



## **NCRRL Playing Rules – 2025-2026**



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## 1.0 NCRRL Rules

Playing rules as per the Official Rules of Ringette Canada current year shall be followed for league play.

- 1.1 Ringette Ontario rules have not been duplicated in this document as they can change. To be aligned with the latest Ringette Ontario rules, please refer to the document on the RO website found under Member Resources/Operating Resources/ [Competition Playing Rules](#).

- 1.2 Equipment Rules Ringette Canada - **New this year!**

- 1.2.1 Knee, Shin, Shoulder and Elbow Pads: All players shall wear knee, shin and elbow pads. A plastic shell, or similar hard shell protection, is required in all knee protectors (goalkeepers excluded). **All players registered in U19 and younger age groups shall wear shoulder pads designed for participation in ice sports.**

- 1.2.2 Gloves:

- 1.2.2.1 All players shall wear gloves that fully cover the hands and that have two layers of material on the back with some type of protective padding material in between.

- 1.2.2.2 Palmless gloves and gloves that expose the volar aspect (underside) of the wrist to the risk of injury are prohibited.

- 1.2.2.3 Additional context:

**Athletes may not play with lacrosse, ball hockey, street hockey, broomball, or other similar types of gloves. They have not been tested for cut-resistance, which is a player safety issue.**

Palms of gloves must be fully intact. Gloves that have had the palms cut or are worn out may not be used and must be re-palmed in order to be played with.

Athletes are permitted and encouraged to wear other cut-resistant pieces of equipment like sleeves and socks in addition to wearing the mandatory equipment.

This rule applies to all competition levels and age categories.

- 1.2.3 Ringette Sticks

- 1.2.3.1 The Ringette stick may be made of wood, plastic, aluminum or any similar material. In the case of composite sticks that employ more than one material in their construction, sticks and tips must be manufactured specifically for Ringette and designed to meet the sport's regulations and performance

standards. Modified or repurposed composite sticks from other sports are not permitted. Should one of the replaceable pieces separate during the game, if possible, it should be returned to the team to determine if it can be safely and legally repaired.

- 1.2.3.2 A stick can be painted. However, if it is commercially manufactured, the make and model shall still be visible. Should the make and model not be visible, the stick will be deemed to be illegal.
- 1.2.3.3 Both ends of the stick shall be free of cracks and splinters. If the surface of the stick is textured, the difference between the lands and grooves shall not exceed 1mm (0.04 in.) Tape may not be added to the playing end of the stick. Should a stick be deemed broken other than the separation of replaceable pieces, it shall be removed from play for the remainder of the game.

## 2.0 Sportsmanship

### 2.1 Mercy Rule - Goal Spread (Applicable to All Levels)

- 2.1.1 A seven (7) goal spread will invoke the NCRRL Mercy Rule. The Mercy rule will be defined as follows:
- 2.1.2 When (at any point during the game) a seven (7) goal spread is realized, the following actions will be taken:
  - a) The referee will still go to the Timekeeper's Bench and report the goal as before, the goal will be recorded on the game sheet, but the scoreboard will not be updated to reflect the goal.
  - b) Play will start as normal with a free pass at centre ice.
  - c) If the team behind in the score does score to close the gap, ONLY goals scored AFTER THAT by the leading team will be reflected on the scoreboard, again until a seven (7) goal spread is reached (and the above rule starts over).
  - d) If there is a seven (7) goal differential in the second period of the game, the clock will go to running time until the differential is reduced.
  - e) The referee will note in the comments on the Game Sheet that the Mercy Rule was applied at SOME point in the game.
- 2.1.3 If a coach recognizes that they will likely invoke the mercy rule at any point in the game, strategies for not running up the score should be considered.

In the interest of ensuring that ice allocations are not wasted, either coach can request to the referee that running time ***not*** be invoked to ensure that full ice time is used for the entire 50-minute allocation. This is a noted deviation from the RO rules and is to be applied specifically for the NCRRL only.

