

# GUELPH RINGETTE ASSOCIATION



Prepared By: GRA Executive  
Prepared For: GRA Parents  
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## 1. ADDRESS

Guelph Ringette Association (GRA)  
P.O. Box 21013 RPO Campus  
Guelph, ON N1G 4T3

## 2. WEBSITE

Website: [www.guelphringette.ca](http://www.guelphringette.ca)

### Website Information

Generally everything you need to know will be posted on our website, including:

- ✓ Registration Information
- ✓ Ice Schedule
- ✓ Events
- ✓ News
- ✓ Volunteer Opportunities
- ✓ Our Sponsors
- ✓ Apparel
- ✓ About Us
- ✓ Programs
- ✓ Policies, Forms and Rules
- ✓ Resources & Tools
- ✓ Teams
- ✓ Tournament
- ✓ Contact Information

### GRA Emails

Please sign up to receive our E-blasts communications. You can sign up from our home page.

SUBSCRIBE TO OUR NEWSLETTER	
<input type="text" value="ENTER YOUR EMAIL ADDRESS"/>	Subscribe

### **3. GRA EXECUTIVE FOR 2018-2019**

**Executive and Committee Volunteers:**

PRESIDENT - [Tricia Taylor](#)

VICE-PRESIDENT - [Leanne Claerbout](#)

TREASURER - [Jennifer Mezenberg](#)

SECRETARY - [Nicole Murdock](#)

DIRECTOR OF COMMUNICATIONS - [Lisa Leclerc](#)

DIRECTOR OF REGISTRATION - [Jared Pulleyblank](#)

DIRECTOR OF OFFICIALS - [John Mezenberg](#)

DIRECTOR OF ICE SCHEDULING - [Jordan Kovats](#)

DIRECTOR OF EQUIPMENT - [Darryl Metzloff](#)

DIRECTOR OF ADULT PLAY - [Meghan Purdie](#)

DIRECTOR OF SPONSORSHIP & FUNDRAISING - [Jennifer Hundleby-Anthony](#)

DIRECTOR OF SPECIAL EVENTS - [Marten Dykstra](#)

DIRECTOR OF TOURNAMENT (Chair) - [Chris Billing](#)

DIRECTOR OF COACH & PLAYER DEVELOPMENT - [Tara Lazzari](#)

**Guelph Ringette Representatives:**

WRRL REPRESENTATIVE - [Deby Smith](#)

WESTERN REGION REPRESENTATIVE - [Tricia Taylor](#)

WESTERN ONTARIO RINGETTE LEAGUE (WORL) REPRESENTATIVE - [Chris Billing](#)

CENTRAL ONTARIO RINGETTE LEAGUE (CORL) REPRESENTATIVE - [Jordan Kovats](#)

## 4. MESSAGE TO PARENTS - WELCOME TO RINGETTE!

We are 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 or Guelph Ringette Association (GRA), your coach, or any board member would be happy to answer them.

## 5. HISTORY OF RINGETTE IN CANADA

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.

Ringette is an exciting, unique winter ice sport, played mainly by females but open to all and at all ages. Everyone gets to play on a team and everyone gets to play regardless of their skill or ability. Ringette is very inclusive.

Ringette is a non-contact sport. Players use a straight stick with a specially designed tip and a hollow rubber, blue ring. Ringette playing rules require players to pass the ring over each blue line in order to advance the play, creating excellent team participation.

Ringette is played across Canada from the Northwest Territories to Prince Edward Island. Internationally, Ringette is played in Finland, the United States, Sweden, France and the United Arab Emirates with teams being formed in Slovakia and the Czech Republic.

## 6. HISTORY OF GRA

Ringette in Guelph was originally run by the City's Recreation and Parks for 5 seasons. During the latter 4 years, Mrs. Shirley Reynolds, alone, coached, refereed, kept time and organized the players.

At the end of the 1975-76 season an executive was elected. By the beginning of 1976-77 season Guelph Ringette was a registered minor sport.

At that time there was approximately 95 girls playing on 7 teams. They used 4 hours of ice time at Victoria Road Arena. How things have changed!

### **That First executive was made up of the following:**

- Mr. Jack Hendershott, President
- Mr. Alex Campbell, Vice-President
- Mrs. Marlene Gazzola, Treasurer
- Mrs. Shirley Curtis, Secretary
- Mrs. Shirley Reynolds, Past Director

## 7. THE BASICS OF RINGETTE

**Ringette is played with a ring and a straight stick.**

The ring is hollow and made of rubber. Sticks are not recycled hockey sticks. Companies produce sticks with tapered ends with steel, aluminum or plastic tips. Different styles, flex and weight are available.

**Ringette is played 5 on 5 plus goalkeepers.**

Teams are usually made up of 11 to 17 players; with six skaters on the ice at the same time (a goalie, two defence, a center and two forwards).

