

PARENT HANDBOOK

2016-2017

Kitchener Ringette Association

"Promoting sportsmanship, friendship and participation through the sport of ringette"



Table of Contents

Contact Information	1
KRA Executive Members	2
Message to Parents	
History of Ringette	
Our Athletes Succeed in a Positive Environment	
Important Dates Frequently Asked Questions	
Evaluation Process for Team Selection	7
Fair Ice Policy	8
Kitchener Golden Ring Ringette Tournament	11
Bingo Volunteering Scheduling System	12
Volunteering	13
Age Divisions	13
Fundraising	14
Uniform/Equipment Information	16
The Rules of Ringette	17
Reference Information	18
Codes of Conduct	19
Social Media	20

KITCHENER RINGETTE CONTACT INFORMATION

Kitchener Ringette Association 525 Highland Road West Box 228 Kitchener, Ontario N2M 5P4 (519) 744-5249 (answering machine) <u>office@kitchenerringette.com</u>

www.kitchenerringette.com

Generally everything you need to know will be posted on our website. Please check sign up for an account so you can receive your team news and also any communication blasts from the Kitchener Ringette Team.

You can also download the Smart Phone App for our web site so it makes it easy to follow your favorite KRA Teams:

Apple IOS:

https://itunes.apple.com/us/app/goalline/id962439452?ls=1 &mt=8

Android Mobile: https://play.google.com/store/apps/details?id=com.goalline. app&hl=en

KRA Executive & Key Volunteers for 2016-2017

POSITION Executive:	(all emails end w	ith kitchenerringette.com) EMAIL			
President	Chris Sharpe	president@			
Vice president	Vacant	vicepresident@			
Marketing Director	Lori Zurbrigg	marketing@			
Treasurer	Nancy Holmes	treasurer@			
Secretary	Gen Coulbeck	office@			
Ice Scheduler	Nadine Sachs	ice@			
Regional Convener	Tom O'Connor	convenor@			
Coaching Director	Brenda Johnson	coaching@			
Provincial Convener	Vacant	rep@			
Event Coordinator	Connie McFatridge	events@			
Registrar	Shelley Gaudreau	registrar@			
Director of					
Communications	Stewart Saunderson	communications@			
Key Volunteers:					
Equipment Manager	Mike Abrams	equipment@			
Referee in Chief	Anthony Cousineau	referee@			
Referee Coordinator	Sandi Bromberg	refereescheduling@			
Minor Officials					
Coordinator	Patti Allen	scorekeepers@			
Bingo Coordinator	Tom Shaw	bingo@			
Player Development	Kristin Houghtling	development@			
Social Media Coordinator	Tom O'Connor	socialmedia@			
Golden Ring Co-Chair	Joanne White	goldenring@			

MESSAGE TO PARENTS - WELCOME TO RINGETTE!

We're 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 Kitchener Ringette Association (KRA), your coach, or any board member would be happy to answer them.

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.

Ringette is now considered an international sport with participating teams from Canada, Finland, Sweden, Germany, Czechoslovakia and the United States competing in the World Ringette Championships held every two years.

OUR ATHLETES SUCCEED WITH A POSITIVE ENVIRONMENT!

KRA 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. SPRA promotes 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-hours 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. By this time, you have better perspective and 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 your Division Coordinator and/or Director 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. 4 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. KRA 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.

➤ 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!"

Important Dates

Final Registration	December 31, 2016
Santa Claus Parade/Fun Day	November 19, 2016
Golden Ring Tournament	February 3 - 5, 2017
U12P Provincials - Forest	March 2 – 5, 2017
Provincial "A" -Pickering	March 16 - 19, 2017
Provincials "AA" -Nepean	March 9 - 12, 2017
Regionals - London	March 24 - 26, 2017

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!

When will I receive my tax receipt(s)?

Tax receipts will be issued in January 2017 for all of the programs that your child registered for in 2016. There will be one receipt issued listing all of your information.

I want to volunteer, but don't have the time to make a longterm commitment...what should I do?

We have plenty of volunteer opportunities available; please contact convenor@kitchenerringette.com for more information.

I have more questions. How can I get them answered?

Please visit our website <u>www.kitchenerringette.com</u> or email us at office@kitchenerringette.com

EVALUATION PROCESS FOR REGIONAL TEAM SELECTION

Evaluation committees will review player evaluations compiled from the Start Up weekend. Teams will be selected according to skill and ability. Request(s) will be made by the KRA Regional Convenor 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 Start-Up weekend.