## 2.2 Sportsmanship Rule for FUN3, U12 and all B and C teams, U14 to U19

- 2.2.1 The sportsmanship rule is in effect in the NCRRL in an effort to prevent stronger teams from scoring excessive goals against weaker ones. If there is a goal spread of eight (8) or more on the game sheet, the sportsmanship rule is invoked.
- 2.2.2 Any coach whose team has the sportsmanship rule applied against them should expect an inquiry from the league to explain the game result and corrective measures they will take to ensure this doesn't occur again.
- 2.2.3 Any coach whose team was losing and deliberately attempted to increase the goal spread beyond seven (7) goals to penalize the other team should expect an inquiry from the league.
- 2.2.4 Note: Should the losing team score against themselves; the above sanctions will not apply. In situations where the team trailing by seven (7) goals deliberately lets the ring cross the goal line or scores on themselves to increase the goal spread beyond seven (7) goals, the referee will have full discretion to determine if the team deliberately scored on themselves or allowed the goal in an attempt to penalize the opposing team. If the referee determines that this was the case, it will be noted in the Gamesheet application and it will not result in a league inquiry.

## 3.0 FUNDamentals

Link to RO resources

<https://www.ringetteontario.com/content/childrens-ringette>

### 3.1 Children's Ringette (FUN2)

- 3.1.1 The intent of the Children's Ringette programming is to provide the best development opportunity that both aligns with Ringette Ontario / Ringette Canada's long-term vision with developing our young players while accommodating the logistics challenges that ERRRA associations have.
- 3.1.2 The following has been implemented:
  - a) Use of smaller nets (as per Ringette Canada)
  - b) Optimal team size of ten (10) participants (max of 12-13 players)
  - c) For scheduled games between associations:
  - d) No officials - one coach will be the acting referee.
  - e) Buzzer to sound between 90-120 seconds.
  - f) Teams do not change ends between periods.
  - g) Teams share a bench and have their own gate.
  - h) Teams can use players from another team during inter-association league play.
  - i) All coaches must be certified with Ringette Ontario's coaching policies.
  - j) NCRRL will aim to have 12-14 FUN2 league games during the season.
  - k) All teams MUST follow the competition guidelines published by ERRRA.

## 3.2 FUN3

3.2.1 FUN3 is the beginning of competition for players learning the sport where full ice is used.

### 3.2.2 Continuing for the 2025-2026 season

3.2.2.1 **Introduction:** With the support of Ringette Ontario, we have implemented a staged development approach for the FUN3 division within the NCRRL. This initiative aims to optimize player development, enhance player retention, and create a more inclusive environment for all participants. By dividing FUN3 into two stages, Stage 1 and Stage 2, we can better address the diverse skill levels and developmental needs of young athletes, aligning with the Long-Term Athlete Development (LTAD) principles advocated by Ringette Canada and Ringette Ontario.

3.2.2.2 **Rationale:** The current structure of the FUN3 division presents challenges in adequately catering to the wide range of skill levels and developmental stages among participants. By implementing a staged development approach, we can provide tailored programming and support to meet the needs of both new players and those with more experience. This aligns with the LTAD principles of recognizing individual development over chronological age and promoting increased player engagement and enjoyment of the game. All activities will be conducted in accordance with Ringette Ontario and Ringette Canada guidelines for FUN3 to ensure consistency and quality in programming.

### 3.2.3 Details:

#### **Stage 1**

- a) Targeted towards new players and those requiring additional time to acquire basic skills.
- b) Emphasis on fundamental skill development, including skating, passing, shooting, and game understanding.
- c) Introduction of beginner-friendly drills and activities to foster a positive learning environment.

#### **Stage 2**

- a) Tailored for players with several years of experience or advanced beginner skill levels.
- b) Focus on refining and advancing fundamental skills acquired in Stage 1 or FUN2.
- d) Introduction of more complex drills and game scenarios to challenge players and enhance overall performance.

### 3.2.4 Playing Rules

3.2.4.1 FUN3 is played with Official Ringette Canada rules (with the exceptions noted below): Referees will be used, games will have two 15 minute periods and there is no shot clock.

- 3.2.4.2 All players must rotate through all positions, including goaltender.
- 3.2.4.3 **FUN3 Stage 1**
  - a) One member of the coaching staff is permitted on the ice during play as required during the first half of the NCRRL playing season.
  - b) During the first half of the NCRRL playing season, the penalty time to be served will be one (1) minute for minor penalties.
  - c) During the second half of the NCRRL playing season, the penalty time to be served will be two (2) minutes for minor penalties.
- 3.2.4.4 **FUN3 Stage 2**
  - a) The penalty time to be served will be two (2) minutes for minor penalties throughout the season.

