



PARENT INFORMATION HANDBOOK

This has been produced as an information booklet and guideline for parents and cannot be taken as policy or procedures of DVRA. Official policy and procedures of the DVRA can be found on the website at www.dvringette.com and are based on the rules/regulations and operational requirements of the Black Gold League (BGL) and Ringette Alberta (RAB). For a complete listing of rules and operations information visit the Black Gold League website at www.blackgoldleague.com.

The Parent Information Handbook is a live document, subject to amendments, additions and deletions as necessary. Please visit the DVRA website at www.dvringette.com for most current version.

REVISED AUGUST 31, 2015



MESSAGE TO PARENTS

DVRA is committed to the growth and development of its players. The following document outlines what DVRA expects from parents and coaches throughout the Ringette season in order to optimize the experience for the players. If these expectations are not met, the individuals will be dealt with in accordance with the DVRA Code of Conduct Policy. *(Please see Appendix A at the end of this booklet)*

- **Parent to Parent**

It is important that you as parents are positive with each other. The parent-to-parent message is critical. Positive comments about the team, the coaches, your child and other parent's children create a positive environment for everyone. Remember every position is important in a team sport - not one more than another.

- **Parents in the Stands**

Behavior 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 expect positive comments towards both teams. We will also expect parents to control their emotions when it comes to the officials in the game. Yelling at officials will not be tolerated. The coaches will only address officials and there are protocols for coaches to follow if there are official issues.

- **Parents with Coaches**

We expect parents to treat their coaches with respect. They have volunteered their time, they have committed to the roles, and responsibilities of a coach as laid out by the association. If you have a serious concern or question for the coach, email the coach, request a face-to-face meeting. Please never discuss issues in front of the players, before games and after games. These are not appropriate times to have a meeting and will be less likely to result in a positive outcome. When you wait 24 hours before having the discussion with the coach, it allows you to determine if your child has the same perception as you do! If you do not feel comfortable discussing the issue with the coach, contact your manager.

