parent

It is important that you, as parents, are positive with each other. The parent-to-parent message is critical. Positive comments towards our coaches, the team, your child and other parent's children create a positive environment for everyone. Remember every position is important in a team sport.

Parents to Coaches

Our coaches are volunteers. SPRA promotes a respectful and supportive environment for all our coaches / team staff. The coaches have volunteered their time and have committed to the roles and responsibilities of a coach.

24-hours rule:

If you should have an issue, please use the 24-hour rule. If you have something to say to the coach, or they have something to say to you (that could be contentious) wait 24 hours after the event or the game before discussing it. By this time, you have better perspective and check in with your child, do they see the situation as you do. With 24 hours everyone will have a better perspective and a lot of arguments naturally are eliminated in the process. If the issue was not rectified by communicating with the coach(es) directly, include your Division Coordinator and/or Director in future correspondence on the topic. Please never discuss issues in front of other players, or other parents before or after games. These are not appropriate times to have a meeting and will be less likely to result in a positive outcome.

Parents in the Stands

Behaviour in the stands generates the type of team you will be known as. The association and coaches expect all parents to cheer for their own team and not against another team. We want positive comments directed towards both teams. Parents are also responsible for the behaviour of spectators that have come to the game to support their player.

In addition, it's essential that coaches, parents and players understand the importance of actively displaying respectful and ethical behaviour towards officials. Like our athletes, officials are doing their very best for every game.

SPRA expects parents to control their emotions when it comes to game play. The association has zero tolerance on the following items:

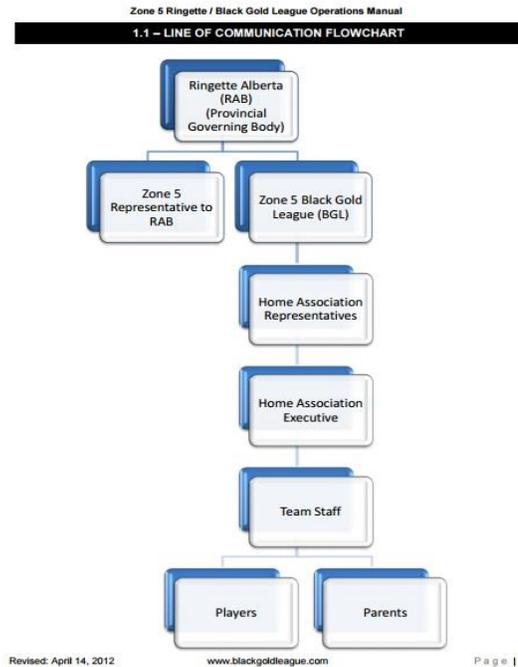
- Loud, obscene, abusive or obnoxious behaviour by team personnel, players, parents, or spectators towards officials, the opposition, or their own team.
- Any inappropriate conduct, threats, harassment or abuse directed towards officials and may result in immediate consequences.
- Under no circumstances will parents, team personnel, spectators or players approach an official immediately after the game.
- Parents, spectators and team personnel are not permitted in the officials' room before or after a game.

Parents to Player

First, understand your child's strengths then compliment them on the things they do well. Try to limit what you tell them they need to do - that is the coach's responsibility. Ensure that your child comes to the games / practices on time, well nourished, well rested, properly equipped and in good spirits. Encourage them to work hard and to listen to their coach, as you are getting them to the rink. Do not contradict the coach with instructions as this confuses the players. Be positive and understand that a big part of your child's enjoyment this season will be based on your comments and behaviour. These five words are the most important words you can say to your child to ensure they have a positive experience both on the ice and in the car ride home.

“We love watching you play!”

LINES OF COMMUNICATION



Any comments or concerns you may have, are best addressed at the appropriate level. The preceding flow chart from Black Gold League Operations Manual outlines the acceptable lines of communication:

RINGETTE EQUIPMENT

All athletes must have full equipment when they are on the ice. Full equipment requirements for players and goaltenders is available on our website under Registration.