**The ring is passed at every blue line.**

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.

**Players never enter the goalkeeper's crease.**

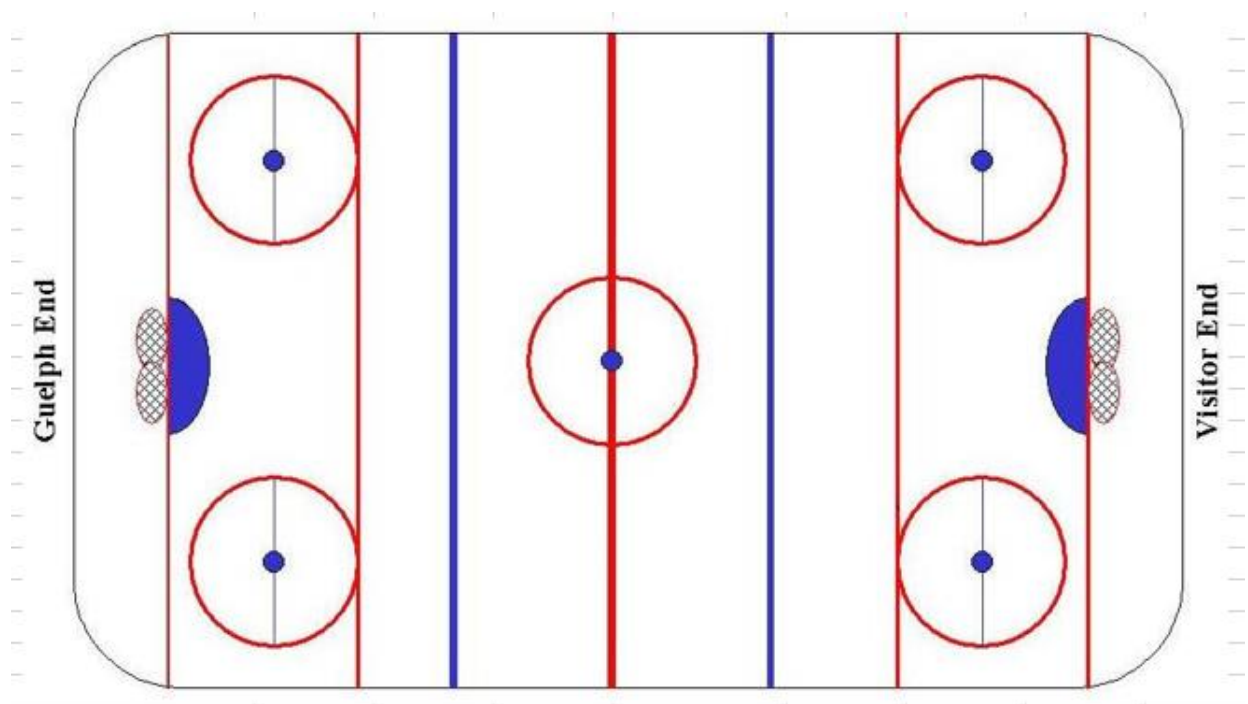
If the ring lands in or on the crease, the only player who can touch it is the goalkeeper. The goalkeeper usually picks up the ring and throws it to a teammate. The goalie has five seconds to pass it out of her crease.

**Players have 30 seconds to take a shot on net.**

Teams at U12 and higher have 30 seconds to take a shot on goal after they gain possession of the ring. If time runs out on the shot clock, a buzzer sounds and the other team is awarded the ring.

**In the offensive zones the game is played 3 on 3.**

You will notice the free play lines (small red line at the top of the circles) on the ice. From this line to the end boards, it's a game of 3 on 3. Players can rotate in and out of the free play zones producing a lot of movement and creativity.



There is no intentional body contact.

Ringette promotes a no-contact policy when it comes to the physical aspect of its game. Penalties are given when a player, makes excessive body contact with another player, checks a player too high on the stick, trips, hits or interferes with another player.

### 8. WHY PLAY RINGETTE?


- Ringette emphasizes team play over individual stardom.
- Deliberate contact is not prohibited.
- Ringette offers competition at every skill level – recreational leagues, elite leagues, university, National Ringette League and International competition.
- Ringette strongly promotes the physical learning principles of [Long Term Athlete Development](#).
- Ringette seeks to develop individuals to their maximum potential as an athlete and as a person.
- [Why Catriona Le May Doan loves ringette! \(VIDEO\)](#)

### 9. WHO PLAYS RINGETTE?

- EVERYONE – girls and boys, men and women, pre-schoolers to seniors!
- Watch this YouTube video: [Ringette is for life!](#)

### 10. WHAT EQUIPMENT DO YOU NEED?

Parents are responsible for purchasing all mandatory equipment. GRA has goalie equipment available to our teams.