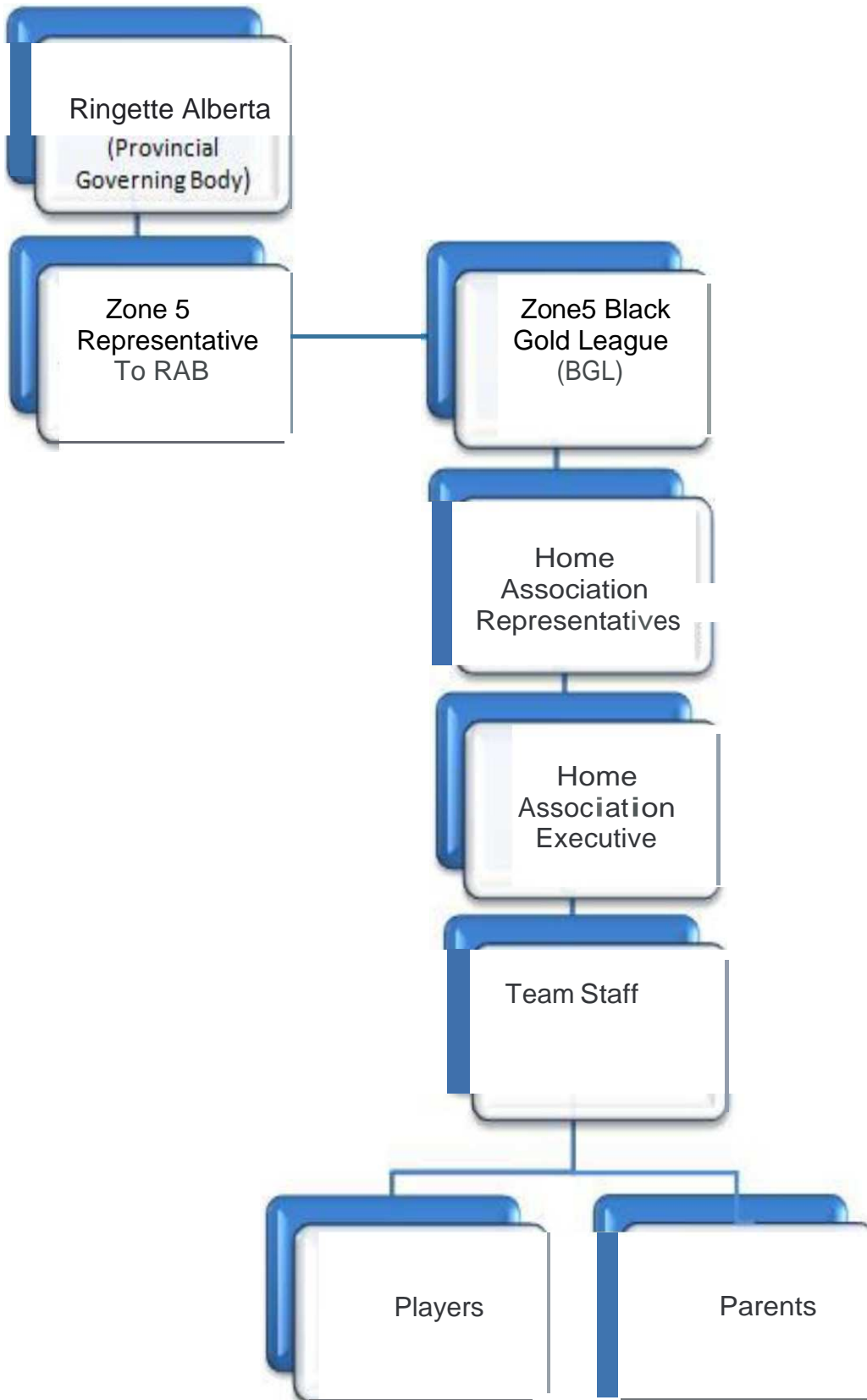
- **Parents to Player**

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 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 behavior.

The following flowchart outlines the only acceptable lines of communication to reach Black Gold League as adopted by Zones 4 through 8 at the 2010 Annual General Meeting of the Black Gold League.



LINES OF COMMUNICATION:





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 Alberta in 1974 – the sport has never looked back.

Ringette is now considered an international sport with participating teams from Canada, Finland, Sweden, Germany, and the United States of America competing in the annual World Ringette Championships.

RINGETTE PHILOSOPHY AND HOW TO PLAY

Ringette is an ice sport similar to hockey but uses a ring instead of a puck. 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 the flip shots in the air.

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

*****NOTE: Please see attached Appendix B with further information related to U10 Structure changes for the upcoming 2014/2015 Season.*****

U10 (Active Start/Step1/Step2/Step3)	10 and Under
U12	11 and Under
U14	13 and Under
U16	15 and Under
U19	18 and Under
Open	19 and Over

Ringette has a major advantage over hockey in 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 states 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; teams consist of a goaltender, two defensive players, two forwards, and one centre.

The Game begins much like soccer with the Visiting team is awarded a Free Pass in the Centre Ice Free Pass Circle; known in hockey or 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 such as when two players from opposite teams have joint control of the ring and it becomes frozen or immovable.



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 of the circle or out of the circle with the ring. Failure to move the ring 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 more than one penalty 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.

Joint Control: 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 concept of the rule is very simple. The ring is awarded to the team gaining second control. That simply means the ring is awarded to the team that did not initially control it when that struggle for possession began. 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. Simple eh? Why? The reason for the rule is very simple. Possession of the ring in Ringette is so important and by the very nature of the stick inside the ring, it is very difficult to 'take the ring away' from a player in possession. The rule used to be that when a defensive team attacked the ring carrier, often the player in possession would be tied up by a good check by the defensive team only to be given the ring back because they had initial possession. The rule was changed to *Second Possession* to encourage and reward defensive teams to attempt to gain possession. This rule has sped the game up immeasurably and reduced "ring ragging" as a concept of ring control.

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. It also is one of the keys to Ringette being such a "Team Game."

Goal Crease: If the ring lands in or on the crease the only player who can touch it is the goalie. 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 pass it out of her crease. She may also choose to hit it with her stick or skate, instead of picking it up and throwing it. Neither team can enter the goal crease, not even their stick. If the team with the ring enters the crease



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then they lose possession. If the defensive team loses the ring then the offensive team gains the ring on a Free Pass in the attacking zone. If the offensive team loses the ring, play is restarted with a Goalie Ring.

Goalie Ring: Replaces a defensive zone Free Pass on all violations by the offensive team inside their offensive zone. On a Goalie Ring the goalie is given five seconds to throw the ring towards a teammate after the referee blows the whistle to signify restarting of play. 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 (you can't change players on a goalie ring). This adds much to the speed and excitement of the game.

Two Blue Line Pass: There is no icing in Ringette, but there is a two-line pass, called slightly different than in hockey. The feet have nothing to do with it and there is no Center Ice Red Line in Ringette. When the ring crosses both blue lines, untouched, no player from the team that put it there can touch the ring until one of their opponents does first. 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 originally was in for a Free Pass by the non-offending team.

