



Session 3 Technical Manual

U14-U19 Divisions

January 2026

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A. GENERAL

This technical manual is to be used to govern the process for the determination of teams to qualify for Ringette Alberta Provincial Championships which are organized and operated by Ringette Alberta. Black Gold League (BGL) and Chinook Ringette League (CRL) reserve the right to add or modify information contained in this manual. Any modifications would be communicated to league members as soon as they become available.

1. Session 3 will replace the weekend format of Playdowns as of the 2022/2023 season.
2. Session 3 in the North and South will be organized and operated by the Black Gold League and Chinook Ringette League, respectively.
3. All teams may participate in Session 3. Teams who commit to Provincials are determined from Session 3 standings.
4. Session 3 will occur at the end of each league's second session
5. The format for Session 3 will be dependent on ice availability.
6. Remuneration for officials will be in the amounts as determined by the leagues.
7. All applicable Ringette Alberta policies are in full effect.

B. WHO CAN PARTICIPATE IN SESSION 3 AND COMMIT TO PROVINCIALS

1. All teams must be registered with Ringette Alberta by December 1st of the current playing season. ALL PLAYERS MUST BE REGISTERED WITH RINGETTE ALBERTA.
2. All teams will participate in Session 3 and must pay the required Session 3 fee regardless of whether or not they commit to attend Provincials. The fee covers the cost of ice, Officials and any other related expenses. Session 3 registration with payment is due December 15th.
3. All teams playing in Session 3 are eligible to commit to attend Provincials.
4. Session 3 registration and Commitment to Attend and/or Opt Out of Provincials will be combined. Registration is located on the Ringette Alberta website.
5. Only teams with approved Team Roster Forms (TRFs) by January 31 are eligible to participate in Provincials.

C. SESSION 3 DATES

1. Session 3 will be scheduled by the Leagues.
2. Games will primarily take place Saturdays and Sundays but allow for games that require minimal travel to be played during the week.
3. Session 3 will begin no sooner than 7 days after the completion of session 2 for each league.
4. Session 3 will be completed at least 10 full days prior to the Provincial Championship start date.
5. Each team participating in Session 3 will be granted a maximum of one (1) blackout weekend for the session only if attending previously scheduled tournament sanctioned by Ringette Alberta.

D. GAME OPERATIONS

1. Session 3 games will utilize the most recent Official Rules and Casebook published by Ringette Canada.
2. Games will be scheduled for a minimum of one (1) hour for U14A/B/C and one and a quarter (1.25) hour ice slots for U14AA, U16 and U19. One and a quarter hour (1.25) ice slots can also be used for younger divisions, if available.
3. Games will be scheduled with a minimum 2 hour break between the end of one game and the start of the next for a specific team.
4. There will be a three (3) minute warm-up at the start of each game and a one (1) minute break between periods.
5. If an arena does not have shot clocks, the HOME team must provide them.
6. In all cases, the maximum difference (spread), between goals for and against in each game is seven (7). This is the 'Official Score'.
7. There will be no overtime or shoot-out in session 3; games may end in a tie.
8. Period Length
 - a. U14A/B/C divisions will play two 18-minute halves, stop time.
 - b. U14AA will play four 11-minute quarters, stop time
 - c. U16 and U19 divisions will play four 11-minute quarters, stop time
 - d. U16AA and U19AA divisions will play four 11-minute quarters, stop time
9. When five (5) minutes remain in the scheduled ice slot and there are three (3) minutes or more remaining on the game clock, the game clock will be set to two (2) minutes and the game will proceed with stop time.
10. In case of conflict in uniform colour, as determined by the on-ice officials, the visiting team will be required to change uniforms.
11. Electronic game sheets must be completed by eligible team staff a minimum of fifteen (15) minutes prior to game time. Teams will indicate active players and affiliate players (AP), plus injured not dressed players (INJ) if they are on the player bench for the game. Team Staff signatures on the game sheet confirms that the team's roster is accurately reflected on the game sheet. A maximum of five (5) team staff are allowed on the bench, as well as any number of junior coaches.
12. Teams must be ready to go on the ice ten (10) minutes before game time. Teams not iced within two (2) minutes of the referee's whistle being blown to start the game will forfeit the game. The game may be played as an exhibition. The score, credited to the team that has been given the win, will be recorded as 7-0.
13. Alternate goalkeepers may be warmed up between periods in the end their team will defend for the second period. Only one skater and two rings may be used for the purposes of alternate goalkeeper warm-up. There will be no time outs permitted to warm up an alternate goalkeeper except in the case of an injury to the starting goalkeeper in which case the Official Rules of Ringette will be followed.
14. If any team accumulates more than 30 minutes in penalties in any one game during session 3, the head coach, or acting coach (as noted on the game sheet) if the head coach is absent, shall be suspended for the entirety of the next game.

