

# NCRRL

# Assignment to Team Pools

## FUN3 2025





# New Approach to Pool Assignment



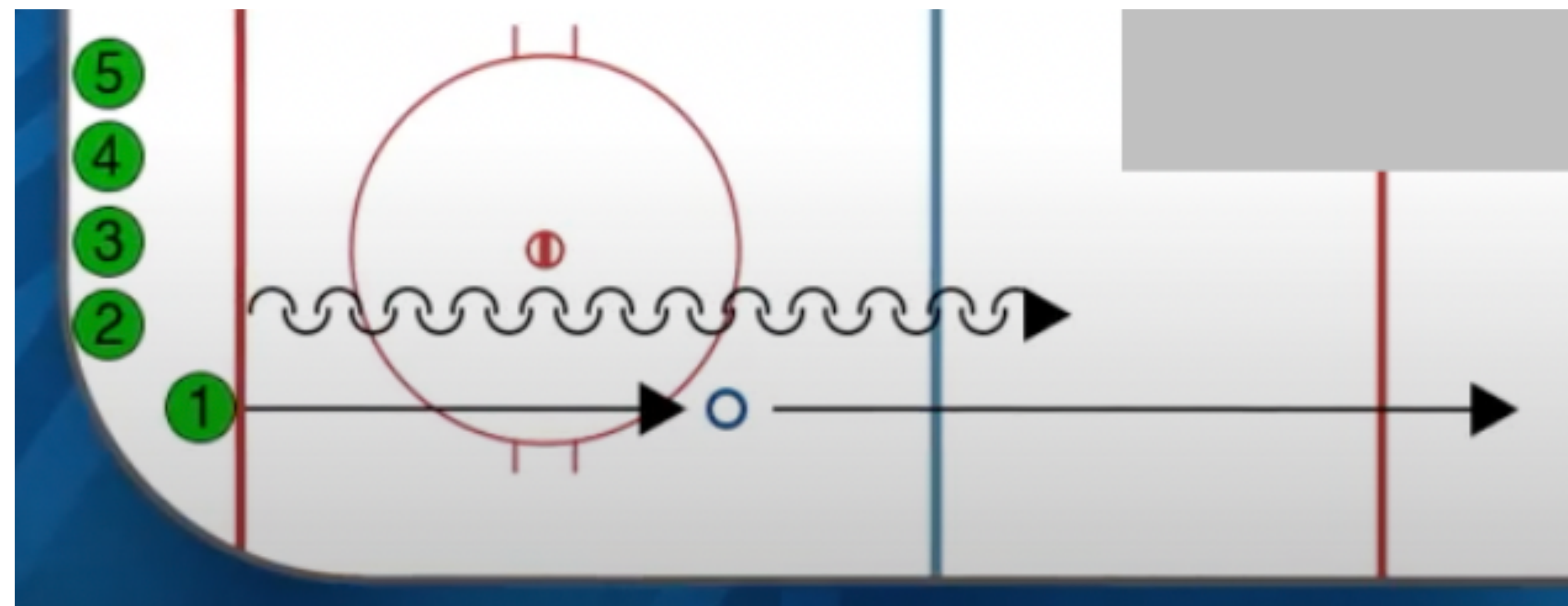
- **Former:**
  - Random team match-ups until mid-season reseed.
- **New in 2025:**
  - Teams will be placed in pools with similarly skilled teams *from the beginning of the season* with the intention of having meaningful games throughout the year.

# How will team skill be assessed?

- Every FUN3 player will complete 3 timed stations
- Each player will receive an overall score based on their results
- Associations will **submit their team scores** to the NCRRL **BEFORE SEPTEMBER 20th**
- NCRRL will place teams that have similar average scores in pools together