Penalties: Penalties exist for various infractions. Most penalties in Ringette are unintentional and are the result of accidentally running into someone when trying to stop or when checking the ring carrier and missing the opponent's stick. Rough intentional body contact of any type is not allowed and the penalty for that is much more severe. However, like basketball and soccer, bodies sometimes accidentally collide.

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.

At no time can a player raise the playing end of the stick above the shoulder height - this includes celebrating a goal for safety reasons and failure to comply will result in a high sticking penalty.

Black Gold League Game Length

All games are two periods long as described below:

Division	Game Duration	Period Duration (Two Periods)
U10 (All Stages)*	*Currently being reviewed	*Currently being reviewed
U12	60 minutes	18 minutes, Stop Time
U14 OR	60 minutes	18 minutes, Stop Time
U14	75 minutes	23 minutes, Stop Time
U16 & Above	75 minutes	23 minutes, Stop Time

NOTE: ** There is no overtime in regular season league play **



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 AGK within the goal crease;
- The ring contacts the goalkeeper outside the goal crease and that contact prevents the ring from entering the net.

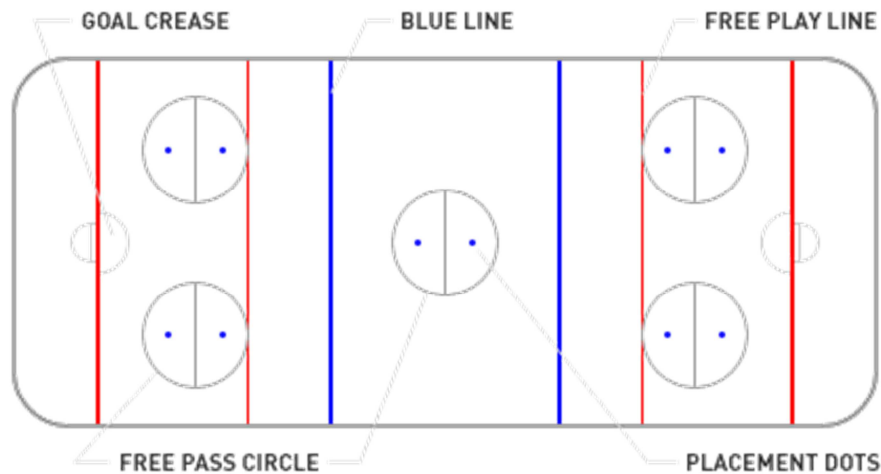
Playing Rule:

- 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 control of the ring commits 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 when:
 - Play is stopped, as the team last in control of the ring has committed a violation; then the shot clock is reset to 30 seconds and the ring is awarded to the non-offending team, in the nearest circle within the zone in which the ring was last contacted or controlled.
- 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, in the nearest circle within the zone in which play was stopped.
- If the shot clock is reset in error, play continues.
- The shot clock display units shall be turned off when there is less time remaining in the period than there is on the shot clock. If the display units cannot be turned off, then the shot clock shall be reset to 30 seconds and stopped.























Shot Clock Operator:

The shot clock operator is a minor official, 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, 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. At the end of the game, the shot clock operator shall sign the Official Game Report.

RINGETTE ICE SURFACE



REFEREE SIGNALS

<p>DELAYED CALLING OF A PENALTY Arm straight up, and pointing to the player once or twice, until there is a stoppage in play.</p> 	<p>BODY CONTACT Fist clenched and arm extended out in front of the body.</p> 	<p>ILLEGAL SUBSTITUTION/POSITIONING Patting flat of hand on the top of the head.</p> 
<p>DELAYED CALLING OF A VIOLATION Arm bent at the elbow, with the hand and forearm directed upward.</p> 	<p>CHARGING Rotating clenched fists around one another in front of the chest.</p> 	<p>INTERFERENCE Crossed arms stationary in front of the chest.</p> 
<p>DELAYED CREASE VIOLATION Same as above, with the other arm counting the 5 second delay.</p> 	<p>CROSS-CHECKING A series of forward and backward motions with both fists clenched, extending from the chest.</p> 	<p>PENALTY SHOT Both fists clenched and the wrists crossed above the head.</p> 
<p>TWO BLUE LINE PASS Arm raised at a 45 degree angle to the body, and holding up two fingers.</p> 	<p>DELAY OF GAME The arm bent and placed across the front of the chest.</p> 	<p>SLASHING A series of chopping motions with the edge of one hand across the opposite forearm.</p> 
<p>HAND ON LOWER THIRD Both fists clenched and brought together and apart once at the thumbs.</p> 	<p>ELBOWING Tapping either elbow with the opposite hand.</p> 	<p>TRIPPING Striking the right leg just below the knee.</p> 
<p>MINOR PENALTIES</p>	<p>HIGH STICKING Holding both fists clenched, one immediately above the other at the height of the forehead.</p> 	<p>FULLY SERVED AND EJECTION PENALTIES</p>
<p>BOARDING Repeatedly striking the clenched fist of one hand into the open palm of the opposite hand, in front of the chest.</p> 	<p>HOLDING Clasping either wrist with the other hand, in front of the chest.</p> 	<p>UNSPORTSMANLIKE CONDUCT Arm bent and placed behind the back.</p> 
	<p>HOOKING A series of tugging motions with both arms as if pulling something from in front, towards the stomach.</p> 	<p>MAJOR PENALTY Using both hands to form a "T" in front of the chest.</p> 
		<p>MISCONDUCT OR MATCH PENALTY Both hands on hips then pointing to the player.</p> 