<ul style="list-style-type: none"> <li>• Ringette stick (Note: a cut off hockey stick is not allowed)</li> <li>• Skates – (no figure skates allowed) goalies may choose to use goalie skates</li> <li>• Knee &amp; shin pads</li> <li>• Protective Girdle (Hip/Tailbone/Genital Protection (with ‘cup’, Girdle or “Jill”)</li> <li>• Ringette pants, or hockey pants and socks (rep players must wear pants)</li> <li>• Protective gloves (i.e. Hockey Gloves)</li> <li>• Neck Protector</li> <li>• Elbow pads</li> <li>• Shoulder pads</li> <li>• Jersey (GRA provides game jerseys for regional teams)</li> <li>• CSA approved helmet with ringette facemask (no hockey face mask – the square holes in the grill allow a Ringette stick through, the Ringette Face Mask has triangle shaped grill pattern)</li> <li>• Neck guard</li> <li>• Mouth guard</li> </ul>	 <p><b>Required Equipment</b></p> <ol style="list-style-type: none"> <li>1 Hockey helmet and ringette face protector (both CSA certified)</li> <li>2 Neck guard (BNQ approved)</li> <li>3 Elbow pads</li> <li>4 Jersey</li> <li>5 Gloves</li> <li>6 Girdle/pelvic protection</li> <li>7 Ringette Pants</li> <li>8 Shin pads</li> <li>9 Skates</li> <li>10 Ringette Stick</li> </ol> <p><small>NOTE: Please consult provincial rules regarding the use of shoulder pads.</small></p> <p><b>Équipement obligatoire</b></p> <ol style="list-style-type: none"> <li>1 Casque de hockey et protecteur facial de ringette (les deux certifiés par l'ACN)</li> <li>2 Protège-cou (approuvé par la BNQ)</li> <li>3 Coudières</li> <li>4 Maillot</li> <li>5 Gants</li> <li>6 Gaine / Protection pelvienne</li> <li>7 Pantalon de ringette</li> <li>8 Protège-tibias</li> <li>9 Paires</li> <li>10 Bâton de ringette</li> </ol> <p><small>NOTE: Veuillez consulter les règlements provinciaux en ce qui concerne l'utilisation des épaulières.</small></p>
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### Local Ringette Equipment Sources

1. The Ringette Store: <http://www.ringettestore.com>
2. Play It -Again Sports Guelph: <https://www.playitagainsports.com/guelph>
  - a. GRA Custom Ringette Pants available here

## 11. CUSTOMIZED GUELPH RINGETTE APPAREL & MERCHANDISE:

- We use a local business; Make it Sew, located on Speedvale near Elmira Road for our customized ringette bags, water bottles, blankets, winter coats, etc. Coat sample sizes are available at the store.
- We have a new on-line catalogue for ordering customized Guelph Ringette Clothing from Marchant School Sports Ltd: [Link to ON-LINE Catalogue](#) More details to be shared, as this is a new supplier as of September 2018.
- Individual or team orders can be accommodated at both vendors.

## 12. OUR ATHLETES SUCCEED IN A POSITIVE ENVIRONMENT!

GRA 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. Ontario Ringette, Guelph Ringette and the City of Guelph promote 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-Hour 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. After this time, you have a better perspective and can 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 our Director of Coach and Player Development 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. GRA 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; and/or
- 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!"**

## 13. CODE OF CONDUCT POLICIES

**THIS CODE OF CONDUCT IS A ZERO TOLERANCE POLICY (PER WESTERN REGION RINGETTE)**

### Parents

It is our responsibility as adults to set an example to our children. All our players, coaches and officials try their best. They are learning, and they are trying to have fun. Verbal abuse of officials, players or coaches is not tolerated in this Region. Any parent who verbally abuses or harasses an official, player or coach will be given one warning to stop. If they continue they will be asked to leave the arena playing area and not to return. If a parent refuses to leave the arena, the game will be called and the team that the parent is from will automatically lose the game. Their conduct will be brought to the attention of their home association and dealt with at a Regional level.

### Players

To all players in the sport of Ringette - abusive language or harassment of an official, peers on ice or coaches will not be tolerated. As players, especially older players, you must conduct yourself accordingly to show our younger ringette players what sportsmanship is about.

### Coaches and Officials

Abusive language and harassment of a player, official or coach will not be tolerated. If you, as an official, are asked to explain a ruling please do so in a polite and courteous manner. If you, as a coach, wish to have a ruling explained please do so in a polite and courteous manner. YOU are setting the example to everyone.

Please see our Parent, Coach and Player Code of Conduct Policies located on our website.