Equipment to pay close attention to:

- **Helmet:** A properly fit helmet that allows for the chin to sit comfortably in the chin cup and no excess movement of the helmet is an essential component of the helmet's ability to provide proper protection against head injury. A ringette specific mask must be used. Hockey masks are not legal for ringette.
- **Skates:** Skates should be properly fit and sized to the player's foot. At the younger levels there is a tendency to get a larger size skate to allow for growth. A properly fit skate is an integral part of the child's success at developing a proper skating stride. The "weak ankles" are actually a skate that is too big and therefore sloppy on the child's foot. Skates that do not fit correctly are not fun for the child.

- **Stick Length:** Standing in shoes or in socks (not in skates) - cut the stick to fit under the armpit. This is ideal stick length and will last a full season. Cutting a stick too long or wanting the stick to last two seasons can result in struggling ring skills and limited success.

Equipment can be bought, new or used, and in some instances, sold, or traded:

- United Cycle (Edmonton) - Sponsor of SPRA
- Sin Bin (Sherwood Park)
- Klondike Cycle (Edmonton)
- Pro Hockey Life (Edmonton)
- Pro Skate (Edmonton)
- Totem Outfitters (Edmonton)

For further information about SPRA sponsors and SPRA member benefits and equipment discounts please check the SPRA website. <http://sherwoodparkringette.ca>

RINGETTE SEASON

Ringette typically begins in early September with evaluations and / or team selection sessions taking place. The regular season begins in October and runs through to March. Zone playoffs and Provincial playoffs are in February and can run to mid-March.

Active Start 1 and 2 does not participate in league play. U10 Step 1 to U19 participate in league play, however, there are no playoffs for Step 1. SPRA depends on the teams and parent group to have a year end wrap up activity where we mix the teams and promote friendship.

TEAM FORMATION

Active Start

The goal of Active Start is to try ringette while still trying out other activities, meet new friends and families with similar interests, build confidence, and create an interest in ringette as a lifelong sport.

Active Start does not have teams; the levels are divided into groups. SPRA aims to limit travel for Active Start, keeping the majority of ice time in Sherwood Park. These groups may choose to gather a team (or two or three) to enter local Jamborees. Players will be placed in a group with a lead coach and other on-ice help. The group will then determine a manager and social coordinator.

U10

U10 teams will typically be made up of 11-15 skaters. It is larger time commitment than Active Start, and may include tournaments and some travel.

The U10 division is not a tiered division, it is broken down into development Steps / Stages. This format recognizes the importance of a young athlete as a whole, not simply by the athlete's chronological age or skill set. It is a holistic approach that is optimal for long-term athlete development. Developmental readiness in the following areas is considered when grouping the athletes for success:

- Skating and Ringette Skill
- Experience
- Age, Maturity, Size
- Readiness to learn

More information about the long term athlete development model developed by Canada Sport for Life can be found at: <http://canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages>.

All players in U10 Step 1 and higher will participate on ice for provincially standardized assessments known as Universal Athlete Assessments (UAA). Where there are enough players for more than one team in a specific stage / step, those players will be divided to make equal teams. **See the EVALUATIONS link found on the SPRA website for further information.**

U12 THRU U19

At the U12 level, all teams are tiered as per Ringette Alberta Tiering Policy. In order to place players in each tier, SPRA evaluates each player at the beginning of the season to determine which tier they are best suited for. Refer to SPRA updated Evaluation Guidelines found on the website each September.

ICE TIMES

The Ice Allocator is responsible for scheduling all practices based on the available ice slots that SPRA has been provided by the County. The SPRA Ice Allocator ensures that the teams receive equal amounts of ice time as well as equitable desirable and undesirable ice times. Undesirable ice times such as 4:00pm and 9:00pm weekdays and 6:00am weekends are divided amongst the teams according to age. For example: U10 will receive 4:00pm, U19 may receive 9:00pm and U12-U16 may receive 6:00am. Black Gold League games are scheduled in the evenings and on weekends at more desirable times. U10 typically practices during the week and plays on the weekend. The ice schedule is sent out to managers whenever updated and the manager will inform their team of ice times. The ice allocation for all teams can also be found on the website.