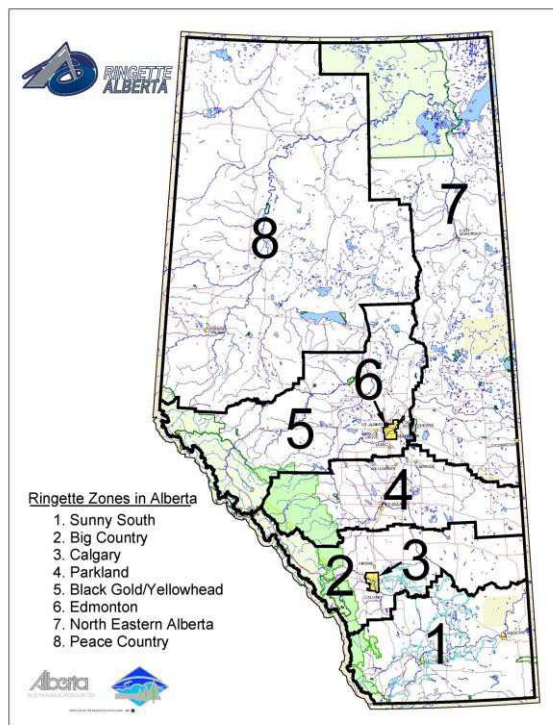
Thanks to Ringette Canada, Ringette Alberta & the Black Gold League for the above information!

LEAGUE PLAY

Drayton Valley Ringette Association (DVRA) plays within the Black Gold League (BGL). This league covers 5 of the 8 Zones in which Alberta is divided into for sport association purposes. Drayton Valley is in Zone 5. In order for Ringette to obtain provincial funding there must be a team in every zone.

The smaller associations require the support of larger organizations to provide competition. **As such all teams (at all levels) are expected to travel to play the games they have been assigned by Black Gold League (typically two games / year).** Examples of other locations: Red Deer, Lacombe, Hinton, and Fort McMurray. The Black Gold League game scheduler deals with 1000+ games and considers travel time, tournaments, blackout dates, and other factors.

The season is divided into two sessions. Session schedules are posted on the BGL website at www.blackgoldleague.com.



Changes to the season structure have been made for the 2015/2016 season and will provide for a more accurate assessment of competitive equality and also provide for the development and preparation for play downs and Provincials.

- U10 will play six (6) games in the first and eight (8) games in the second session. Session one play will commence on October 21, 2015.
- U12 to U19 will play eight (8) games in the first session and eight (8) games in the second session. Session one play will commence on October 7, 2015.
- Session two play commences for all division on November 24, 2015.
- **The exception to games scheduled within the BGL will be the DVRA U6 team which will not have scheduled league games but instead, may play in 1 or 2 jamborees throughout the season.**

Teams are re-pooled according to their record of the first session with the intent of making more competitive games and divisions in the second session.

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’ is not acceptable to either DVRA or the BGL.



RINGETTE SEASON

For Drayton Valley, Ringette typically begins in early September with evaluations and conditioning camp. At no time during the pre-season or regular season is a participant allowed to be on the ice without full equipment. The regular season begins in October and runs through to March. Zone playoffs and Provincial playoffs are in March and April.

For the older aged participants wanting to try out for “AA Divisions” you must let your intentions be known at the time of registration as we have to notify the Zone AA Coordinators. Please check out the Zone 5 AA website for more information at www.zone5aaringette.com

TEAM FORMATION

Ringette Alberta has made a major change for the 2014-2015 season moving towards a “stage-based” structure for the U10 Division. **(Note: There is no longer a U9 Division).**

This new structure ensures athletes are placed in an environment that is optimal for their long-term development. The following stages are included in the new U10 Division structure:

- Active Start
- U10 Step 1
- U10 Step 2
- U10 Step 3

All players will participate on ice for standardized assessments. Where there are enough players for more than one team in a specific stage, those players will be divided to make equal teams.