[Link to Code of Conduct Policies](#)

## 14. TRUE SPORT PRINCIPLES

GRA has adopted the TRUE SPORT principles. Check them out at <http://truesportpur.ca>

## 15. GRA TEAMS IN 2018/19:

### Learn to Play Divisions

Learn to Skate

U7 Program

### Regional Teams

U8R

U9R

U10R

U12R

U14R

Open

Adult Shiny

Regional teams participate in the Western Region Ringette League (WRRL) – playing teams across the region, for example: Kitchener, Elora-Fergus, Waterloo, London. Some travel is required. OPEN team participates in SWIRL.

### Provincial Teams

U12 Provincial Petite

U14 Provincial A

U16 Provincial AA

U19 Provincial A

U19 Provincial AA

Provincial teams participate in the Western Ontario Ringette League (WORL). Some travel for games is required. Tryouts for our Provincial Teams are held in the previous spring with the exception of U12 Provincial Petite which is held in the fall of the current season. Through a series of on-ice sessions, players are selected

by an evaluation committee, including the head coach. The final team rosters are determined to meet timelines according to Western Ontario Ringette League. You can learn more about WORL here: <http://www.wrra.ca/alweb/>.

## 16. IMPORTANT DATES

**Final Registration:** End of September (or contact Registrar - [Jared Pulleyblank](#))

**Regional Team Sort Out:** Sept 10 – 22, 2018

**GRA Tournament:** February 7–10, 2019

**Provincials I:** (U16AA, U19AA teams) – Waterloo March 7–10, 2019

**Provincials II:** (U14A, U19A teams) – West Ferris March 14 – 17, 2019

**U12P Provincials:** Guelph March 21 – 24, 2019

**Regionals:** March 24 – 26, 2019

**Year End Regional Banquet:** Date to be determined.

## 17. FREQUENTLY ASKED QUESTIONS

### How are the rates for registration determined?

Ice fees, administration costs, ORA registration and association fees are all factored into the rates. We do our best to keep our fees as low as possible. This is why your fundraising efforts are so important!

### I want to volunteer, but don't have the time to make a long-term commitment. What should I do?

We have plenty of volunteer opportunities available; please contact [contactus@guelphringette.ca](mailto:contactus@guelphringette.ca) for more information.

### I have more questions. How do I find answers?

Please visit our website [www.guelphringette.ca](http://www.guelphringette.ca) or email us [contactus@guelphringette.ca](mailto:contactus@guelphringette.ca) or refer to the [Community Facebook Group](#).

## 18. GRA ICE TIMES WITH THE CITY OF GUELPH

Teams ice times including practice, power skating and games will be posted on our website under Ice Schedule. Our LTS/U7 will have a relatively consistent ice time. The U7's will have additional ice added in the late fall. The rest of our teams will share the ice times we have secured for Guelph Ringette from the City of Guelph, slotting the younger teams into time appropriate time slots. Note: we do lose our weekend ice during other Local Tournaments and Stat holidays.

Monday - 6-7pm @ University of Guelph Red Rink

Tuesday - 6-9pm @ West End Rec Center, pad #1

Wednesday - 5-6pm @ Centennial Arena

Thursday – 7:45 – 9:45pm @ West End Rec Center, pad #2

Friday – 6-7pm @ University of Guelph Red Rink, 6-10pm @ Victoria Rd Arena

Saturday – 7:15am – 12:15pm @ West End Rec Center, pad #2, 4-7pm @ Victoria Rd Arena

Sunday - 7-8am and 12-1pm @ Victoria Rd Arena, 11am-1pm @ University of Guelph Red Rink

## 19. SORT OUT PROCESS FOR REGIONAL TEAM SELECTION

The Coach and Player Development committee will review U12 and younger players during Sort Out Ice sessions in early September. Regional teams will be selected according to skill and ability. Request(s) can be made by the GRA Coach and Player Development for movement up or down levels. These changes must be approved by the Board and Western Region Ringette League (WRRL).

Where there are a sufficient number of players in an age group for 2 teams, a structured draft by the selected coaches may occur following the Sort Out Ice sessions.

Parents will be contacted within 1 week of completion of sort-out to confirm the team that their child is on. If you do not receive a call by September 23rd from your coach, please contact the Director of Coach and Player Development at [tlazzari12@gmail.com](mailto:tlazzari12@gmail.com).

## 20. JERSEY POLICY LTS AND U7

U7 players and younger will continue to wear sponsored jerseys for the duration of the sponsorship program. In the event the program ends the GRA will take steps to secure the appropriate jerseys for these divisions.