Parents will be contacted within 1 week of completion of Start Up Events 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 Regional Convenor at <u>convenor@kitchenerringette.com</u>.

At your first team event, you will receive a jersey(s). Please take care of the jersey. We recommend a garment bag for transporting the jersey to and from the arena. This jersey(s) MUST be returned at the time determined by the Coach. All parents will sign a declaration to return the jersey(s) and in good order. Those persons who do not return a jersey(s) or return a jersey in damaged condition will be required to pay a fee of \$50 per jersey.

Your coach will schedule a parents` meeting to discuss team fees, tournaments, additional fundraising activities and other miscellaneous items pertaining to your child's team and/or KRA.

FAIR PLAY POLICY

The KRA executive would like to ensure that everyone involved in KRA is aware of the Ontario Ringette Association (ORA) *Fair Ice* policy. It follows here as per the ORA website page, Sports Administration link and then within pages 15 and 16

http://ontario-

ringette.com/administration/op_manual/documents/4.%20Sport%2 0Development%2007-2016.pdf

1. Play fair

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

2. 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.

3. 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.

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

Fair play means respect.

- i. Without opponents there can be no game.
- ii. 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.
- iv. Spectators give the game atmosphere. They want to see the game played fairly, but they must also behave with respect.

5. Promote the interest of Ringette.

Encourage other people to watch and play fairly. Be an ambassador for the game.

6. 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.

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

- i. 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.
- ii. 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.
- iii. Show that ringette does not condone violence.

8. 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.

9. 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.

	U-10	U-12		U-14		U-16		U-19	
Game Type	Reg	Reg	Prov	Reg	Prov	Reg	Prov	Reg	Prov
League Development									
Games (1 st part of the	E	Е	Е	E	D2	Е	D2	Е	D2
season}	-	-	•	-	02	-	52	-	02
League Competition									
Games (2 nd part of	E	Е	E	D2	D2	D2	D2	D2	D2
the season)	-	-	-	02	52	52	52	52	52
Tournaments/Region									
als/	E	D1	D1	D2	D2	D2	D3	D2	D3
Provincials	L L			52	52	52	55	52	55

*Legend: Reg = Regional Prov = Provincial

EQUAL (E): Is defined as equal ice-time every game to the best abilities of the coach, allowing for the uncertainty in the frequency in stoppages of play.

GOALTENDERS: Goaltenders have the option of changing at halftime 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 or tournament. The championship game in a tournament is excluded from this definition. FOR GOALTENDERS ONLY. Coaches may play either goaltender. 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.

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 2 minutes of regulation time, 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 2 minutes of regulation time, overtime and any situation that does not require 5 skaters vs 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 2 minutes of regulation time, overtime and any situation that does not required 5 skaters vs 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).

Any grievances/Concerns should be addressed to the Kitchener Ringette Coaching Director.

Kitchener Golden Ring Ringette Tournament

The 2016 Golden Ring was a huge success, and we are looking forward to an even bigger and better tournament in 2017. The tournament will be held Feb 3 - 5, 2017.

We will be asking for donations of time and auction items from each team. Watch for request notices from the Tournament Committee.

If you are interested in helping out with any of the following volunteer positions, please contact the Golden Ring Co-Chair or the KRA Events Coordinator Connie McFatridge

Golden Ring Volunteer Positions

- Arena convenors
- Raffle table helper
- Arena runner
- Silent Auction helper
- Bunnyfest helper

Golden Ring Meeting Dates:

• Watch for notices on the website or from your coaching staff



Bingo Volunteering Scheduling System

KRA is one of the many non-profit organizations that participates regularly in running charity bingos. The funds raised through these bingos are a significant factor in covering our annual operating costs (ice, referees, etc). Without these funds, each child's registration fee would go up considerably. Over the past year we have experienced difficulty at times in fulfilling our commitments to operate the bingo. **WE CAN'T AFFORD TO LOSE OUR BINGO!!**

The proceeds from the bingo benefit all children registered with KRA thus the responsibility to operate the bingos should rest with all as well.

KRA Bingo spots start being filled with "FREE TO SPORT: (FTS) PARENTS: They are required to complete two bingo sessions in exchange for free registration. One session in 2016 and one in 2017. Failure to do so will result in registration fees being due.

Once the FTS spots are filled, each team will be responsible for up to four bingo's in the season from Aug 2016 - Sept 2017. Bench staff can contact you to volunteer for 2 or 4 spots through out the year. If a bingo remains vacant, it will be assigned to a team. Should a spots not become filled or unable to work the date the team was assigned will responsible to find a replacement. Please note: a charge of \$50.00 will be payable immediately by the offending team should there be a no show. If you cannot make your date, you must find a replacement! The \$50.00 fee MUST be paid in full to KRA BEFORE that team will be assigned any further ice times.