## **4.0 Call Up Rules**

### **4.1 Player Eligibility and Call up Rules**

- 4.1.1 (For Regular Season Only – see the following section for call up rules for the NCRRL Tournament)
- 4.1.2 To be eligible to play, a player must register in their home Association and must be registered with Ringette Ontario or Ringette Québec.

### **4.2 Substitutions**

- 4.2.1 The NCRRL has aligned their call up rules with RO Substitution Rules: U19 and Below Teams. The RO substitution rules may be found under Resources/Operating Resources/[Player Substitutions for Invitational Tournaments](#)
- 4.2.2 A team may call up enough players to bring its roster up to twelve (12) skaters maximum, but not to exceed its number of registered players.
- 4.2.3 A team may call up a player within the same Association or from another Association as a substitute for a missing player but may only call up the same player a maximum of three (3) times during the season.  
  
\*Note: The three (3) game limit does not apply to goaltenders.
- 4.2.4 For FUN3 there is a per player limit of five (5) substitutions allowed over the season. i.e. any player can only play for teams other than their own a total of five times.
- 4.2.5 To align with RO rules, players may be called up from the same age division or one lower, same calibre or less; or one calibre higher only, one age division lower.



- 4.2.6 For example, U16B can call up a player from U16B or U16C, U14A or U14B/C. U14C can call up a player from U14C, U12B or C.

**Notes:**

- Preference is for call ups to be chosen from within lower divisions, from the same skill grouping or lower e.g., U14B chooses from U14C or U12 B/C.
- Lateral call ups are permitted but all teams should first look for call ups from within lower divisions (that follow the call up rules) before seeking other players for laterals.
- **Coaches should only be calling up players (following call up rules) who will not make a competitive difference for their team.**

- 4.2.7 When replacement players for a game are required, you must notify your League age level convenor, using the on-line forms below, to ensure they are aware of (and approve) the player being requested.

FUN3 - [NCRRL - FUN 3 Call Up Form \(2025/26 Season\)](#)

U12 - <https://forms.gle/Xx6SSRSxZ6iW9PuU6>

U14 - <https://forms.gle/7FUNa7W4guo9wAY88>

U16 - <https://forms.gle/kMS7uh2NHjFvDETE7>

U19 - <https://forms.gle/gHplgm6jfkR5vJqs6>

- 4.2.8 The list of convenors can be found on the ncrll.com website under Contact Us: <https://www.ncrll.com/executive>
- 4.2.9 Note that these procedures apply to league games only. For tournament substitution rules, refer to the RO Operating Resources / Player Substitutions for Invitational Tournaments document.
- 4.2.10 ***The use of an ineligible player will result in the game being defaulted.***
- 4.2.11 ***In addition, repeat offenses will result in a review and may entail a disciplinary hearing and possible suspension of the offending coach.***

### 4.3 Call Up Rules for the NCRRL Championship Tournament

- 4.3.1 The NCRRL Championship Tournament is a Ringette Ontario Sanctioned Event. As such, all call-ups and player substitutions, including goalies, for this event must follow the same rules, process, and approvals as those for a tournament.
- 4.3.2 Call-ups cannot be from another team that is also participating in the NCRRL Championship Tournament.
- 4.3.3 All substitutions must be approved by the ERRR Competitions Coordinator.

4.3.4 Please see the substitution rules above to determine permitted substitution levels.

**NOTE: Call up exceptions granted for regular season NCRRL play do not apply to this event.**

4.3.5 Substitution requests must be documented on a NCRRL-specific TRF Adjustment Form available at [TRF Adjustment Form - NCRRL Championship](#)

4.3.6 Completed forms should be sent to the Ringette Ontario Program Manager at [savannah@ringetteontario.com](mailto:savannah@ringetteontario.com) for approval.

4.3.7 **Requests must be made a minimum of five (5) days before the beginning of the tournament.** Last minute requests will only be considered in the case of extreme circumstances.