## 21. JERSEY POLICY REGIONAL TEAMS

All Regional players will be provided two jerseys (yellow & grey) for the season. All Regional jerseys will have an identifiable component to reduce mix-ups with GRA owned jersey and Rep player owned jerseys. All such jerseys must be returned to the GRA in acceptable condition. **Acceptable condition** is defined as normal wear of a jersey. Tears, cuts, burns, glue adhesive, rips etc. are not considered normal wear and the cost of a replacement jersey will be the responsibility of the assigned team. The condition of the jersey catalogued upon sign out and reviewed upon return at the end of the season.

Regional Jerseys are not distributed for players to keep. Each Manager or an assigned volunteer from each regional team is in charge of the jerseys and for their safe return at the end of the season to the GRA Equipment Director.

Sponsor bars or Name bars are **NOT** allowed to be added to any jersey regardless of whether they are GRA owned or player owned. This will allow the GRA to show a consistent image as well as reduce wear and tear on the jerseys.

Captain C and assistants A are permitted. The proper sized letter will be permitted to be sewn on and will be available from the approved supplier of the Guelph Ringette Association. The GRA Equipment Director will provide the details of the approved supplier. DO NOT use fabric glue or iron-on materials. Any residue or letters left behind could permanently damage the jerseys. All C and A to be removed from all jerseys and returned to the GRA Equipment Director at the end of the season.

GRA player jerseys are not to be worn for any other purpose than league games, tournaments, team pictures, banquets, jersey day at school or other team functions. GRA league jerseys are not to be worn at practices. Jerseys are to be washed in accordance to manufacturer's directions.

Lost jerseys are the responsibility of the assigned team. Replacement value is \$90.00.

## 22. JERSEY POLICY PROVINCIAL TEAMS

All provincial team players will be responsible for the purchase of their own jersey. This will be arranged through the approved supplier of the Guelph Ringette Association. The GRA Equipment Director will provide the details of the approved supplier. Each provincial player is expected to take excellent care of their jersey, i.e. using a garment bag. If a provincial player's jersey is damaged, they will be asked to purchase a new one. Each manager will be given a loaner jersey in case a player forgets their jersey. The cost per jersey will be subject to change each season. Exceptions may be made upon executive approval whereby an out of town player may rent the jerseys for the season at a cost of 50% of the value of each jersey. The full cost to be payable at the start of the season with a refund of 50% if the jersey is returned at the end of the season in acceptable condition.

Sponsor bars or Name bars are *NOT* allowed to be added to any jersey regardless of whether they are GRA owned or player owned. This will allow the GRA to show a consistent image as well as reduce wear and tear on the jerseys.

Captain C and assistants A are permitted. The proper sized letter will be permitted to be sewn on and will be available from the approved supplier of the Guelph Ringette Association. The GRA Equipment Director will provide the details of the approved supplier. DO NOT use fabric glue or iron-on materials. Any residue or letters left behind could permanently damage the jerseys. All C and A to be removed from all jerseys and returned to the GRA Equipment Director at the end of the season.

GRA player jerseys are not to be worn for any other purpose than league games, tournaments, team pictures, school jersey days, banquets and or other team functions. GRA league jerseys are not to be worn at practices or powerskating. Jerseys are to be washed in accordance to manufacturer's directions.

Lost jerseys are the responsibility of the assigned team. Replacement value is \$90.00.

## 23. FAIR PLAY POLICY

The GRA executive would like to ensure that everyone involved in GRA is aware of the Ontario Ringette Association (ORA) **Fair Ice Policy**. It follows here as per the ORA Operating Manual, Sports Development Section 6.

### Play fair

Winning is pointless if it has been achieved unfairly or dishonestly. Remember - it is a game.

### Play to win but accept defeat with dignity

Play to win until the final whistle. But remember nobody wins all the time. You win some; you lose some. Learn to win and lose graciously.

### Observe the laws of the game

All games need rules to guide them. Learn them; it will help you to understand the game better. It is equally important to understand the spirit of the rules. They are designed to make the game fun to play and fun to watch.

### Respect all players, coaches, officials (on and off-ice) and spectators.

Fair play means respect:

- Without opponents there can be no game.
- Form a team in which all members are equal.

- Officials are there to maintain discipline and fair play. Always accept their decisions, without arguing, and help them to enable all participants to have a more enjoyable game.
- Spectators give the game atmosphere. They want to see the game played fairly, but they must also behave with respect.
- Promote the interest of Ringette.
- Encourage other people to watch and play fairly. Be an ambassador for the game.

**Honour those who defend Ringette’s good reputation.**

Sometimes, somebody does something exceptional that deserves our special recognition. They should be honoured and their final example publicized.

**Reject corruption, drugs, alcohol, racism, violence and other dangers to our sport.**

Watch out for attempts to tempt you into cheating or using drugs. Drugs have no place in ringette, in any other sport or in society as a whole. Say no to drugs.

Help to kick racism and bigotry out of ringette. Treat all players and everyone else equally, regardless of their religion, race, gender or national origin.