LEAGUE PLAY

Sherwood Park Ringette Association, U10 Step 1 to U19, plays in the Black Gold League (BGL). SPRA operates according to the bylaws and operation manual of the BGL www.blackgoldleague.com.

The BGL Leagues includes zone 4 to zone 8 in Alberta and SPRA is in Zone 5. **As such, all teams (at all levels) are expected to travel to play the games they have been assigned by Black Gold League.** Examples of game locations (but not limited to) are: Red Deer, Lacombe, Hinton, Drayton Valley, Whitecourt, and Fort McMurray. Not all divisions will be assigned games in these towns. Typically you visit a distant town 1-2 times a year. The Black Gold League game scheduler deals with 1,000+ games and considers travel time, tournaments, blackout dates, and other factors. Failure to play a league-scheduled game without just cause (as defined by Black Gold League) will result in the team being assessed a \$500 fine from the League. All league games must be played and take precedence over practices, tournaments, or team events. *Please note – that ‘not wanting to travel’ outside of metropolitan Edmonton, is not acceptable to either SPRA or the BGL.*

League Play looks something like this:

- U10 Steps 1, 2 and 3 will play four (4) games in the first session and ten (10) games in the second session.
- U12 to U19 will play six (6) games in the first session and ten (10) games in the second session.
- The exception to games scheduled within the BGL will be the Active Start. These divisions will not have scheduled league games but instead, they will have fun games or exhibition style games coordinated by each team / association during the season.

Post Season

- Active Start 1, Active Start 2, U10 Step 1 - Year End Jamboree organized within SPRA.
- U10 Step 2 and U10 Step 3 - BGL Playoffs
- U12 - U19 at all tiers have post league Ringette Alberta Playdowns and opportunity to play at Ringette Alberta Provincials.
- Western Canadian Championships - U14AA, U16A, U19A
- Canadian Ringette Championships - U16AA, U19AA, NRL - National Ringette League

SPRA REGISTRATION FEES

SPRA often gets asked what the registration fees cover. Exact revenue and expenses are reported annually at the Annual General Meeting. The following is a list of a few costs that your registration fees cover:

- Ice fees
- Referees
- Administration

- o Meeting room rentals
- o Photos
- o Player evaluations
- o Provincial fees
- o Advertising
- Insurance & fees
 - o Ringette Alberta fees
 - o Black Gold League fees
- Jerseys
- Equipment purchases and replacement
- Clinics and technical development
 - o Coaching certification
 - o Referee certification
 - o Power skating (U10 & U12)
 - o Goalie development clinics (U10-U19)

VOLUNTEERING FOR SPRA

For many years, we have developed a strong relationship with our parents and the community that leads to a 'family like' atmosphere of cooperation and support. There are plenty of opportunities for you to get involved in ringette. Some events requiring parent support include individual team positions (listed below) Platinum Ring Tournament (PRT), casinos, special team events, and /or participation on the Board.

Teams will be required to fill multiple volunteer shifts during the Platinum Ring tournament hosted by SPRA. The Platinum Ring is our association's tournament and is a fundraiser to help keep your registration costs down. Parent volunteer involvement is required and necessary to help make it a successful event.

YOUR TEAM and SAFETY

Ringette is a very fast and physically demanding sport. Even with the best training and preparation, accidents and injuries can occur. Thankfully, many of the injuries are minor and do not require a player to miss a shift or game. However, there is the rare occasion when injuries can be more severe.

