



Friends on Ice

TOURNAMENT HANDBOOK



“Friends on Ice” Hinton Ringette General Tournament Rules

1. The Hinton Ringette Tournament is sanctioned by Ringette Alberta and therefore all RAB rules and Ringette Canada Official Rules will be followed unless otherwise specified.
2. No unsportsmanlike conduct will be tolerated from the spectators or coaches. In the event that there is such conduct, the officials will ask this person to leave the building. If, after 3 minutes the person has not left, a penalty will be assigned to the team associated with the person who is at fault. If the person refuses to leave, the team with unsportsmanlike conduct may forfeit the game.
3. U10-S1 or U10-S2 format has changed from previous years per RAB. Format and rules will follow RAB guidelines ([Children's Ringette Guide - JUN 2025 \(1\).pdf](#)). Some noteworthy changes are:
 - a. There will be no finals for U10-S1 or U10-S2. All Step-1 & 2 players will be awarded a participation medal after their final game (on ice if time is still allotted, if not medals will be given to head coaches).
 - b. There will be no score kept.
 - c. Changes from half to full-ice (adapted):
 - i. All the ice markings now apply.
 - ii. Passing over the blue lines
 - iii. Obeying the 3-in rule for the ringette line
 - iv. Free pass dots and circles in all zones
 - d. There will not be a 90 second buzzer for line changes. Games will use stop-time and teams will change on the fly or during a stoppage in play.
 - e. Coaches assign positions to athletes (1 centre, 2 forwards, 2 defense, 1 goalie). Athletes should play the same position for the whole game (except goalies who may switch at half). Athletes should play a different position in the next game. There must be an equitable rotation so athletes get to play all positions during session
 - f. The focus should still be on individual skills and tactics with a very broad introduction to some team tactics.
 - g. Officials are present, more training is required compared to First Stripes.
 - h. Goalies must NOT rotate every shift but may switch at half-time
 - i. There is a 3-goal maximum per player, per game.
4. All players and coaching staff must be registered with their applicable provincial or zone body.
5. All players and team staff must be named on the electronic game sheet.
 - a. All Team Staff must have a certified female coach on the bench.
6. In the case of conflict in uniform color, the **visiting** team must change their uniforms.
7. 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 may be told the team will forfeit the game.
8. Electronic game sheets will be used
9. Game sheets are to be completed and verified by each team manager prior to game start time.
10. Teams are required to mark players that are present to ensure proper identification.
11. Teams must declare affiliated and overage players on the game sheets for which those players are used. It is the responsibility of the team to ensure that Ringette Alberta affiliated and overage player rules are followed.
12. The maximum number of players listed on a game sheet with no affiliates is 18, with affiliated skaters only is 12, with affiliate skaters and affiliate goalie is 13, with an affiliate goalie only is 18.

13. Both teams are required to provide Off Ice Officials. For U12 and up the home team will provide a time clock operator and a score sheet person. The visitor team will provide a penalty box attendant and a shot clock operator. **The remote for the shot clock must be kept in the penalty box. For the gold medal games these positions will be provided by Hinton Ringette Association. Both teams are required to have a spectator liaison in the stands.** If the spectator liaison cannot be located, this team will forfeit the game.
14. There will be at least a two (2) minute break between halves and a flood will be scheduled between all games.
15. In medal games, the higher place team shall be declared the home team.
16. With the exception of U10, games scores will be displayed on the time clock, posted in arenas, and recorded for tie breaking procedures with a **maximum seven (7) goal** difference.
17. In accordance with Ringette Alberta, a match penalty may result in suspension from all subsequent tournament games.
18. If only five (5) minutes remain in an assigned time slot, the clock will be reset to two (2) minutes.
19. Any team accumulating more than thirty (30) penalty minutes in any one game shall see the head coach or acting head coach from that game suspended for their next tournament game (no grievances will be accepted).
20. Any team wishing to file a protest may do so by submitting their request in writing along with two hundred (\$200) cash to the Tournament Director or their designate. The protest must be received within one hour of the recorded completion time on the game sheet. The Tournament Grievance Committee will meet to deal with any protests received. If the protest is successful the money will be returned. No game protests that involve a referee's judgment will be accepted. Referee decisions are final.
21. There shall be a three (3) goal maximum per game for each player at the U10-Steps. Also, overage players at all levels shall have a three (3) goal maximum.
22. Play time as follows:
 - a. U10 – 15 minutes stop time
 - b. U12 & U14 – 18 minutes stop time
 - c. Open – 20 minutes stop time
23. One Heart & Hustle will be given out at the end of each round robin game by the coaches to their own team.

Round Robin Team Standing Rules

1. Teams receive two (2) points for a win, one (1) point for a tie and zero (0) points for a loss. At the completion of round robin play teams will be ranked according to the total points in all games played.
2. When two or more teams have an equal number of points after round robin games have been completed, the teams will be ranked according to the following rules.
3. The winner of more game (s) between each other during the round robin will be declared the highest position.
4. If still tied, teams shall be ranked according to the difference between goals for and against in games between the tied teams in round robin play. The team with the highest positive difference shall be ranked highest, the team with the second highest positive difference shall be ranked next, the team with the third highest positive difference shall be ranked next, etc.
5. If still tied teams shall be ranked according to the least goals against in games between the tied teams in round robin play. The team with the least goals against shall be declared the highest position; the team with the second least goals against shall be next, etc.
6. If still tied teams shall be ranked according to the difference between goals for and against in all games played in the round robin. The team with the highest positive difference shall be ranked highest, the team with the second highest positive difference shall be ranked next, the team with the third highest positive difference shall be ranked next, etc.
7. If still tied teams shall be ranked according to the least total penalty minutes for all games played in the round robin. The team with the least penalty minutes shall be declared the highest position, the team with the second least penalty minutes shall be next, the team with the third least penalty minutes shall be next, etc.
8. If still tied teams shall be ranked by a coin toss.

Tournament Game Tie Breaking Procedures

1. If a round robin game is tied at the end of regulation time, each team will be awarded one (1) point.
2. If a game is tied at the end of a U12 or U14 bracket and/or any medal game, the teams will immediately play a five (5) minute stop-time sudden victory overtime period (the first team to score will be declared the winner). The Overtime period will start 2 minutes after the end of the 2nd half. Possession of the ring will be decided by a coin toss within these 2 minutes.
3. If no goals are scored, the game will be decided by a shoot out;
 - Coaches will have 2 minutes to identify their 3 shooters
 - HOME team will shoot first.
 - Alternate shooters until all three shooters for each team have gone, or a winner is declared.
4. If still tied after the first round, shooters continue to alternate in a sudden victory shoot out until a winner is declared. No shooter can be used again until all players on the team have been used (this excludes goalies).
5. Please make note to the allotted time for the game to be played. Overtime starts 2 minutes after the 2nd half finishes. Shooters for shoot outs shall be decided as quickly as possible. **NOTE:** Penalties assessed in regulation time shall carry over to the overtime period. Each team is entitled to ONE additional 30 second timeout in overtime.

End of Game Fun Shoot Out Rules

1. Shoot-outs will be held for U12, U14 & Open Divisions
2. A three-player shoot-out will be held at the conclusion of each game for the U12, U14, and Open divisions in the round robin games (not medal games)
3. Shoot-out results do not count toward tournament standings and are conducted for fun only.
4. Each player may participate in only once the shoot-out activity for the duration of the tournament. Teams are responsible for ensuring compliance with this rule. – Goalies are welcome and encouraged to participate!
5. The shoot-out winner will receive a prize for their team.