Show that ringette does not condone violence.

**Help others to resist corrupting pressures**

You may hear that team-mates or other people you know are being tempted to cheat in some way or otherwise engage in behavior deemed unacceptable. They need your help. Support them in making the right choices.

**Denounce those who attempt to discredit our sport.**

Stand up to anybody who is encouraging others to cheat or engage in other unacceptable behavior. It is better to expose them and have them removed before they can do any damage.

**FAIR ICE GRID BY DIVISION**

**FAIR ICE POLICY**

	U10 & Under	U12		U14		U16		U19	
Game Type	Regional	Regional	Prov.	Regional	A/AA	Regional	A/AA	Regional	A/AA
League Development Games (before Jan 1 <sup>st</sup> )	E	E	E	E	D2	E	D2	E	D2
League Competition (after Dec 31 <sup>st</sup> )	E	E	E	D2	D2	D2	D2	D2	D2
Tournaments	E	D1	D1	D2	D2	D2	D3	D2	D3
Regionals /Provincials	E	D1	D1	D2	D3	D3	D4	D3	D4

**EQUAL (E)**

Is defined as equal ice-time every game to the best of the coach, allowing for the uncertainty in the frequency in stoppages of play.

**DISCRETION 1 (D1)**

Is defined as equal ice time every game, however, there is the ability for a coach to use select players in the last two (2) minutes of regulation time and overtime.

**DISCRETION 2 (D2)**

Is defined as equal ice time every game, however, there is the ability for a coach to use select players in the last two (2) minutes of regulation time, overtime and any situation that does not require five (5) skaters vs. five (5) skaters.

**DISCRETION 3 (D3)**

Is defined as equal ice time every game, however, there is the ability for a coach to use select players in the last two (2) minutes of regulation time, overtime and any situation that does not require five (5) skaters vs. five (5) skaters. Further, coaches have the ability to use players anytime during post round robin play as they decide. (post round robin play includes mini games)

**DISCRETION 4 (D4)**

Is defined as equal ice time for every game, however, there is the ability for a coach to use select players in the last ten (10) minutes of regulation time, overtime and any situation that does not require five (5) skaters vs. five (5)

skaters. Further, coaches have the ability to use players anytime during post round robin play as they decide (post round robin play includes mini games).

**GOALTENDERS**

Goaltenders have the option of changing at half-time of each game or playing full games as long as they have equal game time throughout a season and/or tournament. Goaltenders are restricted to a one game differential throughout the season and during tournaments. Further, coaches have the ability to use goaltenders anytime during the post round robin play as they decide. (post round robin play includes mini-games) There is an expectation that throughout the season, each player will have accumulated approximately the same amount of ice time, to the best abilities of the coach.

Contract for an Additional/Substitution Goalie at a Provincial Championship for the U14, U16 and U19 age levels, Form ([SD-F-02](#)) must be completed and submitted for approval to the G&T Committee.

This role is unique to the Provincial Championships, and the Fair Ice Policy will not apply. The Additional/Substitution Goalie will be allowed to play in up to a maximum of 2 games except in the case of illness or injury to the original team goalie.

**GRIEVANCES**

Grievances are to be addressed to the Sport Development committee. Any violations of this policy will be addressed per the Minor Infraction Sanctions at the discretion of Sport Development.

The following violation may result in sanctions from a warning to a suspension:

- in a game an observable difference in the playing time players of the same position.

**NUMBER OF OBSERVABLE OFFENSES ON FILE FOR COACH**

- One (1), official warning issued.
- Two (2), coach suspended for seven (7) days.
- Three (3), coach suspended for thirty (30) days.
- Four (4), coach suspended for one (1) calendar year.
- Five (5), coach suspended for three (3) calendar years.



#### PROCESS FOR RE-SETTING NUMBER OF OBSERVABLE OFFENSES FOR COACH

If the number of infractions is two (2) or less and the time since the last infraction is equal to or greater than three (3) years, then the number of infractions is reset to zero (0).

Complaint Submissions that are received during regular season games and/or tournaments will follow Sport Development Grievance Process A and can be filed by players, parents, coaches, or spectators.

Complaint Submissions that are received during Provincial Events or Regional Championships will follow Sport Development Grievance Process B and can only be filed by a player or a parent of a player that feels their Fair Ice has been violated. No complaints will be received by opposing coaches or spectators during these events.

## GUELPH RINGETTE TOURNAMENT

Annually we host our own Tournament. In addition to our own teams playing in our tournament, this is our largest fundraiser we run. We host 70+ teams from across Ontario and Canada to our great city. The tournament will be held Feb 7-10, 2019 this season. ***As a member of Guelph Ringette, by having a or being a registered player, it is mandatory to donate your time and/or a raffle items, in order to make the tournament success.*** Watch for more info from your team tournament representative. This is a big event with a lot of moving pieces and we would love your help, if you are interested in helping out, please contact our Tournament Chair [Chris Billings](#).