A message from Ringette Alberta regarding injuries during ringette: *When athletes are injured in Ringette activities and travel to the hospital (either by ambulance or on their own) it is ESSENTIAL that they bring a copy of our insurance form with them. Our form has a section for the treating physician to fill out, and when visiting an emergency room rather than their own family doctor, it may be difficult to return and get this information at another time.*

While our insurance is primarily utilized by those without their own medical coverage, it is much easier to provide the form to all individuals travelling to the hospital/doctor due to an injury. This way, those who need it will have it with them when they require it (when they are seeing a doctor) and those who do not need it can simply not complete the form. For those who do need our insurance coverage, not having the attending physician's statement could make the claims process more difficult for them.

You can find a copy of our form here: <http://www.ringettealberta.com/wp-content/uploads/2013/07/BFL-Accident-Claim-Form-Generic.pdf>

All forms must be forwarded to our office first as we are required to complete a section of the form. We will then forward the claim onto our insurance provider.

Additional Safety Considerations

- Siblings should not play in the dressing rooms. The dressing rooms are usually a busy and crowded place. Sticks and skates make it an unsafe place for kids to play.
- Roller guards should be used with caution. Helmets are mandatory on the ice for a reason, and the same logic would apply to wearing roller guards off the ice.
- Cameras: under no circumstances will cameras be brought into the dressing room. Teams can allocate one family to be responsible for bringing music and speakers to the dressing room. All other devices are not to be used in the dressing room and may be kept securely by team staff for the duration of the practice/game.
- Players should leave their electronics with their parents or at home.

TEAM FINANCIAL INFORMATION

Team financial accounts shall be a team activity and team responsibility. SPRA assumes no liability or responsibility in the management of team accounts. Teams should discuss a budget at the start of the season as teams may require funds for items such as:

- Tournaments
- Team socials
- Provincials
- Team apparel
- Bank service charges
- Additional ice costs
- Additional referee costs
- Any additional fees not covered by the registration costs (such as name bars)

It is the discretion of the team to determine seed money (up-front cash from parents) and/or fundraising requirements. The cash call may come at the beginning of the season to ensure that there is money in the team account for applying to tournaments. (Most tournaments require a cheque at the time of application.)

The list above should only be used as examples of extra costs and is not intended to be all inclusive.

TEAM VOLUNTEERS

Once evaluations are complete and the teams have been formed, parent involvement becomes crucial. Parent involvement with the team is an extremely important aspect of ringette. If everyone shares the workload, it will provide a smooth running team. All teams have need for the following positions:

Head Coach, Assistant Coaches, On-Ice Assistants, Junior Coach, Trainer, and Goalie Coach (where applicable)

Every team needs to have a coach and at least one assistant coach. Ringette requires one certified female to be on the bench or ice at all times. All coaches/bench staff must have the appropriate certification based on the division/level they are coaching and their role. The cost of coaching clinics is reimbursed by SPRA. If you are interested, please contact the Director Coach Development or your Director (U10 or A/B Director) and check the Ringette Alberta website for course locations.

Coaches plan practices, direct games and share their wisdom with their players. Anyone interested in coaching should fill out an application (available through our website).

Team Manager:

- Act as a liaison between the parents and coaches;
- Provide information to the parents;
- Coordinates the activities of the team to allow coaches time to teach the players;
- Schedule exhibition games, and additional practices;
- Assist coaches with scheduling of off-ice activities such as dry land;
- Assist with distribution and collection of SPRA equipment and jerseys to the team;
- Ensure game sheets are labelled with proper player and coaching staff information;
- Ensure game sheets are collected and distributed appropriately after games;
- Submit game results to Black Gold League statisticians within 48 hours of game;
- Submit hard copies of game sheets to SPRA Statistician;
- Book referees for all exhibition games – games regularly scheduled will already have referees booked.

Treasurer:

- Set up a bank account to control funds raised by the team
Note: Consider having two signing officers for the bank account.
- Set up a team budget and provide a year-end accounting.
- Look after team funds, retain receipts.

- Provide refund of any team money back to parents (if applicable).
- Manage jersey deposits from each family.
- If cheques for team sponsorship are made payable to SPRA, there is an administration fee. See SPRA bylaw 15.7. <http://sherwoodparkringette.ca/wp-content/uploads/2015/05/spra-gp-approved-march-2015.pdf>

*Many local banks have community based accounts that allow for minimal/no service charges.