E. OFFICIALS

1. Officials for session 3 are selected and assigned by the respective league.

F. MINOR OFFICIALS

1. Minor officials must be provided by the HOME team (time clock, game sheet, penalty box) and AWAY team (shot clock and penalty box). Minor officials may exchange roles as they mutually agree.
2. Minor officials must be in their respective positions when the competing teams step on the ice. It is up to the on-ice officials to determine if the minor officials are in position.
3. Teams that do not provide minor officials for the game will forfeit that game and the score will be recorded as a 0-7 loss.

G. GAME SHEET & SCORE REPORTING

1. Electronic game sheets will be used for all games.
2. Scores must be verified by BOTH teams online. Scores will be reported through the league websites. The home team must enter the game information within 24 hours, the visiting team must verify the scores within 48 hours.

H. PROTEST AND GRIEVANCE

1. Protest and Grievances will be considered consistent with league operations.
2. Protests will only be entertained from a registered team staff member.
3. All protests must be submitted in writing to the league Executive within twenty-four (24) hours of completion of the game.
4. The Protest and Grievance decisions are final and no further appeals will be entertained.

I. SESSION 3 RANKINGS

1. All eligible teams within each division are ranked using only the results of the leagues they play within:
 - a. Chinook League utilizes second session games up to a cutoff date determined by the league.
 - b. Black Gold League utilizes second session games up to a cutoff date determined by the league.
2. If multiple pools have been created within a division, all teams playing in the higher pool will be ranked higher than all teams playing in the lower pool.
3. Rankings are done using a Win Percentage (win percentage ratio = points earned divided by total possible points) to account for differences in games played between teams.
 - a. Teams will be ranked from highest to lowest win percentage.
 - b. For U16A & U19A games, the Chinook and Black Gold League games against AA teams will be removed for final rankings.
 - c. If a team is advanced/retreated, all games involving this team in their previous division/level will be removed from final rankings.
 - d. In the event of a tie, tied teams will be ranked by **Goals For** divided by **Goals Against**.

J. SESSION 3 FORMAT

1. In each division, a round robin session will be played to determine the participants selected to attend the Provincial Championships
2. All eligible teams will be placed in pools according to the following number of participants
 - a. Seven (7) or fewer teams, a single round robin series will be played between all teams (up to 6 games).
 - b. Eight (8) to fourteen (14) teams, all teams will be placed in two pools. Participants in each pool will play a single round robin series between all teams (up to 6 games).
 - c. Fifteen (15) or more teams, all teams will be placed in three pools. Participants in each pool will play a single round robin series between all teams (up to 6 games).
3. Once teams are ranked, teams will be placed in a “snake draw” from highest to lowest. Placements will take place following the completion of session 2. The following contingencies will be placed:
 - a. When ranking teams, travel distances may be taken into consideration, modifying the “snake draw” to accommodate this.
 - b. The location of all games in session 3 will be at the discretion of the league scheduler. All attempts will be made to create a fair balance of home vs away games.
4. For the Provincial Host team participating in session 3
 - a. When there is one Provincial Host team, the team will be removed from the ranking and placed in the lowest position. Where there are pools with uneven numbers, the host team will be placed in the Pool with the larger number of teams.
 - b. When the Provincial Host Association has multiple teams, they will be placed according to their League Ranking.
5. Points for the games played in the round robin series will be awarded as follows:
 - a. 2 points for a win
 - b. 0 points for a loss
 - c. 1 point for each team if tied
6. At the completion of session 3, the teams advancing from each league will be determined as follows
 - a. Teams will be ranked within their pool based on points. If tied for points, teams will be ranked as stated in section K.
 - b. If there are an equal number of teams to advance to Provincials from each pool, the highest ranked teams in each pool will advance.
 - Ex. Where 4 teams qualify from 1 pool, the top 4 ranked teams in the pool will advance.
 - Ex. Where 4 teams qualify from 2 pools, the top 2 ranked teams in each pool will advance.
 - c. If there are an uneven number of teams to advance to Provincials from each pool, an even number of teams in each pool will automatically advance. The final qualifier(s) will be determined by an elimination round between the next highest ranked teams.
 - i. Elimination games will be scheduled as soon as possible. For elimination games, a 1.25-hour ice slot should be utilized whenever possible.
 - ii. Game play will be consistent with all other session 3 games with the exception of “D. Game Operations”, points 7 and 8.
 - iii. Elimination games for U16 and U19 divisions will play four 10-minute quarters.
 - iv. All games in the elimination round that end regulation in a tie will play a maximum of one, five-minute, sudden victory overtime period. Games that are still tied after the

overtime period will move to a shootout, the procedure consistent with the RAB Provincial Championship technical manual.

- Ex. Where 5 teams qualify from 2 pools, the top 2 ranked teams in each pool will automatically advance. The third ranked teams in each pool will play one elimination game to determine the 5th qualifier.
 - Ex. Where 5 teams qualify from 3 pools, the top ranked teams in each pool will automatically advance. The second ranked team in each pool will play a round robin to determine the 4th and 5th qualifiers with the ranking and application of tiebreakers consistent with section K.
7. The number of teams advancing to Provincials from each league will be determined and communicated by Ringette Alberta.