### Volunteer Positions

- Arena convenors
- Registration desk
- Raffle table helper
- 50/50 Raffle Seller
- Arena runner
- Bunnyfest helper

### Tournament Planning Meeting Dates:

Watch for notices on the website or e-blast or team manager.

## 24. GRA FUNDRAISING!

Every GRA family has been asked to pay a \$140 fundraising fee with your registration, \$90 for second child, \$0 for the third child. In the fall, each family will be given Raffle tickets to sell. For each one you sell, you can recoup money towards your fundraising payment. If you chose not to sell them, you can write your own name on each ticket for your chance to win great prizes. We hold the raffle in March at the Regional Banquet.

Some rep teams may add additional fundraising to cover their own team expenses such as other tournaments, and team clothing. This will be over and above your GRA fundraising.

GRA may host an event in addition to the raffle as a fundraiser. Come out and enjoy the night. This year we are hosting a Hypnotist Night on Feb 23, 2019. Ask you manager or any executive for more information. Join us for a fun night out!

## 25. THE RULES OF RINGETTE

Ringette can be played on most standard ice rinks so long as it has a free pass line in both zones. Five skaters and a goalie are on the ice for each team, unless of course there are penalties being served. The object is to score goals on the net of your opponent. How you do that, however, is where Ringette becomes unique. A straight stick, similar to the shaft of a hockey stick with no blade and a tip on the end, is used to pass an 8" hollow rubber ring between team mates.

Play is started by a Free Pass. The ring is placed on the dot in the center ice circle closest to the own team's goal. On the referee's whistle, the player "taking the free pass" has five seconds to pass the ring out of the circle to a team mate...and the game is on! Any stoppages in play will result in a free pass to re-start the game.

Some defensive free passes are replaced by a "goaltender ring," where the goalie has five seconds to throw the ring to a teammate. Rules restrict any one player from carrying the ring the full length of the ice (no ring hogs). The ring must be passed over each blue line to another player which means more players can be involved in setting up goals. Free play lines define restricted areas in the deep offensive and defensive zones. Teams are allowed no more than 3 skaters at a time in these areas, so overcrowding is minimal.

Exceptions to this rule are only when two or more penalties are being served by one team, or if the goalie has been pulled for an extra attacker. Ringette is a very fast paced game because at older ages (U12 and above), a 30 second shot clock is utilized to maintain the flow of the game. The ring must hit the goalie or be shot on net within 30 seconds or it becomes the other team's possession.

There is no intentional contact allowed in Ringette, with all the rules geared towards safety. If contact does occur, penalties are assessed. The most common are slashing, tripping, and interference and are usually unintentional as players focus on checking the ring from an opponent's stick or skating to get a loose ring first. Most penalties are 2-minutes, but a 4-minute major is assessed for actions that are deemed intentional or particularly rough.

## 26. REFERENCE INFORMATION

[www.ontario-ringette.com](http://www.ontario-ringette.com) (Ringette Ontario)

[www.ringette.ca](http://www.ringette.ca) (Ringette Canada)

[www.wrra.ca](http://www.wrra.ca) (Western Region Ringette)

## 27. THE GUELPH RINGETTE ASSOCIATION MEDIA POLICY

The Guelph Ringette Association's Social Media Policy is set out as follows:

### 1. DEFINITIONS

The following terms within the Guelph Ringette Association ("GRA") Social Media Policy ("SMP") are defined as follows:

**"GRA"** – the Guelph Ringette Association ("GRA") includes GRA decision-makers such as Executive Board members and sub-committee and special working group members.

**"GRA Community Members"** – includes all participants on all teams in all divisions including GRA's Learn to Skate Program, officials, minor-officials, coaching staff, players, and players' family members.

**“Social Media”** – is defined as any public communications through internet mediums including, but not limited to, web-based intra/internet sites, social media applications such as Twitter, Facebook, Instagram, Snapchat, YouTube and any other application that allows users to communicate online via the internet.

**“SMP”** - for the purpose of this document the Guelph Ringette Association Social Media Policy will be defined as the SMP.

**“Stakeholder”** – is defined as any individual or organization that has an interest in the success of the GRA.

## 2. INTRODUCTION

Social Media is a term used to refer to digital communication that takes place between people via the internet or through message systems on handheld devices. The GRA recognizes the value of social media as it can provide the Guelph Ringette Association and GRA Community Members with an opportunity to engage and promote the sport of ringette, interact, inform and educate, celebrate initiatives, ask/answer questions, and connect resources with needs. Further, the GRA respects the right of all GRA Community Members to utilize internet web-based applications and social media applications and platforms.