Team Safety and First Aid Coordinator:

- Ensure proper response and procedures for injury and return to play.
- Complete and be aware of safety plans and response during team activities and events.

Timekeeper/Scorekeeper/Shot Clock Scheduler:

Timekeepers and scorekeepers are required for all home games. A shot clock operator is also required for all home games in U12 and up.

- This position would be required to coordinate a fair and equitable rotation amongst the parents to work these noted positions.
- Ringette tournaments which teams are attending out of town, may require volunteers. The scheduler will include these games into rotation.

Tournament Coordinators:

- Obtain input from coaches and parents as to how many tournaments the team will want to attend throughout the season; ensuring input includes how many out of town tournaments the coaches and parents are able to commit to
- Research and inquire about available tournaments
- Fill out and submit tournament application forms and payment (payment obtained from Team Treasurer); Please visit <http://www.ringettealberta.com/tournaments/> for all tournaments sanctioned by Ringette Alberta. Note that this list updates regularly and tournaments are competitive to get acceptance into. Early registration may help in some cases, but tournament acceptance is not guaranteed. Failure to withdraw by the stated deadline will result in loss of the registration fee. Dates for applications and withdrawals need careful attention.
- Inquire about team rates and reserve blocks of hotel rooms for out of town tournaments. Note: Make group reservations for team bookings early (when submitting the application) as you could end up without team accommodations in some cases. Ask for the cancellation policy.
- Provide coaches and parents with information regarding upcoming tournaments, hotels and booking instructions.

Platinum Ring Representative:

- Each team will need to provide a representative to help with the Platinum Ring, our local ringette tournament.
- This individual will attend tournament planning meetings.
- Tournament reps will work within the committee to help our Platinum Ring be a successful experience.

- Reps are responsible to communicate tournament commitments to the team, such as raffle basket donations and volunteer shift schedules for the tournament
- Reps will generally work one to two additional shifts the weekend of the tournament as a “Tournament Committee Representative” in addition to team volunteer requirements.

Jersey Parent(s): SPRA Equipment Director will provide specific details on jersey care.

- Work with coaching staff to assign jerseys to players based on SIZE first, number second.
- Required to wash jerseys routinely (i.e. after games, special events, etc.)
- Prepare jerseys for end of season return to Equipment Director

Social Coordinator:

- Obtain input as to what types and number of activities the team is interested in throughout the year;
- Arrange social functions for the team and/or parents throughout the year and at tournaments;
- Arrange or assist with any year end coach gifts, if applicable.

Fundraising Coordinator:

- Discuss budget with team staff and parents, to decide how these budget goals will be met;
- Coordinate any additional fundraising efforts decided on as a team (Ex. Bottle Drives).

Schedule Coordinator (AKA Team Snap Coordinator)

- TeamSnap is a useful tool for organizing attendance and scheduling. It helps coaches plan practices based on attendance and plan lines for games.

Teamwear Coordinator

- Confirm team wear options from SPRA. This will be sent out as an email to each coach, manager and parents.
- Using the guidelines provided, present the options to your team so they can choose their team wear. Teams can set up a fitting session to ensure proper fit.
 - Note: vendors can become quite busy at the beginning of the season. Delays in ordering can result in long waits for team wear to arrive.
- United Cycle is our preferred vendor due to their continued support of SPRA.
- All clothing must include the SPRA logo that will be attached to the teamwear package. This logo can be placed anywhere on the garment and can be any size.
- Teams are to only buy items in SPRA colors - black, red and white (grey an option for bottoms).

TOURNAMENTS

At U10, SPRA recommends the following tournament play:

Step 1 - 2 tournaments - SPRA Step 1 tournament, one other local tournament
Step 2 - 2-3 tournaments - SPRA Platinum Ring, one local tournament, one away tournament
Step 3 - 2-3 tournaments - SPRA Platinum Ring, one local tournament, one away tournament

U12 - U19 teams will typically play in 3 tournaments per season, 4 maximum, one being an away tournament.