All of the KRA bingo dates are posted on the website. Each date will indicate the number of volunteers still required. Once you know which date(s) you would like to volunteer, please email Tom Shaw at <u>bingo@kitchenerringette.com</u>. Include in your email the team you represent.

Each Bingo session will have up to 3 people per date + a backroom organizer.

Volunteering

We are always in need of parent Volunteers to help our organization run smoothly and efficiently.

Please take a moment to review volunteer opportunities that exist:

- Bingo Runner, Bingo Backroom (2 Saturdays/month)
- Golden Ring Volunteers
- Come Try Ringette Ambassadors
- Startup Weekend
- Sprint Shinny Ringette Night
- and many others

KRA Age Divisions:

Learn to Skate and Learn to Play U7 Regional Teams: U8R U9R U10R U12R U12R U14R U16R U19R

Provincial Team: U12 Provincial Petite U14 Provincial A U16 Provincial A U19 Provincial A

Tryouts for our Provincial Teams are held in the previous spring. Through a series of on- ice sessions, players were selected by the coaches, and final team rosters were determined in order to meet timelines according to Western Ontario Ringette League. You can learn more about WORL here: <u>http://www.wrra.ca/alweb/</u>.



Every KRA family has been asked to pay a \$50 fundraising fee with your registration. Kitchener Ringette Association uses Fundscrip and Tim Horton's Cards as our primary means for families to raise money. Every dollar you earn up to \$50 will be returned to your family. After you have earned back your \$50, you will earn 70% of every dollar and 30% will be retained by KRA. Your first \$50 will be sent to you through your team manager as soon as you reach that amount. All additional earnings will be returned at the end of the season.

WHAT IS FUNDSCRIP?

FundScrip is a fundraising program that asks you to pay for your everyday purchases with gift cards bought from FundScrip.

A percentage of the cards that you purchase are credited back to your family.

This means that just by paying for your groceries and gas with gift cards you can easily generate \$25 every month – that's \$300 a year!

- It doesn't cost you anything extra
- You don't have to change where you shop or what you buy
- Your everyday purchases add up to make a difference very quickly

FündScrip_{cont'd}

Everybody buys groceries, gas for their cars, drug store items, etc., so why not purchase gift cards to the stores you shop at regularly and earn money while doing it. They are great for Christmas presents, birthday presents, anniversary gifts, or rewards for your children.

Imagine if everyone in your group did this...

With a growing list of over 100 National retailers, FundScrip makes it easy to Order, Shop and Make a Difference!

Make a difference, join today!!

- 1. Go to our website at <u>www.fundscrip.com.</u>
- 2. Click on the Sign Up button in the top right hand corner.
- 3. Enter the KRA code 8C4PUC.
- 4. Follow the simple instructions and you'll be registered in a couple of minutes.

WHAT ABOUT TIM CARDS?

Tim Horton's Cards may be purchased at face value through your team manager at a specified interval. (Bi-weekly, monthly, etc.) You will earn 5% of all your Tim Cards purchases which will be reimbursed as noted above.

For any questions or comments, please contact your team manager or this year's coordinator: registrar@kitchenerringette.com

Uniform/Equipment Information

Parents are responsible for purchasing all Mandatory equipment. However, if you need assistance please reach out to our Equipment Manager by email as we can often find components to help out.

KRA has lots of goalie equipment, so if your child is interested in playing goalie please talk with the KRA Equipment Manager before you purchase it. We can lend the Goalie equipment we have for the season.

Mandatory Equipment:

- CSA approved Helmet & Ringette Face mask (No Hockey face masks, the square holes in the grill allow Ringette sticks through, the Ringette Face Mask has Triangle shaped grill pattern)
- BNQ Approved Neck Protector
- Elbow Pads
- Shoulder Pads
- Protective Gloves
- Hip/Tailbone/Genital Protection (Girdle or "Jill")
- Knee & Shin Pads
- Ringette Pants. Hockey Pants and Socks allowed up to U10 in Regional. Provincial Players must wear Ringette pants
- Hockey Skates (no figure skates allowed)
- Ringette Stick

Goalie Equipment:

- Goalie Pads
- Chest Protector
- Goalie Stick

Optional Equipment:

- Skaters: Mouth Guard (are encouraged, some tournaments mandate use of Mouth Guards)
- Goalies: Goalie Skates, Keely Blocker, Mask, Arm Pads

Local Ringette Equipment Sources:

The Ringette Store: http://www.ringettestore.com/

Play Again Sports Kitchener: <u>http://www.playitagainsportskitchener.com/</u> : <u>http://www.sportco-int.com/</u>

The Rules of Ringette

Ringette can be played on most standard ice rink 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 centre 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.