# What are the stations?

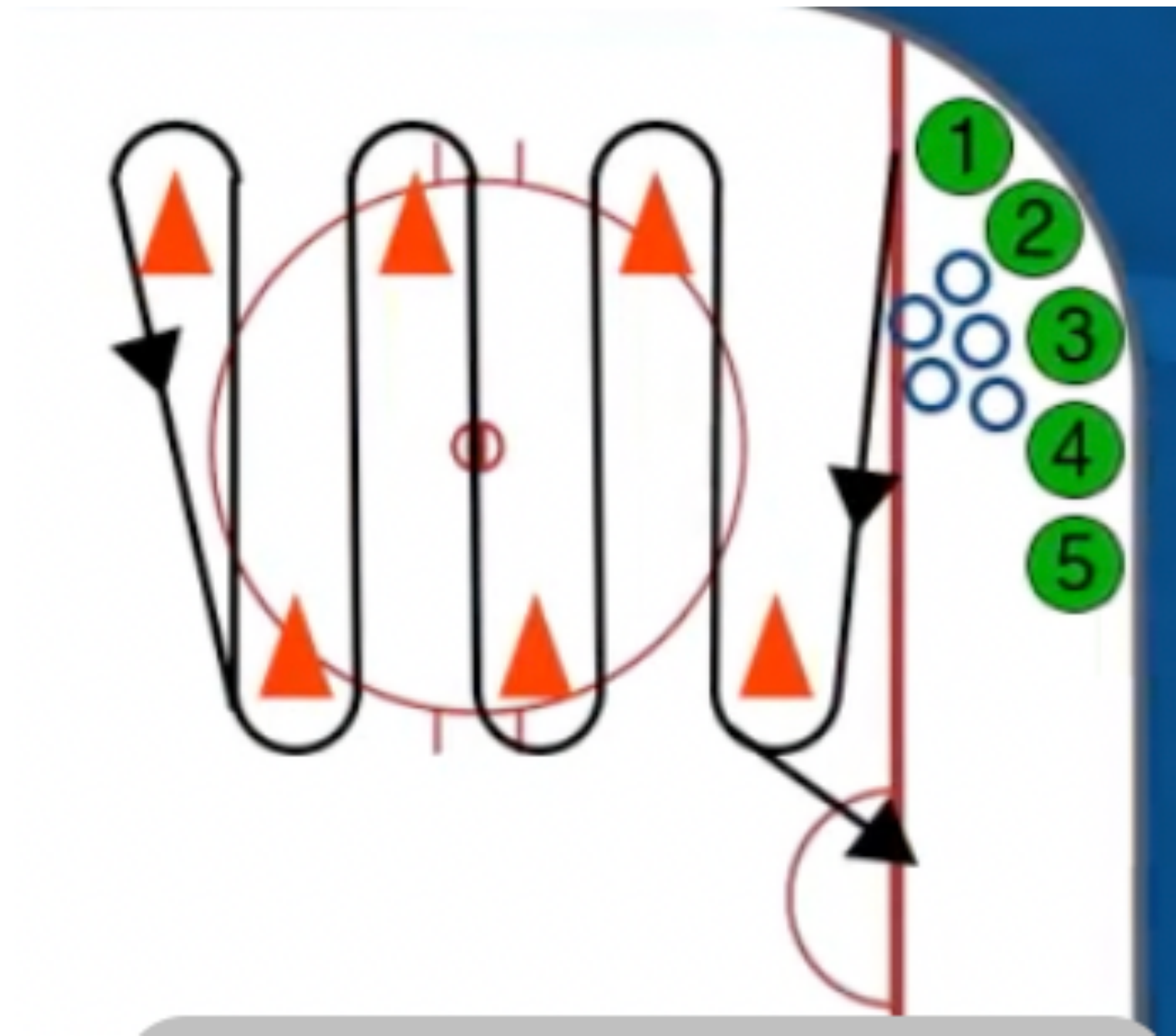
## 1. Forward and Backward Speed Test



- On GO, athlete will sprint forward, stab the ring at the 50' mark, and continue sprinting past the 100' finish line
- 2 forward trials and 2 backward trials (no ring for backward trials)

# What are the stations?

## 2. Agility Weave with a Ring



- Athlete must “protect” the ring when going around the cones
- 2 trials

# What are the stations?

## 3. Parallel Stop and Sprint Test



- Starting from the centre red line, athlete skates to the blue line (or a line marking 25'), stops, sprints to opposite blue line, stops, and sprints back over the red line (finish line)
- 3 trials

# How were these test selected?

- These tests have been found to be very accurate as a **quick way** to assess the overall ability of a team, especially at younger ages where performance is strongly associated with skating skills.
- There is no subjectivity to the tests, making it straightforward for consistent application across associations.
- Ringette Alberta has been using these tests for placing teams in pools for over 10 years and has found them to be extremely useful.



# FAQ

1. **But I know a very strong player that isn't a particularly fast skater (or fast skater that isn't particularly strong overall) - is this supposed to be an accurate test of how strong each player is?**
  - No: only the ***overall team average scores*** are used. The system is not perfect, but provides a fairly strong estimation of the overall strength of the team.
2. **What if some of our Stage 1 players have higher scores than our Stage 2 players?**
  - This is fine. It is up to each association to perform their own sort-outs to decide which stage each player is in and to place players on teams. Teams must just report their scores to be used in the creation of the pools.



# FAQ

## **3. When are we supposed to do these tests?**

- Each association can decide when they want to do the tests, in time to submit to the NCRRL by SEPTEMBER 20th so that pools can be formed.
- Associations may choose to set up the stations and test all FUN3 players at once, or have each team do the tests at their practice time. Ringette Alberta has found it is possible to test approximately 30 athletes per hour.

## **4. What if we choose not to do the tests?**

- If a team's scores are not submitted, that team will be placed in the most challenging pool for the first half of the season.

# FAQ

## **5. What supplies do we need to run the test?**

- 10 rings, 6 pylons, bingo dabber/spray paint, measuring device (or rope with measurements indicated for quicker set-up), timer (phone, stopwatch, etc.), individual scoring sheets, pens

## **6. Will more specific information about how to set-up and run the stations be provided?**

- Yes. Detailed information will be provided to each association, along with score sheet templates and Excel files to enter the scores.