Tournaments typically begin on Friday, during school hours, and end on Sunday. Tournament schedules are determined by the hosting association. Tournament fees, accommodations, food, and travel expenses are an extra cost to the team/player.

Tournaments may interfere with BGL scheduled games. The team staff will ensure the Ice Allocator is kept apprised of tournament applications and acceptance to manage “blackouts” to minimize the overlap of BGL games and tournaments. In the event a team fails to blackout a tournament weekend, the BGL games MUST be played and take precedence over tournament games.

Refer to Ringette Alberta’s website for a listing of all sanctioned tournaments and registration information: <http://www.ringettealberta.com/tournaments/> . Review refund policies carefully.

BASIC RINGETTE RULES

Ringette is an ice sport that uses a ring. It is a non-contact sport at all age levels. Ringette becomes a very fast and exciting game as you advance through the divisions.

The players highlight exceptional skills in ring handling and skating; while the goalies are particularly challenged with the variety of shots on the ice and in the air.

A team can consist of up to 18 players. The age division for ringette are as follow (age as of December 31st of the current year):

Active Start 1 and 2	5-7 year olds (depending on experience)
U10 - Steps 1, 2 and 3	9 and under
U12	11 and under
U14	13 and under
U16	15 and under
U19	18 and under
Open	18 and over

One of the unique features of ringette is that it is a team participation sport. It forces the passing of the ring across the blue lines to another player on the team. Basic ringette rules state that the last player to touch the ring prior to the ring crossing the blue line may not touch

the ring again in the next zone before another player has touched it. This encourages and enforces team play.

A maximum of six players per team are on the ice at any time; a goaltender, two defensive players, two forwards, and one centre.

The game begins much like soccer where the visiting team is awarded a “free pass” in the centre ice free pass circle (known in hockey and lacrosse as face-off circles). Free passes are also ringette’s way of restarting games after penalties, violations, goals or any other stoppage of the game. For example, when two players from opposite teams have joint control of the ring and it becomes frozen or immovable (see the “move it or lose it” rule below).

Free passes in ringette are like free kicks or throw-ins in soccer, like throw-ins in basketball, like the quick restart in lacrosse after a violation, or the “face-off” of hockey. The ring is placed in the free pass circle; in the side nearest their own goal, there are two blue placement dots inside each of the five free pass circles. The referee determines which free pass circle is to be used and which team has the free pass. One player takes possession and on the whistle has five seconds to either shoot or pass to a teammate; they must pass it completely out of the circle; they cannot skate past the middle line of the circle or out of the circle with the ring. Failure to do so results in the free pass being given to the other team. During these five seconds, no other player is allowed in the free pass circle. A shot on goal is permitted during a free pass.

Zone Play - Any 3 In: The deep offensive and defensive zones extend from behind the goal net to the “free play line” - the thin red line at the top of the face off circles. Within these deep offensive and defensive zones, each team is allowed only three skaters (not including the goalie) while at full strength. If a team has two penalties or more, they are only permitted two skaters in their deep defensive zone.

The free play line or ringette line is the red line running across the ice at the top of the free pass circles in each end of the ring. On offence, the two forwards and the center usually play in the restricted area and on defence; the two defensive players and the center usually are defending their end.

A violation is called if a team has four players in one of these zones. It can also result in a penalty should all four become involved in the play.

Joint Control (Move it or Lose It Rule): Joint possession of the ring, or as the rulebook calls it, "Joint Control," is when two or more opposing players place their sticks in the ring and it becomes immovable. The ring is awarded to the team gaining second control. If the player first in control momentarily removes her stick from the ring, allowing an opponent to gain control and then takes joint control again, the ring is still awarded to the team that gained second control from the start of that play.