- a) Call-ups may be allowed but only to a total of ten (10) skaters on the game sheet. For example, if you have twelve (12) skaters on your team's TRF and are missing three (3) skaters, you may only call up one (1) skater for a total of ten (10).
- b) No team shall have more than one (1) Provincial level player as a call up. This Provincial level player must have the most comparable skill level to the team for which they will play.
- c) Substitute goalies may only be used to substitute for the designated goalie on the team.
- d) No substitutes are allowed from any Quebec team for any Ontario registered team.
- e) All call-ups must be approved by Ringette Ontario.
- f) All TRF adjustment forms must be submitted to Ringette Ontario at least five (5) days prior to the start of the tournament.
- g) The regular online TRF adjustment form for tournaments may not be used.

SUBSTITUTION LEVEL FOLLOWS STANDARD RINGETTE ONTARIO RULES

If you have any questions, please send an e-mail to: [ncrrl\\_statistician@ncrrl.on.ca](mailto:ncrrl_statistician@ncrrl.on.ca)

## 5.0 Discipline – Misconduct and Match Penalties

### 5.1 Overview

- 5.1.1 **Important Note:** Following any game in which an expulsion penalty is assessed (“Misconduct” or “Match”) to a participant on either team, both head coaches must report the occurrence to the ERRRA Competitions Coordinator [gt\\_coord@easternregionringette.ca](mailto:gt_coord@easternregionringette.ca), NCRRL [info@ncrrl.on.ca](mailto:info@ncrrl.on.ca), copying Ringette Ontario Membership [membership@ringetteontario.com](mailto:membership@ringetteontario.com). The division convenor should also be copied.
- 5.1.2 These reports must be made within twenty-four (24) hours of the incident occurring, or prior to the team’s next game, whichever is earlier. Coaches should also note that the requirement to contact the Competitions coordinator applies to any game (including exhibition games), not just NCRRL league games.

### 5.2 Misconduct Penalties

- 5.2.1 A misconduct penalty results in a next game suspension regardless of when the player or coaching staff received it and is subject to review by the Home Association of the offending player(s) and/or coaching staff and may be subject to a League Disciplinary Hearing. Recurrence in the same season by the same player or same coaching staff shall result in an automatic two (2) game suspension and be subject to a League Disciplinary Hearing.
- 5.2.2 Per Ringette Ontario Competition Playing Rules article 4.8: When a bench staff is asked to leave a game and no penalty is recorded on the game sheet, they are considered to have been assessed a misconduct penalty and they will be suspended for the next regularly scheduled game.

### 5.3 Match Penalties

- 5.3.1 Match Penalties will result in:
- Automatic three (3) game suspension if received during the game.
  - Automatic five (5) game suspension if received after the game or after the player in question has been asked to leave the ice and return to the dressing room.
- 5.3.2 The occurrence of a match penalty will automatically be subject to a League Disciplinary Hearing. Re-occurrence by the same player or same coaching staff of (a) results in an automatic five (5) game suspension and of (b) results in an automatic ten (10) game suspension and is subject to a League Disciplinary Hearing.
- 5.3.3 All hearings are to be convened within ten (10) days of the penalty being assessed.
- 5.3.4 All game suspensions are to be served in the next one (1), two (2), three (3), or more consecutive number of games (not including any Exhibition Games) depending upon the number of suspended games. Please note that if there is a tournament that the player's team is registered in, which occurs during the period of the suspension, the player will have to serve the suspension during the tournament until the suspension is complete. This is monitored between the League, ERRRA, and Ringette Ontario.

