

The Province of Alberta has mandated that indoor contact sports such as ringette can only take place in cohorts of up to 50 people, with competition limited to play within provincial borders. The LRA Executive Committee has been working hard to develop a season framework that LRA will follow until we are able to move out of “Restricted Ringette” – in other words, until Alberta moves to Phase 3 of reopening and regular BGL play can take place. Although it may not look like a regular ringette season with tournaments, provincials etc., we are still hopeful that you / your children will enjoy the season we have tried to organize.

Season Information

The season will consist of 4 sessions of 4 weeks of game play, starting mid-October. Each session will be followed by a mandated 14 day game break (practices still taking place), which is a requirement of AHS and RAB to make changes to the cohorts. These session dates are set by BGL as follows:

Session 1: October 16 to November 7

Session 2: November 22 to December 18

Session 3: January 3 to January 30

Session 4: February 14 to March 13

NOTE: U10 teams playing in Zone 4 league may not adhere strictly to these dates.

The amount of practice ice time allotted to each team will be the same as in previous years once the back ice at the arena opens in mid-October. We expect each team to have 1 or 2 practices each week and at least one game per week as in past seasons. Games will start in mid-October with team or cohort first skates between September 8th and October 5th.

Evaluations and Team Formation

There will only be game evaluations for U12 and U14. WE WILL NOT ACCEPT SPECIAL REQUESTS FOR TEAM FORMATION, WITH THE SOLE EXCEPTION OF SIBLINGS PLAYING IN THE SAME AGE GROUP.

UAA assessments will be scheduled by age group starting Saturday, September 12th. The schedule is available on our website. UAA assessments will be done as a physically distanced activity to allow cohort formation afterwards.

Team sizes will vary depending on number of participants per age group and how we are best able to build cohorts with the other BGL associations. BGL has placed restrictions to the number of participants from each team in the cohort which we will be required to adhere to.

When a team changes cohorts, a 14 day break from competition must occur although team practice will continue during that time.

U10 will have players split based solely on UAA scores into a group playing half ice games, and a group playing full ice games. Please remember that Ringette Alberta's plan for this season was to have U10 Step 2 playing half ice, and the arena in Lacombe has installed half ice markings to facilitate this.

- Two divisions, half ice and full ice
- Use UAA scores to determine team formation and division
- Teams in each division will be balanced
- Expected to be 3-4 teams per cohort (including players, coaches, officials)
- Cohorts will include teams from Lacombe and Red Deer

U12 and U14

- Use UAA scores and game evaluations to determine team formation
- Game evaluations will take place September 13th and 17th
- Expected to be 3 teams per cohort (including players, coaches, officials), with a maximum of 16 participants on each team
- Cohorts will include teams from BGL

U16 / 19

- No evaluations
- One team per age group
- Expected to be 2 teams per cohort (including players, coaches, officials), with a maximum of 24 participants on each team
- Cohorts will include teams from BGL

Please refer to the Ringette Alberta website for further information on Return to Play, cohorting, restrictions, and waivers (<https://ringettealberta.com/return-to-ringette/>)