When a player has sole possession of the ring and gets tied up by the other team. The opposing team must be actively checking when the team in possession of the ring stops moving it in order to gain possession.

Blue Line Violation: A player cannot carry the ring over a blue line in either direction. The ring must be passed over the blue line to another teammate. That teammate is permitted to skate ahead of the ring carrier and already be across the blue line before the ring crosses it. This is quite different from hockey where the puck must cross the blue line before any offensive player does. Ringette does not have an 'offside' call.

The requirement to pass the ring over the blue line eliminates the situation where one player can carry the ring from one end to the other. This is one of the keys to team play in ringette.

Goal Crease: If the ring lands in or on the crease the only the goalie can touch the ring. The goalie usually picks up the ring and throws it like a Frisbee to a teammate. The goalie may not throw the ring beyond the blue line. If the goalie does, then the offensive team regains possession on a free pass back inside the goalie's deep defensive zone. The goalie has five seconds to throw or use her stick to pass it to a player outside her crease. Neither team can enter the goal crease, not even with their stick. If the team with the ring enters the crease, and their team touches the ring within 5 seconds, then they lose possession. If the defensive team loses the ring on a violation, then the offensive team gains the ring on a free pass in the offensive zone. If the offensive team loses the ring on a violation, play is restarted with a goalie ring.

Goalie Ring: Replaces a defensive zone free pass by the offensive team inside their offensive zone. On a goalie ring, the referee will blow their whistle signifying the start of the play. The goalie is given five seconds to throw the ring out of her crease. The main difference between the goalie ring and a normal free pass is speed of restarting the game as play is not held up for player substitution and set up. This adds much to the speed and excitement of the game. Only when a player is injured or the ring goes out of play, a free pass is awarded in the defensive zone, otherwise it is always a goalie ring.

Two Blue Line Pass: There is no icing in ringette, but there is a two-line pass, called slightly different than in hockey. When the ring crosses both blue lines, untouched, no player from the team that put it there can touch the ring until the other team has made contact with the ring (foot, stick, body part). For example, on an offensive two-line pass, no member of the offensive team can touch it before the defence gets control of the ring. Touching it prematurely is a violation that sends the ring all the way back to the zone it originated in for a free pass by the non-offending team.

Penalties: Penalties exist for various infractions. Common examples are tripping, high sticking, hooking, slashing, and body contact. Rough intentional body contact of any type is not allowed and the penalty for that is severe. However, like basketball and soccer, bodies sometimes accidentally collide.

When a penalty is called, the team will play with four skaters. The team is still allowed three players in the offensive and defensive zone.

Two penalties for one team: The offending team is then two skaters short and is only allowed two players in the defensive end but still allowed three players in the offensive zone.

Violations: Similar to basketball, violations are also called for various infractions, such as skating over the blue line in possession of the ring or unintentionally shooting or holding the ring out of play, or as detailed above, in the two-line pass.

*For safety reasons, **Jewelry** is not allowed to be worn at any time.

Black Gold League Game Length

SPRA is part of the Black Gold League for league play. All games are two periods long as described below:

Division	Ice Time Required	Period Duration (Two Periods)
U10 Step 1	60 minutes	24 minutes, run time Shift changes scheduled 3 minutes until Christmas One Coach on the ice for games until Christmas "Right-size" nets
U10 (Step 2 and 3)	60 minutes	18 minutes, Stop Time "Right-size" nets
U12 and U14	60 minutes	18 minutes, Stop Time
U14 AA & Above	75 minutes	23 minutes, Stop Time

NOTE: For further information on league game play, see the Black Gold League Operations Manual, section 1202.

Shot Clock Operation (U12 & up)

Shot on Goal:

A shot on goal is taken when the team in possession of the ring legally propels the ring toward the other team's goal and:

- The ring enters the net;
 - The ring contacts a goal post or the cross bar;
 - The ring contacts the goalkeeper or acting goalkeeper (AGK) within the goal crease;
 - The ring contacts the goalkeeper outside the goal crease and that contact prevents the ring from entering the net.

