



2026-2027 Competitive Program Information / Expectations

The Metcalfe and District Ringette Association (MDRA) competitive teams provide competition for those athletes who want to play ringette at a higher level and are willing to make the commitment.

The purpose of this document is to provide information to athletes and parents/guardians regarding team expectations, commitments, and cost before deciding to try out and play at the competitive level. This document also contains important information about the competitive tryout process and team formation. **Please read this entire document (parent and athlete) prior to attending the tryout sessions and complete the required forms in Appendix A and B.**

These guidelines are based on information and guidance from the 2025-2026 competitive year, and the [2026-2027 Ringette Ontario Team formation Policy](#) and [Procedures](#) (April 2026)

Competitive athletes are expected to make ringette their primary activity during the season. Athletes are expected to attend all team activities including practices, league games, tournaments, play-offs, provincials, off-ice training sessions, fundraising opportunities and all other organized team events. The occasional absence due to illness, injury, family or school event is unavoidable, but all absences must be reported to the Head Coach in writing (via email), in advance of the absence. If repeated absences occur, the Head Coach has the right to raise a concern with the MDRA Executive.

Competitive athletes can be expected to attend Provincial Championships, or Eastern Canadian Championships if their team qualifies.

For the upcoming season the Metcalfe and District Ringette Association intends to host tryouts for the following competitive teams:

- U16A
- U14A

U14A and U16A

Teams and Tryouts

- For the upcoming season, the MDRA expects to host tryouts for U14A and U16A. Independent evaluators will determine the strength and caliber of athletes to make the teams. Tryouts for the U14A, U16A will be held the week of April 28, 2026.
- All athletes wishing to attend A-level tryouts must complete the Ringette Ontario Player Intent to Try Out Form by the published deadline. As per Ringette Ontario policy, athletes must attend their home association's tryouts first if a team is offered at that level. Home association tryouts take priority in the event of scheduling conflicts.
- Athletes will be notified by email of the schedule of try out sessions and exhibition games, as well as the try out fee, and this information will also be posted to the MDRA website.
- Athletes will be notified by email if they have been chosen for the team.
- Ideally the MDRA prefers to have coaches set before the end of tryouts. The Director of Competitive will meet with parents and athletes remaining in the tryout to announce the coach when it is known. In the instance that the coach cannot be selected before the



final tryout, athletes who are selected will be sent an email announcing the coach and offering a position on the team. The athlete has 48 hours to accept or decline the roster spot offer, in writing.

U14A and U16A Competitive Information and Expectations

- U14A teams play in the National Capital Region Ringette League (NCRRL).
- U16A teams *may* compete in the LRQ (Quebec league) against teams from Quebec and the National Capital Region. U16A teams could expect to make 2 or 3 trips to Montreal and/or Quebec City to play double header games against the Quebec teams.
- For the 2026-2027 Season, to attend Provincial Playoffs, teams must meet the following criteria: Please note not all teams will be able to attend provincial playoffs based on this new criteria
 - Two Qualifiers which are all-inclusive and will take place in February (dates TBD)
 - Teams must attend one Qualifier if they wish to make a bid for the Championship
 - Top four from each Division in each Qualifier go
 - Championship divisions are capped at 8 teams each
 - Age groups are U14, U16
 - Championship events will take place in March
- Athletes not selected for the teams will attend sort outs for the regional teams in their home association.
- Beyond the normal game and practice per week, U14A and U16A teams also participate in extra ice sessions as well as hold other dry land sessions designed to develop conditioning and strategy. This means that athletes may be involved in ringette activities three to five times per week.
- Coaches may apply progressive discipline in accordance with Ringette Ontario’s Fair Ice and Playing Opportunity Guidelines and MDRA policies.

Time Commitment Fact Sheet – for athletes and parents of U14A and U16A

Description	Commitment
Number of practices per season	50-60 (approx. 1 - 2 times per week average) **Depends on head coach and ice availability
Practice Schedule	Variable – could be any weeknight (4:30pm – 10pm) or weekends (7am – 10pm)
Practice Arenas	Osgoode, Fred Barrett, Chesterville *Other arenas may be used based on ice availability (for example: Bernard Grandmaitre, Kemptville, Winchester, Russell, Spencerville and Finch) **Please note the Metcalfe Arena will be closed this season for repairs.
Number of regular season games	18 - 20 (U14A – NCRRL; U16A – LRQ)