It is the responsibility of the GRA to ensure that the GRA and the GRA Community Members make every effort to avoid the potential dangers that social media and internet applications can present.

The purpose of the SMP is to ensure that the GRA and GRA Community Members utilize internet based social media platforms safely and to educate the GRA and GRA Community Members on conduct deemed to be in violation of the GRA SMP and may be subject to disciplinary action by GRA, Western Region Ringette Association and/or the Ontario Ringette Association.

## 3. PURPOSE & SCOPE

1. The GRA SMP provides the GRA and GRA Community Members guidelines with respect to social media use encompassing both on and off-ice activities related to the GRA.
2. Given that the nature of social media is continually evolving as a communication tool, the GRA trusts that GRA Community Members will use their best judgment when interacting with social media.

## 4. SOCIAL MEDIA GUIDELINES

- a) The GRA holds all GRA and GRA Community Members who participate in social media and related internet platforms/applications to the same standards as it does for all other forms of media including radio, television and print.
- b) Comments or remarks of an inappropriate nature which are detrimental to the GRA and/or GRA Community Members will not be tolerated and will be subject to disciplinary action.
- c) It should be recognized that social media comments are on the record and instantly published and available to the public and media. Everyone including the GRA and GRA Community Members can review social media communications. All GRA and GRA Community Members should conduct themselves in an appropriate, professional and respectful manner when using social media at all times.
- d) The GRA and GRA Community Members should refrain from divulging private and/or confidential information of a personal or team related nature and should avoid revealing any business or game related strategy that could provide, or could be interpreted as providing, competitive advantage.

Furthermore, do not discuss health-related information about any player. Only information that would be considered public should be shared.

- e) Volunteers managing the GRA's social media have a unique responsibility. By virtue of their position, these individuals must consider whether personal thoughts they publish may be misunderstood as official GRA positions and use common sense judgment when posting. Posts must cite and link sources and respect all laws governing the use of copyrighted material. Additionally, promoting/soliciting personal business is not acceptable.
- f) The GRA and GRA Community Members should use their best judgment at all times – pause before posting. Once content is posted it cannot be retracted. Ultimately, individuals are solely responsible for their comments once they are published and become permanent public record.
- g) Teams and/or individuals representing a group of GRA Community Members may set up their own social media 'group' to provide an environment for parents and players to communicate and share images. These groups must be **CLOSED, PRIVATE** and carefully managed by team volunteers who will adhere to the SMP, GRA's Privacy Policy and Code of Conduct. This applies to all social media as defined in the SMP.

## 5. SOCIAL MEDIA VIOLATIONS

The following are examples of social media conduct that are considered violations of the GRA SMP and may be subject to disciplinary action by GRA, Western Region Ringette Association and/or the Ontario Ringette Association:

- a) Any statement deemed to be publicly critical of the GRA and/or GRA Community Members.
- b) Divulging confidential information that may include but is not limited to the following: player injuries; game strategies; or any other matter of a sensitive nature to the GRA and/or GRA Community Members.
- c) Negative or derogatory comments about the GRA, GRA Community Members, GRA programs, broader ringette associations and/or stakeholders.
- d) Any form of bullying, harassment or threats against the GRA and/or GRA Community Members.
- e) Photographs, video or comments promoting negative influences or criminal behavior, including but not limited to: drug use, alcohol abuse, public intoxication, hazing sexual exploitation, etc.
- f) Online activity that contradicts the current policies of the GRA or any of its member Associations.
- g) Inappropriate, derogatory, racist, or sexist comments of any kind, in keeping with the GRA policies and regulations related to these matters.
- h) Online activity that is meant to alarm other individuals or to misrepresent fact or truth.

## 6. DISCIPLINE

The GRA will investigate reported violation(s) of the SMP in the manner set out in the GRA Handbook. If the investigation determines that a violation has occurred, the GRA and/or League will impose an appropriate suspension.

## 7. CAUTION

When using social media, the GRA and GRA Community Members should assume at all times they are representing the GRA and/or its broader Associations and stakeholders.

All GRA Community Members should remember to use the same discretion with social media as they do with other traditional forms of media. Should the identity or image of any GRA or GRA Community Member be used on social media without GRA and/or GRA Community Member authorization, this will be considered to be identity theft. Please notify the GRA via the GRA President immediately should you have a social media concern.

Any use of GRA's social media content, including, but not limited to player or team member's image or likeness, is strictly prohibited without the written consent of the GRA. All posts on GRA's social media site that are created by GRA are the intellectual property of GRA.

### Guelph Ringette Social Media Platforms

Check us out and follow-us on [Facebook](#), [Instagram](#) and [Twitter](#), [YouTube](#)