The Rules of Ringette (cont'd)

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 and at more competitive levels, 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. When contact does occur, however, 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.

Reference Information

<u>www.ontario-ringette.com</u> (Ontario Ringette Association) <u>www.ringette.ca</u> (Ringette Canada) <u>www.wrra.ca</u> (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: we all know that our parents and coaches get excited. They do tend to get out of hand at times. However, we must set an example to the adults. Abusive language or harassment of an official, peers on ice or coaches will not be tolerated. We as players, especially older players, must conduct ourselves accordingly to show our younger ringette players what sportsmanship is about. Let's set an example for the adults and coaches.

COACHES AND OFFICIALS

we know you get excited. We understand that our players, coaches and officials are not perfect. BUT, abusive language and harassment of a player, official or coach will not solve the problem. 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.

WESTERN REGION HAS IMPLEMENTED THIS CODE OF CONDUCT WITH A ZERO TOLERANCE POLICY

THE KITCHENER RINGETTE ASSOCIATION MEDIA AND NETWORKING POLICY

1. INTRODUCTION

For the purpose of this Social Media and Networking Policy, the policy will encompass public communications through such internet mediums and websites as Twitter, Facebook, Instagram, LinkedIn, Foursquare and any other social media network that allows users to communicate online. The policy will be applicable to all members of the KRA Community, including Board members, Teams, on-ice and off-ice officials, players, and players' family members.

The KRA recognizes and appreciates the value of social media and the importance of social networking to all of its stakeholders. The KRA also respects the right of all Teams and Association personnel to express their views publicly. At the same time we must be aware of the dangers social media and networking can present. The purpose of this policy is to educate the KRA Community on the risks of social media and to ensure all Teams and Association personnel are aware that conduct deemed to be inappropriate may be subject to disciplinary action by the Team, the Minor ringette Association, League and/or the KRA.

2. SOCIAL MEDIA GUIDELINES

a) The KRA holds the entire KRA Community who participates in social media and networking 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 a Team, the Association or an individual 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 Association and/or Team personnel, players, corporate partners and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.

d) Refrain from divulging confidential information of a personal or team related nature. Avoid revealing business or game strategy that could provide another team or individual a competitive advantage. Furthermore, do not discuss injury information about any player. Only divulge information that is considered public.

e) Use your best judgment at all times – pause before posting. Once your comments are posted they cannot be retracted. Ultimately, you are solely responsible for your comments and they are published for the public record.

3. SOCIAL MEDIA VIOLATIONS

The following are examples of conduct through social media and networking mediums that are considered violations of the KRA Social Media and Networking Policy and may be subject to disciplinary action by the Team, League and/or KRA.

a) Any statement deemed to be publicly critical of Association officials or detrimental to the welfare of a member Team, the Association or an individual.

b) Divulging confidential information that may include, but is not limited to the following: player injuries; trades or other player movement; game strategies; or any other matter of a sensitive nature to a member Team, the Association or an individual.

c) Negative or derogatory comments about any of the Team, Minor Ringette Association, League and/or KRA staff, programs, stakeholders, players or any member of a KRA Team.

d) Any form of bullying, harassment or threats against players or officials.

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 KRA or any of its member Associations.

g) Inappropriate, derogatory, racist, or sexist comments of any kind, in keeping with the KRA policies and regulations on these matters.

h) Online activity that is meant to alarm other individuals or to misrepresent fact or truth.

4. DISCIPLINE

The Team, League and/or the KRA will investigate reported violation(s) of this policy in the manner set out in the KRA Handbook for other types of violations. If the investigation determines that a violation has occurred, the Team, League and/or the KRA board will impose an appropriate suspension.

SUMMARY

When using social media and networking mediums, the KRA community should assume at all times they are representing the KRA and/or its member Associations or Teams. All members of the KRA community should remember to use the same discretion with social media and networking as they do with other traditional forms of media. Should the identity or image of any member of the KRA Community be used in Social Media and Networking without the Individual, Team or Association authorization, this is considered to be identity theft. Please notify your KRA Team Management or the KRA Office immediately. Any use of a player or team member's image or likeness without the written consent of the KRA is strictly prohibited.