K. TIEBREAKERS

1. When two or more teams have an equal number of points after the completion of the Round Robin, the teams will be ranked per the following rules.
2. The tie-breaking steps shall be followed in sequence until the tie is broken (i.e. one team is eliminated from the tie). Once one team is eliminated from the tie, the procedure reverts to (K.4.a).
3. In all games the maximum difference (spread) between goals for and against in each game is seven goals. This is the “Official Score”.
4. The following procedure will be applied:
 - a. In cases where the tied teams have played an equal number of games against each other:
 - i. The team with the most games won against the other tied teams during the round robin will be ranked the highest.
 - ii. If still tied, the team having the greatest positive difference between goals for and goals against in all games against the other tied teams during the round robin will be ranked the highest.
 - iii. If still tied, the team having the fewest total goals against in games against the other tied teams during the round robin will be ranked highest.
 - b. If still tied, or if teams have not played an equal number of games against each other:
 - i. The team having the greatest positive difference between goals for and goals against in all games during the round robin will be ranked highest.
 - ii. If still tied, the tied team with the fewest total goals against in all games during the round robin, will be ranked the highest.
 - iii. If still tied, the team having the fewest penalty minutes in all round robin games, will be declared the highest position.
 - c. If still tied, a coin toss or random draw will be used to break the tie.

L. PROVINCIAL HOST TEAM(S)

1. If the Provincial Host Association has one designated host team, the host team will be removed following the completion of session 3
 - a. As stated in Section J.4, the host team will be placed in the bottom of the snake draw
 - b. All games in the pool, including games with the host, are considered for rankings.
 - c. Once pool rankings are complete, the host team is removed, and all subsequent teams in the pool are moved up in the final ranking.

- Ex. 1st – Airdrie (Host) => 1st – Strathmore
 2nd – Strathmore 2nd – Bowview
 3rd – Bowview 3rd – Cochrane
 4th – Cochrane Airdrie *Removed as Provincial Host*

2. If the Provincial Host Association has two or more teams:
 - a. All teams are ranked and snaked into pools.

Rank in pool	POOL A	POOL B
1	STA-1	SPK
2	PEM	STA-2
3	EDM	SGV
4	LAC	FSK
5	LED	RDR

- b. If all host association teams advance to Provincials after session 3, an additional spot will be allocated in the pool with the lowest ranking host association team based on session 3 rankings.
 - Ex. Where 4 teams + host qualify, STA-2 will serve as host and the last spot will be awarded to SGV.
 - If STA-1 and STA-2 both advance and both finish in the same rank in their pools, then whichever 3rd place team finished with a better win % in their pool would advance. If still tied, then adhere to section M: Tiebreakers.
- c. If all/multiple host association teams do not qualify for Provincials:
 - i. The highest ranking in their pool will be the host, and the other team(s) would be eliminated.
 - Ex. STA-1 finished in 4th place in their pool and would be given the host spot.

Rank in pool	POOL A	POOL B
1	LAC	SPK
2	PEM	FSK
3	EDM	SGV
4	STA-1	RDR
5	LED	STA-2

- ii. If all eliminated teams finish in the same position in the pools (no team can be determined “highest”). The host association will determine playoffs.

M. RANKING FOR PROVINCIALS FOLLOWING SESSION 3

1. Teams who have committed to attend Provincials will be ranked per the following:
 - a. Teams ranked first in their respective session 3 pools will be ranked the highest. All teams that are first in their session 3 Pool, will be ranked against each other per win % in league standings. These standings will include league games as indicated in Section I.1.
 - b. Host teams will be ranked as follows
 - i. A host team that finished first in their pool will be ranked by League standings amongst the first-place finishers in each session 3 Pool. This will include the team within their own pool that is advanced to Provincials once the host team is removed.
 - ii. A host team that finished second in their pool will be ranked by League standings amongst the second-place finishers in each session 3 Pool
 - iii. A host team that finishes outside the rank advancing to provincials in their pool will be ranked in the final place for their region (North or South).
 - c. Teams who have elected to participate in Session 3 but did not commit to attend Provincials shall be removed from the rankings at the end of session 3. All games played, including those against teams not attending Provincials, will be included with respect to the ranking of other teams and the application of tiebreakers. If applicable, teams ranking below the removed team will all move up accordingly while their overall points remain the same.
2. Once the rankings have been completed for North and South, teams will be placed in serpentine order into pools.

- a. For 8 teams:

POOL A	POOL B
North #1	South #1
South #2	North #2
South #3	North #3
North #4 (or South #5)	South #4 (or North #5)

If the numbers allocated to each region are not equivalent, the fifth ranked team will replace the fourth ranked team in the opposite region.

- b. For 12 teams:

POOL A	POOL B	POOL C
South #1	South #2	North #1
North #3	North #2	South #3
North #4	North #5	South #4
South #6 (North #7)	South #5	North #6 (South #7)

If the numbers allocated to each region are not equivalent, the seventh ranked team will replace the sixth ranked team in the opposite region.