For more information on these new changes, please refer to Appendix B – Parent Communication & Chart from Ringette Alberta.

Drayton Valley and other associations in Black Gold tier their teams at U12 level and above. The number of teams DVRA puts in each tier depends on the total number of teams in that division and is based on a formula provided by Ringette Alberta (RAB). In order to place players in each tier, DVRA makes considerable effort to evaluate players to determine at what level each player should play.

PARENTS IN THE DRESSING ROOM

The dressing room is a good time for the girls to bond together as a team, have some fun and prepare for their game or practice. DVRA strongly encourages that there be no parents in the dressing room. Teams can designate a “Dressing Room Mom” to supervise the activities in the dressing room while the girls are getting ready for their practice or game. This parent must have a criminal record check done and needs to be seen by the coach prior to volunteering for this.

ICE TIMES

The Ice Allocator is responsible for scheduling all practices based on the available ice slots that we have allotted. Game slots are submitted in the middle of September to the BGL Scheduler who will determine the game schedules. This information is returned to DVRA approximately one week before the start of



the season to allow for scheduling of all remaining slots by the Ice Allocator. The DVRA Ice Allocator will endeavor to ensure that the teams receive equal amounts of desirable and undesirable ice times from all practice slots remaining. Practices are scheduled after school during the week. Games are scheduled on weekends. Generally, there are two ice times per week – one practice and one game slot. Teams that participate in tournaments, power skating, or other ice based events are considered as 'practice ice' times for team allocation. Any time on the ice is good ice!

TOURNAMENTS

Most teams enter tournaments each year although it is not mandatory. DVRA encourage a maximum of 3 tournaments per season, with two away tournaments requiring hotel costs. This thinking encourages the younger levels to play as the cost will stay affordable. DVRA encourages participation and does not want to deter families from the sport. Tournaments are typically held from Friday, during school hours through to Sunday, but this depends on the size and hosting association of the tournament. Tournament fees, accommodations, food, and travel expenses are an extra cost to the team.

Tournaments may interfere with BGL scheduled games. BGL games **MUST** be played regardless if you are in a tournament or not. Please note that the home teams of the season game **DOES NOT** have to honor the rescheduling of a scheduled game. Your team must play the scheduled game before the end of the session.

Check out Black Gold League or Ringette Alberta's website for a listing of all sanctioned tournaments and registration information: www.ringettealberta.com and www.blackgoldleague.com.

TEAM FIRST AID 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.



DVRA has taken steps to establish a basic safety and first aid guideline for all injuries on and off the ice. Information and guidelines can be accessed by clicking on the Team Safety and First Aid icon on the front page of the DVRA website. This area has resources for coaches, team staff and parents such as the Team Safety and First Aid Response Plan which includes a Medical Response Plan, Activity Action Plan, Return to Play and Allsport Insurance Claim forms as well as other reference material in relation to concussion awareness, asthma in sport and Ringette Alberta Insurance information and flow chart.

JEWELLERY

Ringette has a zero tolerance rule for wearing jewellery (Yes, even those brand new pierced ears may cause a problem!) Teams can, and have been, assessed a penalty for players wearing jewellery. Opposing coaches have been known to wait until the most in-opportune time, to point out the infraction to the referee.

VOLUNTEERING

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. In addition to the volunteer



requirements outlined at the time of registration (ie: coaching, team manager, executive, etc), there are plenty of opportunities for you to get involved with your child's team.

FUNDRAISING

DVRA has many fundraising opportunities throughout the year such as Bottle Drive, Chocolates, Happy Hippo, etc. Participation in 2 of these events is **mandatory** and will count towards your fundraising obligations for the season.

PLEASE NOTE: Fundraisers organized by the Association may change from year to year and are determined by the incoming Executive and Fundraising Coordinator.

REGISTRATION FEES

DVRA often gets asked what the registration fees cover. The following is a list of a few items that your registration fees help with:

- Ice costs
- Referees costs
- Provincial Fees
- Insurance & Fee's
 - Ringette Alberta Fees
 - Black Gold League Fees
- Jerseys
- Equipment Purchases and Replacement
- Clinics and Technical Development
 - Coaching Certification
 - Referee Certification

TEAM VOLUNTEERS

Once the teams have been determined, parent involvement becomes crucial! Parent involvement with the teams 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:

Every team needs to have a Coach and at least one Assistant Coach. Ringette requires that at least one person on the bench be a female. Head Coaches must have certification. Training costs (Coaching Clinics) are reimbursed by DVRA; if you are interested, please contact the Coaching Coordinator on the Executive and check the Ringette Alberta website for locations.