Playing Rule:

- The shot clock shall be set to 30 seconds at the beginning of each period;
- The shot clock shall count down only when the game clock counts down;
- The shot clock shall be started when play is started and stopped when play is stopped;
- The shot clock shall be reset to 30 seconds when:
 - The team in possession of the ring takes a shot on goal;
 - Control of the ring changes from one team to the other team;
 - A delayed penalty is signalled. If additional delayed penalties are signalled before play is stopped, the shot clock shall not be reset again;
 - A penalty causes the non-penalized team to commit a violation, and play is stopped as a result;
 - A player on the team not in possession of the ring is injured, and play is stopped as a result.
- When the shot clock reaches zero seconds, an audible signal will sound and:
 - Play is stopped, and the ring is awarded to the non-offending team.
- If the shot clock's audible signal sounds in error:
 - Play is stopped; the shot clock is reset to 30 seconds; and the ring is awarded to the team last in control of the ring.
- If the shot clock is reset in error, play continues.

Shot Clock Operator:

The shot clock operator is a minor official, that is in the timekeepers box and responsible for the operation of the shot clock. The shot clock operator shall be positioned so that they can see the rink and follow play, be able to see the referees, while being protected from interference or distraction by spectators or team staff. The on-ice officials must be able to communicate easily with the shot clock operator. The shot clock operator watches the referee for the reset signal when an acceptable shot is taken. At the end of the game, the shot clock operator shall sign the Official Game Report as a minor official.

Appendix A - U10 Structure

Generic Program Descriptions

Stage: Active Start

Sub-Stage: Active Start 1 (5 & 6 year olds)

- 1 ice time per week (set time on the weekend)
- Occasional changes may need to be made to accommodate tournaments and game ice.
- Introduction and primary focus: skating, ring handling, passing, checking, shooting, small area games
- Emphasis on active involvement, participation and FUN
- Introduce the concept of informal games in a 1/2 or cross-ice format. No scorekeeping.
- 1-2 Jamborees (home and away) with other local Associations with similar programming. Parent driven initiative.
- Season – October to early March (approx. 22 weeks)

Sub-Stage: Active Start 2 (6 & 7 year olds)

- Same as above plus:
- 2 ice times per week. Saturday & Sunday
- Enrollment in this program will be based on having skating experience or older (7 YO).
- The goal in this program is to incorporate game play situations in an intramural fashion teaching the game play, positioning, and basic rules.
- There often exists some opportunity for exhibition games with other associations, generally after Christmas.

Stage: FUNdamentals

Sub-Stage: U10 – Step 1 (7-9 year olds)

- 2-3 ice times per week will include a combination of practice and games depending on the league game schedule. Games will be played both local and in / surrounding Edmonton.
- Fundamental skills development focus including: skating skills, ringette skills and basic goalie instruction for all players.
- Full ice games with a focus on basic concepts, rules and flow of the game. Continue to play half ice or cross-ice games in practice sessions.
- Power skating and basic goalie clinic included.
- Emphasis on active involvement, participation and FUN.
- Coaches on the ice during games for the first half of the season.
- Strive for team travel to remain relatively close to home.

- Everyone rotates all positions.
- Tournament participation permitted.
- Season – September to mid-March.
- Step 1 does not participate in league playoffs.

Sub-Stage: U10 – Step 2

- As above plus...
- Continue to refine skills, positional place, and game concepts. .
- Step 2 teams participate in league playoffs.

Sub-Stage: U10 – Step 3

- As above plus....
- Understands the game rules, positions and concepts well.
- Step 3 teams participate in league playoffs.

References

Sherwood Park Ringette Association www.sherwoodparkringette.ca

Black Gold League [www.http://blackgoldleague.ramp190.com/default.aspx?p=home](http://blackgoldleague.ramp190.com/default.aspx?p=home)

Ringette Alberta www.ringettealberta.com

Ringette Canada www.ringette.ca