## 5.4 Excessive Penalties

- 5.4.1 A Head Coach whose team receives thirty (30) minutes in accumulated penalty time in regulation play (overtime is exempt) shall be suspended from the next regularly scheduled game. Should that person be the coach on more than one team, the one game suspension must be served with the team that received the excessive penalties.
- 5.4.2 A player who receives ten (10) minutes in accumulated penalty time, overtime included, shall be ejected from the remainder of the game. The player shall be suspended from the next regularly scheduled game.
- 5.4.3 All excessive penalties (ten (10) minutes in a game for a player or thirty (30) minutes in a game for a coach) must be reported to the ERRR Competitions coordinator within twenty-four (24) hours by both teams, or prior to the next schedule game – whichever is sooner.
- 5.4.4 Any game suspension, whether for misconduct penalty, excessive player penalties or excessive team penalties must be reported to [gt\\_coord@easternregionringette.ca](mailto:gt_coord@easternregionringette.ca), [info@ncrrl.on.ca](mailto:info@ncrrl.on.ca) and [membership@ringetteontario.com](mailto:membership@ringetteontario.com) by the coaches of both teams within twenty-four (24) hours or before the next scheduled game – whichever is sooner.
- 5.4.5 When a misconduct or match penalty or an excessive penalty call has been assessed, the coaches of both teams must also contact the League Age Group Convener within twenty-four (24) hours. The Home Association of the offending player(s) and/or coaching staff must report back to the League Executive before the next scheduled game.
- 5.4.6 If coaches do not comply with the above rule, they will be suspended, with the suspension being the same as the player(s) or coaching staff involved.
- 5.4.7 If an Association does not report or comply with the above, it will be subject to suspension by the League for the rest of the season.
- 5.4.8 Altercations occurring off-ice, e.g., on the way to the dressing room, shall be subject to review by the League Discipline Committee regardless of whether a match or misconduct penalty is imposed.
- 5.4.9 These altercations occurring off-ice must be reported to the game referee immediately.
- 5.4.10 In the event a match, misconduct penalty or altercation results in a League Discipline review of the actions of any player or any member of the coaching staff, the Head Coach is also personally subject to review and discipline.

## 5.5 Formal Hearings

(See Appendix for more detail)

- 5.5.1 The NCRRL is responsible for all disciplinary matters arising out of NCRRL league games. This responsibility extends to any disciplinary matters arising out of Eastern Region teams participating in the Ligue élite de ringuette du Québec (LERQ) / LRQ (in conjunction with any disciplinary action that may be taken by the LERQ / LRQ).

- 5.5.2 An internal review and possible formal hearing will occur for games under NCRRL jurisdiction as a result of:
- a) any Misconduct penalty
  - b) in any single game an individual accumulating ten (10) minutes of penalty time
  - c) an individual accumulating a season-total of forty (40) minutes of penalty time
  - d) a team found to have an average PIM per game greater than both ten (10) minutes and 50% more PIM than the mean for their division.
- 5.5.3 A formal hearing will be held in the event of any Match penalty in a game under NCRRL jurisdiction.
- 5.5.4 In the event of a Formal Hearing:
- a) the player or team official appearing before the hearing panel is not permitted to participate in any league, tournament or exhibition game until the review process is complete and all assessed suspensions and supplementary discipline, if applicable, have been served.
  - b) The review will be chaired by the NCRRL Discipline Chair
  - c) The review panel will include three to five objective members, including the NCRRL RIC (or designate), from a common pool within the region.

**Notes:**

- a) In a situation where LERQ rules do not exist, NCRRL rules will apply.
- b) Players or bench staff receiving their second or third match or misconduct penalties in the same season are subject to greater suspensions.
- c) It is the responsibility of the home association of the players or people involved to ensure all suspensions are fully served.

## 6.0 Respect of Officials

### 6.1 Overview

- 6.1.1 The NCRRL and ERRRA take very seriously any complaints regarding abuse of officials by coaches, players, and parents.
- 6.1.2 All code of conduct issues fall under the [Ringette Ontario Code of Conduct and Ethics policy](#).
- 6.1.3 Any incident involving officials falls under the jurisdiction of the NCRRL and ERRRA.
- 6.1.4 Please refer to the NCRRL Respect of On-Ice Officials Policy for details. [Respect of On Ice Officials](#)

### 6.2 Reporting Procedure

- 6.2.1 The following procedure shall be followed when incidents of abuse and harassment occur against an official:
  - a) Officials are to notify their association's RIC in writing within 24 hours of an incident occurring, who will then escalate the issue to the NCRRL RIC.
  - b) Once a complaint has been submitted, the person who is implicated in the complaint shall not be allowed on the bench until the issue is resolved at the NCRRL and/or ERRRA level.
  - c) The complaint must be found to be non-frivolous - supported by other bench staff, minor officials, head coach or a member of any executive board.
- 6.2.2 As with other disciplinary matters, investigation and potential hearing will happen as soon as is reasonably possible. Details on the discipline committee and procedures can be found in Appendix A of the Rules and Regulations document.