Coaches plan practices, direct games and share their wisdom with their players.

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;
- Assist with distributions and collection of DVRA equipment and jersey 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;
- Email game stats to DVRA and Black Gold League Statisticians within 48 of game;
- Submit hard copies of game sheets to DVRA Statistician;
- Manager will have access to DVRA equipment storage at Drayton Valley Omniplex
- Schedule Timekeeper and Scorekeeper workers for all home games. A Shot Clock Operator is also required for all home games in U12 and up.
- Ringette tournaments which team are attending out of town, may require workers. The scheduler will include these games into rotation.
- It will be the workers responsibility to find coverage for positions if they are not able to fulfill their turn – not the scheduler.
- 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;
- Responsible for filling out and submitting tournament application forms and payment (payment obtained from Treasurer);
- Inquire about team rates and reserve blocks of hotel rooms for out of town tournaments; and
- Provide coaches and parents with information regarding upcoming tournaments, hotels and booking instructions.
- Arrange social functions for the team and/or parents throughout the year and at tournaments;
- Arrange or assist with any player or coach gifts, if applicable.

Ring In the Valley Tournament Representatives:

- Each team will need to provide a minimum of two volunteers to be part of the Ring In The Valley Tournament Committee (Tournament held in November each year);
- These individuals will attend tournament planning meetings throughout the year; generally one per month to start with the possibility of more frequent meetings closer to tournament;
- Tournament reps will work within the committee to help our Ring In the Valley Tournament be a success;
- Reps are responsible to communicate tournament commitments to the team, such as basket donations and volunteer shift schedules for the tournament; and
- 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.

Equipment Coordinator:

- Responsible for team jerseys;
- Have jerseys at each game in a timely manner for players;
- Collect jerseys at the end of each game and put back into supplied DVRA jersey bag;
- Wash and care for jerseys throughout the season; and
- Ensure all jerseys are cleaned, in jersey bags and returned at the end of the season.

REQUIRED RINGETTE EQUIPMENT

Equipment required for Ringette is similar to hockey including a CSA approved helmet with a Ringette-specific facemask (diamond shape openings not rectangular guard) and a BNQ certified neck protector. A Jill strap and a padded girdle are worn under the game pants instead of the traditional hockey pant and jock strap. The Ringette stick shall be a regulation stick and is cut off somewhere between the chest bone and the armpit (with skates on) for proper length.

The top of the stick (cut off end) must be taped as well – similar to a hockey stick for safety and to allow easier pickup off the ice surface should it fall. Please check with your coach if you have any questions regarding equipment. There must not be any tape or grip support on the bottom third of the stick.



Good used equipment is available at used equipment stores and equipment exchanges. The best time to buy equipment is in August with the best selection available pre-season. The following is a list of a few companies that offer goods and services; please check your local phone directory for a complete listing.

Equipment can be bought, and in some instances, sold, or traded at the following places:

- United Cycle (Edmonton)
- Pro Hockey Life (Edmonton)
- ProSkate (Edmonton)
- All Sports Replay (Edmonton)
- Totem Outfitters (Edmonton)



APPENDIX A

Code of Conduct Policy (Revised September 2013)

Definitions

The following terms have these meanings in this Policy:

- **"Club"** – Drayton Valley Ringette Association
- **"Individuals"** – All categories of Membership within the Club Bylaws, as well as all individuals engaged in activities with the Club, including but not limited to, athletes, coaches, officials, volunteers, managers, administrators, directors and officers.

Purpose

The purpose of this Code of Conduct and Ethics ("Code") is to ensure a safe and positive environment within Club programs, activities and events, by making all Individuals aware that there is an expectation, at all times, of appropriate behavior.

The Club is committed to providing an environment in which all individuals are treated with respect. The Club supports equal opportunity and prohibits discriminatory practices. Individuals are expected to conduct themselves at all times in a manner consistent with the values of the Club that include fairness, integrity, open communication and mutual respect.

Conduct that violates this Code may be subject to sanctions pursuant to the Club's policies related to discipline and complaints.

Application of this Policy

This Policy applies to conduct that may arise during the course of Club business, activities and events, including but, not limited to, its office environment, competitions, practices, training camps, travel, and any meetings.

This Policy also applies to the conduct of Individuals that may occur outside of the Club's business, activities, events and meetings when such conduct is detrimental to the image and reputation of the Club, as determined by the Club.

Responsibilities

All Individuals have a responsibility to:

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

- 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;



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- Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, and members;
- Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct;
- Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
- Consistently treating individuals fairly and reasonably; and,
- Ensuring that the rules of ringette, and the spirit of such rules, are adhered to.