Distance to regular season games	Ottawa and surrounding areas - from Kingston (south) to Gatineau (north) Cobden (west) and Clarence Rockland, and U16A plays in Montreal and/or maybe Quebec City (east)
Dryland – number of sessions	Depends on coach – could be as often as once a week
Number of local tournaments	This will be determined by the Coach (team)
Number of out of town tournaments	This will be determined by the Coach (team)
Provincial Qualifiers & Provincial Tournaments	Each team must attend 1 qualifier event (2 events will occur). If the team is in the top 4 ranking at the qualifier, the team will be eligible to attend Provincials.
Attendance expectations – all team events unless sick, injured or there is another legitimate reason for an absence, communicated to the Head Coach in advance.	100%
Parent Volunteering – Minor official game duties (time clock, score keeping, shot clock)	Yes
Parent Volunteering – Fundraising	Yes
Dates of all tournaments	To Be Determined
Dates of qualifiers	February 2027, location TBD
Date and location of U14A and U16A Provincials	March 2027, location TBD

U14A and U16A Provincial Financial Commitment

- With competitive teams there is a greater financial commitment.
- The costs of team wear, tournaments, Provincials, extra ice, and dryland training all add up
- It means families can expect to pay upwards of \$3000 per athlete above and beyond registration and advanced team fees, depending on the amount of fundraising the team does.
- Please see the below for more details on what to expect in terms of financial commitment.
- These costs are based on the 2025-2026 season and are subject to change.



Cost(s)	Estimated Team Cost	Per athlete Cost (13 athletes per team assumed)	Notes
Tryout Fee	N/A	\$110.00	N/A
Tournament Registration			
Nepean	\$895.00	\$69.00	N/A
Pickering	\$975.00	\$75.00	N/A
Waterloo	\$875.00	\$67.00	N/A
Gloucester	\$970.00	\$75.00	N/A
Provincial event	\$2,000.00	\$153.00	N/A
Tournament Accommodations			
Pickering	N/A	\$600	Assumes 1 room for 3 nights
Waterloo	N/A	\$600	Assumes 1 room for 3 nights
Provincial event	N/A	\$950	Assumes 1 room for 4 nights
Other Costs			
Additional ice	\$3,573.90	\$274.91	Assumes 15 full ice (or 30 half ice)
Exhibition games	\$650.00	\$50.00	Assumes 3 exhibitions games
Team wear	N/A	\$250.00	If all items are needed
Team building events	\$300.00	\$23.00	Assumes 2 parties (Christmas & end of year) @ \$150 each
Dryland sessions	\$1,200.00	\$93.00	Assumes 24 (weekly) sessions
Provincial Supplies	\$200.00	\$15.00	N/A

Total additional cost estimate per athlete: \$3,404.91



Important Notes

- For out-of-town tournaments please also factor in fuel, food and any other travel expenses. This estimate excludes any team sponsorships or fundraising.
- Tournaments listed are examples only, the actual tournaments may differ. There may be tournament costs (hotel, gas, etc) for tryouts non-parent coaches This estimate excludes any team sponsorships or fundraising.
- If a team finishes #1 or #2 at Provincials and proceeds Eastern Region Championships, costs for that trip could be high and are not reflected in these estimates.

Out of association

Note that you will also need to pay the tryout fees in each association you try out for as an Out of Association athlete.

Athlete Assessment Guidelines

The guidelines for how competitive athletes will be assessed can be found in the MDRA athlete Assessment Guidelines for Competitive and Recreational Teams document. This document can be found on the MDRA website www.mdra.ca under the Resources section.

Underage Tryout Policy

Any underage athlete being considered for a roster spot requires written approval from Ringette Ontario prior to an offer being made, in accordance with Ringette Ontario policy. This document can be found on the MDRA website www.mdra.ca under the Resources section.

Coach Selection Process

The process for how competitive coaches are selected can be found in the Metcalfe and District Ringette Association Coach Selection Process and Application document. This document can be found on the MDRA website www.mdra.ca under the Resources section.

Questions or Help?

If you have any questions about the Metcalfe and District Ringette Association competitive program please contact our [Director of Competitive](#).

APPENDIX A: Mandatory Athlete Survey & Contract

All athletes who intend to try out for Metcalfe and District Ringette Association competitive teams are required to **complete the following surveys** before their first tryout session:

1. [MDRA Competitive Commitment Survey](#)
2. [MDRA Competitive Athlete Contract](#)

APPENDIX B: Mandatory Parent/Guardian Code of Conduct

All Parents/Guardians who attend tryouts to support their athlete for Metcalfe and district Ringette Association are required to [review and complete the following contract](#) before your athlete's first session.