

2025 Ice Angels Tournament rules



Tournament Format

U10 Step 1 and Step 2 teams will play 3 round robin friendship games.

U10 Step 3 teams will play 3 round robin friendship games with medal round finals.

Pre-Game

Rules: We will follow the official Ringette Alberta rules as this tournament is sanctioned by Ringette Alberta.

Nets: All U10 games are played using small nets.

Bench Staff: must be certified as per Ringette Alberta guidelines and include one female over 18 years old. No more than 5 non-players (coaches, managers, trainers) will be allowed on the bench at one time. Bench staff must be certified as per Ringette Alberta.

Players: All players must be registered with Ringette Alberta or their respective provincial association.

Start of Play: Teams must be available to start tournament play any time after 10:00am Friday, November 21st 2025

Welcome package: please check in at your first ice time for your team's welcome package.

Dressing rooms: will be posted on the screens in the lobby at the rink.

Game Sheets: RAMP electronic game sheets will be used. One bench staff member from each team must verify and sign the game sheet. Please double check your rosters. Teams must declare goaltenders (G), affiliated players (AP), and if applicable, any captains (C) and alternate captains (AC) on the game sheet. It is the responsibility of the team to ensure Ringette Alberta affiliated player rules are followed. Active Start will not use game sheets.

Affiliations: Teams using affiliates are required to strike the names of players who are not participating in a game from the game sheet to ensure proper verification. Affiliates are to be listed on game sheets with (AP) for affiliate player or (AG) for affiliate goalie. Teams must ensure that Ringette Alberta Affiliation Policy is followed (see policy 5.4.3 from the Ringette Alberta website for details).

Minor Officials/Volunteers:

U10 Steps 1 & 2 - Teams designated as HOME shall supply 1 Clock Operator (buzzer and run clock only). Teams designated as VISITORS shall supply 1 Scorekeeper.

U10 Step 3 - Teams designated as HOME shall supply 1 Clock Operator. Teams designated as VISITORS shall supply 1 Scorekeeper and 1 Penalty Box Operator per game.

Dressing Rooms: Please try to arrive and leave dressing rooms 15 minutes before and after games to provide space for the next team.

Jerseys: Teams are indicated in the schedule as HOME vs AWAY. The general rule for conflicting Jersey colours is that the visitors must change colour. In the event of a conflict and one team has two jersey sets while the opponents have only one, the team having two sets shall make the change regardless of their Home/Visitor status.

Game Time

Warm-up and Breaks: Teams will have 2 minutes to warm up prior to the starting of the game. Teams will not be permitted on the ice until the Zamboni doors are closed. There will be a 2-minute break between periods.

Game time:

Step 1 and 2 - 2 – 24 min run time periods, played on half ice. 90 second buzzers will be used for changes.

Step 3 – 2 – 18 min stop time periods, played on full ice.

Drop Time: if only 5 minutes remain in an assigned time slot, the clock will be reset to 2 minutes at the first stoppage of play.

Overtime: No overtime will be played in the event of a tie, except for U10 Step 3 final medal round games.

Coaches: Coaches will be allowed to be on the ice for Active Start and Step 1 / 2 games in lieu of referees. Coaches must all wear CSA approved helmets and skates and cannot have a stick while on the ice.

Penalties: Any Team accumulating more than 30 penalty minutes in any one game shall see the head coach or acting coach from that game suspended for the next tournament game. No grievances will be accepted. A match penalty will automatically result in a suspension from all subsequent tournament games.

Late Policy: Teams are to be ready to play 10 minutes before the start of the game. Teams not on the ice within 2 minutes of the referee's whistle to start the game will forfeit the game. Points will be duly awarded, and the game will be played as an exhibition game.

Scorekeeping: All goals will be entered on the game sheet (except for Active Start). However, the maximum difference in goals to be displayed on the scoreboard is 7 for U10.

Timeouts: Each team is entitled to one 30-second timeout per regulation. Each team is entitled to one additional 30-second timeout in overtime during playoff games only.

Fair play and sportsmanship will be stressed throughout the tournament. There is a 3-goal max per player for U10 games.

Grievances: No game protests will be accepted. The decision of the referee or tournament committee is considered final.

Tie Breaking Procedures (U10 Step 3 only)

After the completion of round robin play, teams are ranked according to the total points in all games played. When two or more teams have the same number of points after the round robin, teams will be ranked as such:

The winner of the most games between each other during round robin will take the highest position

IF still tied, the difference between goals for and against the tied teams will determine their position.

IF still tied, teams will be ranked on who had the least goals against the tied teams

IF still tied, the difference between goals for and against ALL teams will determine their position.

IF still tied, teams will be ranked on who had the least goals against ALL teams

IF still tied, teams will be ranked on who has the least penalty minutes.

IF still tied, the positioning will be determined on a coin toss.

The team with the higher ranking will be the HOME team in the playoff game.

These rules will apply to all teams involved in the tie. If there are more than two teams tied, the steps will continue for each combination until each team's ranking is determined.

If a playoff game ends in a tie, and assuming scheduled time permits, the teams will play a 5-minute stop time sudden victory overtime period (first team to score wins). Possession of the ring will be decided on a coin toss. Each team is allowed one additional 30 second timeout during this OT period.

If no goals are scored after the 5-minute overtime, or if scheduled time does not permit a 5-minute OT, the game will proceed to a shootout.

Coaches are to identify 5 shooters from each team

Home team shoots first. Teams alternate shooters until all 10 are complete.

The team with the most goals is the winner.

If still tied after the shootout, each team will submit another shooter for the next round. Each additional 1 on 1 round will continue until a winner is declared. Each additional shooter must be a new player and not one that has already participated in the previous shootout round.

Post-Game

Heart and Hustle Awards: After the game, players are to line up on their blue line. Coaching staff will pick one player from the other team and present the Heart and Hustle award. If there is less than 2 minutes left in game play, awards will be given off ice.