Refrain from any behavior 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 behavior that constitute harassment include, but are not limited to:

- Written or verbal abuse, threats or outbursts;
- The display of visual material which is offensive or which one ought to know is offensive in the circumstances;
- Unwelcome remarks, jokes, comments, innuendos or taunts;
- Leering or other suggestive or obscene gestures;
- Condescending or patronizing behavior which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;
- Practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance;
- Any form of hazing;
- Unwanted physical contact including, but not limited to, touching, petting, pinching or kissing;
- Unwelcome sexual flirtations, advances, requests or invitations;
- Physical or sexual assault;
- Behaviors 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
- Retaliation or threats of retaliation against an individual who reports harassment.

Refrain from any behavior 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 behavior that constitute sexual harassment include, but are not limited to:

- Sexist jokes;
- Display of sexually offensive material;
- Sexually degrading words used to describe a person;
- Inquiries or comments about a person's sex life;
- Unwelcome sexual flirtations, advances or propositions; or
- Persistent unwanted contact.

Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods. More specifically, the Club 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 the Club's Discipline Policy. The Club will respect any penalty enacted pursuant to a breach of the Canadian Anti-Doping Program, whether imposed by any sport organization;

1. 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,



PARENT INFORMATION HANDBOOK

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);

2. Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities;
 3. 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 Club events;
- Respect the property of others and not willfully cause damage;
 - Promote ringette in the most constructive and positive manner possible;
 - Adhere to all federal, provincial, municipal and country laws;
 - Comply at all times with the Bylaws, policies, procedures, rules and regulations of the Club, Zone Association (if applicable) and Ringette Alberta, as adopted and amended from time to time.

Appendix B



June 16, 2014

Dear Ringette Parent,

Thank you for choosing ringette for your daughter. She is in good hands; we help build strong, fit, confident girls and women. We look forward to a long and enjoyable relationship with your family.

Our goal is to provide your daughter with a safe and fun environment so she may fall in love with ringette and be active for life. As well, if she chooses to pursue it, our goal is to also help her become her very best on and off the ice.

The 2014-15 season marks a major change in ringette in Alberta. We are moving towards a “stage-based” structure to ensure athletes are placed in an environment that is optimal for their long-term development. Traditionally, in team sport in particular, athletes have been grouped by chronological age despite children developing at different rates and not always fitting into a strict age-based structure.

The goal of a stage-based approach is to match your daughter’s needs today with a program that meets her needs today. Ultimately, our expectation is that this approach will ensure that every athlete has the same opportunity to meet her potential overthelongterm. Ultimately, by the time your daughter is ready for U19, our intent is that her and all her peers will have continued with ringette and will be among the very best in Canada.

The chart on the following page represents a generic guide to registering your child in the program that will be the best fit for her holistically; fine and gross motor skills as well as social, emotional, and intellectual maturity; all of us have developed these at our own pace.

Through the next few years, do not expect your daughter to necessarily progress through each step in a linear fashion. It is completely normal for children to remain at a stage only to catch up in subsequent seasons or, conversely, to be a little ahead of the curve now but not remain so in the future, or she may progress linearly. You MUST resist the urge to compare your daughter to other children in the program; it is an apples to oranges comparison and is not a reliable indicator of the future.

If you would like additional information on long term athlete development principles visit CanadianSportforLife.ca and look for parent information.

Based on your association’s unique situation (access to ice, number of players registered, availability of qualified coaches, etc.) the program that your daughter is enrolled in this season may be slightly different than what you see on the following page but, overall, our goals remain the same.

Regards,

David Myers
Executive Director
Ringette Alberta

Generic Program Descriptions (Your association's may differ)

Stage: Active Start

Sub-Stage: Active Start 1

- Approximately 1 ice time per week
- 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 with other local Associations with similar program
- Season – post thanksgiving to early March (approx. 22 weeks)

Sub-Stage: Active Start 1

- Same as above but...
- Approximately 3 ice times every 2 weeks
- Enrollment in this program will be based on having more refined skating skills than Active Start 1

Stage: FUNdamentals

Sub-Stage: U10 – Step 1

- 2-3 ice times per week will include a combination of practice and games depending on the league game schedule
 - Fundamental skills development focus including: skating skills, ringette skills and basic goalie instruction for all players
 - Emphasis on active involvement, participation and FUN
- 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.
- Game format should be structured to maximize “time on the ring” for each player.
- Coaches on the ice during games for the first half of the season
- Strive for team travel to remain relatively close to home
- Tournament participation permitted. Quantity approved by the Association (1 - 2 maximum with recommendation that one be at or close to home and one “fun trip” away.)
- Season – Mid September to early March (approx. 25 weeks)