## 7.0 Complaints

### 7.1 General Complaints

- 7.1.1 Teams must address all complaints, except those regarding on-ice officials (see next section), through their appropriate Association League Representative. Their representative will then contact the League Convener. No parents or coaches are allowed to call any member of the NCRRL Executive. All complaints must go through their Association Representative first.

### 7.2 Officiating Complaints

- 7.2.1 If a team has concerns regarding the officiating of an NCRRL game, it is important that proper communication channels are followed for Officiating Development to follow-up on the issue.
- 7.2.2 Any complaints regarding incidents that occur during league games must be submitted by the Head Coach, in writing to the NCRRL RIC [ric.ncrrl@gmail.com](mailto:ric.ncrrl@gmail.com).

- 7.2.3 Complaints submitted by managers, assistant coaches or parents will not be entertained, regardless of that person's involvement with the sport. The NCRRL RIC will liaise with the Eastern Region Officiating Coordinator to follow-up on the concern appropriately.

## Appendix A

### 8.0 Discipline Process

#### 8.1 Reporting and tracking of serious penalties

##### 8.1.1 Officials:

In any circumstance where a player or coach is ejected from a game (excessive penalty minutes, Misconduct or Match penalty) referees are required to complete a write-up in the RAMP Gamesheets application and make sure that the league or tournament RIC is notified via text or email ASAP after the game.

##### 8.1.2 Information to be included:

- a) Information about the game (level, date, time, arena)
- b) Type of penalty
- c) Details – ideally copied from the write-up in RAMP

##### 8.1.3 Coaches from both teams are expected to notify the following:

- d) ERRA Games & Tournaments
- e) NCRRL President
- f) NCRRL Discipline Chair
- g) Applicable Age Level Convenor
- h) Respective Association President of the team assessed the penalty.

##### 8.1.4 The process for reviewing these penalties is outlined below.

#### 8.2 Regulations

8.2.1 Discipline and reviews to be conducted along existing lines of administration: All tournament games are the responsibility of ERRA. NCRRL will be responsible for league games, and work with Ringuette Québec for offences committed in the Ligue élite de ringuette du Québec (LERQ) or LRQ as applicable.

8.2.2 If a discipline committee hearing is called for, this hearing must be convened within ten (10) days of the penalty being assessed.

8.2.3 If a discipline committee hearing is required, the player or team official appearing before the hearing panel is not permitted to participate in a sanctioned game until the review process is complete and all assessed penalties and supplementary discipline, if applicable, has been served.

8.2.4 Should it be determined that a formal hearing is required, the NCRRL Discipline Chair will call upon three to five objective members from a common pool within the region to form the review panel. In addition, the RIC or their designated representative should be included.



- 8.2.5 Discipline thresholds, both for a team and an individual, are subject to annual review. Any changes will be posted on the ERRR/NCRRL web sites.
- 8.2.6 An automatic review and possible formal hearings will occur, in all cases, when the following has occurred:  
In the same playing season (including tournaments, play-off, or exhibition games), a player or team official is assessed:
- Any match penalty
  - Any misconduct penalty. As per RO rules any misconduct penalty carries over a suspension of the next regularly scheduled game.
  - In any single game a player accumulates 10 minutes of penalty time. As per RO rules the player is ejected from the game and serves a suspension of the next regularly scheduled game.
  - During the season, accumulation of 40 minutes in total penalties, compiled in any manner, during league play only.
- 8.2.7 League convenors will make every reasonable effort to advise team coaches and respective association presidents when they have a player or team official that has reached thirty (30) total penalty minutes.

### 8.3 Team Thresholds

- 8.3.1 In addition to the individual regulations outlined above, there are also team thresholds. The level convenor will contact any team if both of the following two conditions are met:
- ✓ The team in question is averaging more than ten (10) penalty minutes per game, **and**
  - ✓ The team in question is averaging 50% more penalty minutes than the average for the division.
- 8.3.2 If a team exceeds on both qualifiers, the age level convener will contact the team coach by e-mail and copy the respective association president. The convener will ask that the association work with the coach to reduce the number of penalties going forward to avoid any possible discipline from the league.
- 8.3.3 A follow up review will be performed and if at that time the team in question has not dropped down below the acceptable levels, the respective coach and president will be required to meet with the league discipline committee for an in-person discussion. The coach may face disciplinary action at that point.