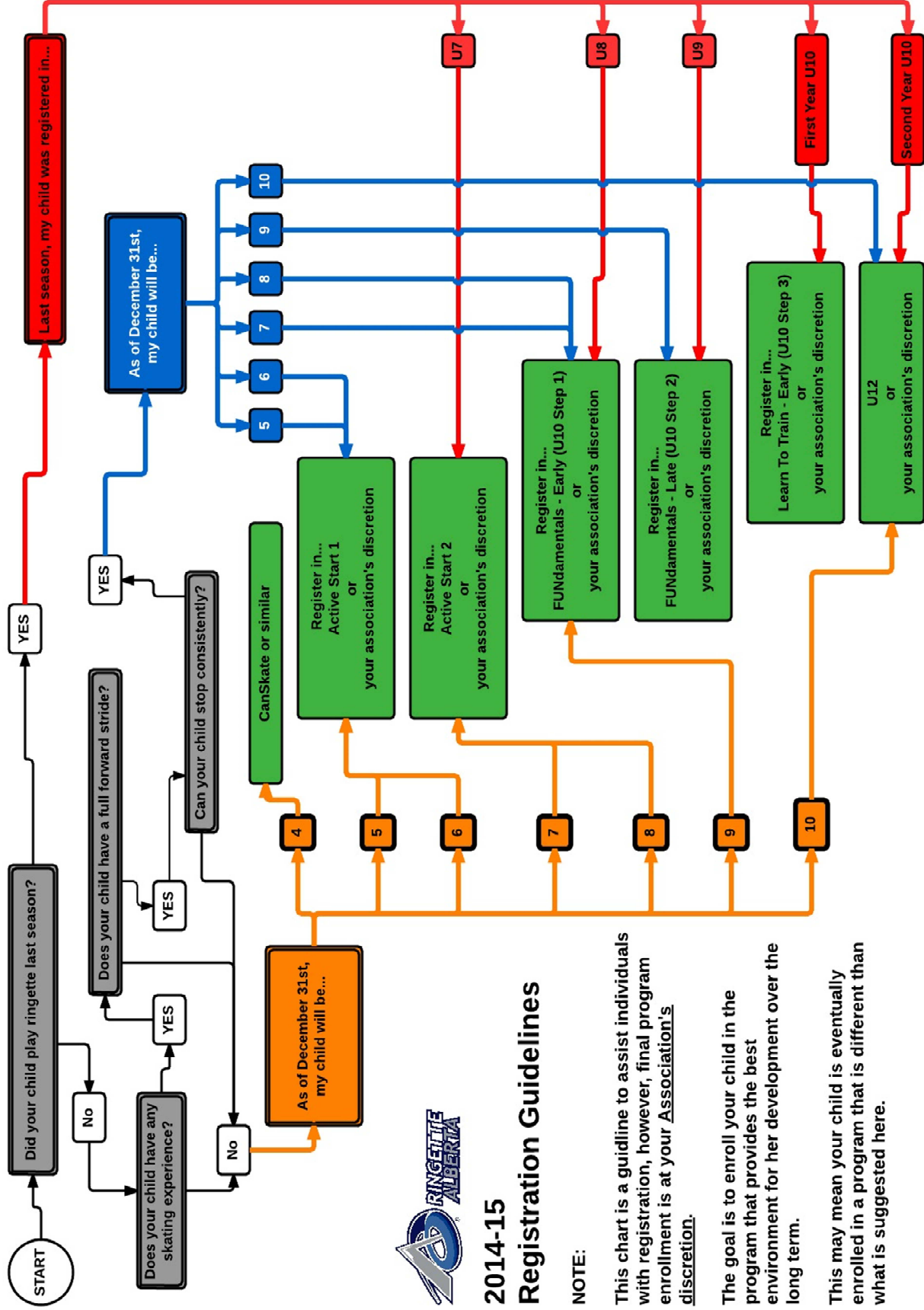
Sub-Stage: U10 – Step 2

- As above plus...
- Continue to refining skills and to understand game concepts.

Stage: Learn to Train early

Sub-Stage: U10 – Step 3

- Can execute most skills in U10-Step 2 plus understands the game concepts very well.
- Maturity of the athlete indicates readiness for Learn to Train early.
- Season – Mid September to early March (approx. 25 weeks)



Ringette Alberta would like to recognize and thank Lori Horne for her leadership in the effort to move ringette in Alberta towards stage-based athlete development.

