



Coach Handbook

Penalties

Any time there is a Penalty that is marked number 15 or higher on the Game sheet, coaches/managers have 24 hours to report or before your next scheduled game whichever comes first via the below online form.

- [Major Penalty Reporting Form](#)

The region will get back to you to let you know if there are any additional consequences required such as suspensions.

The following are requirements that come directly from Ringette Ontario regarding playing rules and penalties, please familiarize yourself with these rules:

- [Competition Playing Rules](#)

Fair Ice Policy

There were policies in place by Ringette Ontario to ensure all players get the chance to develop and practice game time scenarios but also allow coaches to be more competitive during certain circumstances (such as 2nd half games, tournaments, etc).

- [Fair Ice Policy](#)

Game Substitutions (Borrowing Players)

There will be times when you will have players away and need to “call up” players. Anytime you borrow a player for a game, you **MUST** write (AP) beside the name in the game sheet App. You can borrow from other teams in the league, but wherever possible, trying to borrow from inside the association is always encouraged. As a courtesy, let the coach of the player you are borrowing know that you would like to borrow that player before you approach the player/family, you must also let your president know as well as the president of the other association.

Note, you can only borrow a player if you are missing a player (if a player is serving a suspension, she is not deemed missing and you may not call up) you can only call up to **12 skaters** regardless of your roster size. So, for example, if your TRF has 13 players on it, and two are away for a game, you can borrow one more player but not two (to bring you to 12 skaters and a goalie).

Be aware you can only pull from the same age division or one lower, same calibre or less, no matter what the age of the player, Here are some examples:

- U16B team could pull from another U16B team, U14A, or U14B, but not U16A.

- U12B team could pull from another U12B team, FUN3, FUN2, but not U12A or U14A.
- FUN3 team could pull from another FUN3 team, or FUN2, but U12B.

No paperwork is required for league game substitutions, just be sure to write (AP) in the game sheet beside the player's name. You must also ensure that any player NOT playing is marked absent in the app.

- GLRL (Provincial Play) - In case your players are being borrowed for Provincial Play, 5 games for each player, goalies unlimited -
https://cloud.rampinteractive.com/greatlakesringette/files/GLRL_League_Rules_2022%20FINAL.pdf
- Southern Region Policy - Will be following Western Region Rules in 2023/2024, you can borrow an individual player up to 5 times per season, and goalies unlimited

Player Tournament Substitutions

The same rules apply for Tournament games with regards to who you can pull up and how many. The exception is that a team may only call up a player for ONE tournament per year. At no time is a player allowed to play in two tournaments at the same time (regardless if they are two different tournaments).

- [Tournament Substitution Rules](#)

However, a TRF adjustment form is also required to substitute for Tournament Games.

- [TRF Adjustment Form](#)

Once you fill out your form, email it to competitions@southernregion.ca and they will let you know the next steps.

Requests for substitutions must be made at least 1 week prior to the official beginning of the tournament. Requests made within less than forty-eight hours or during the tournament will only be granted for medical or extenuating circumstances.

Bench Staff Substitution

Any bench staff who is on a TRF for the season already can be substituted during a game if another team is short a bench staff. However, for a tournament, you must fill in the Bench Staff Adjustment form below.

- [Bench Staff TRF Adjustment](#)

Once you fill out your form, email it to competitions@southernregion.ca, and they will let you know the next steps.

Requests for substitutions must be made at least forty-eight hours prior to the official beginning of the tournament. Requests made within less than forty-eight hours or during the tournament will only be granted for medical or extenuating circumstances.

Remember that when borrowing a bench staff member from another team for a tournament it must be a direct substitution for the member they are replacing. For example, you can not borrow a coach to replace a trainer or borrow a trainer to replace a coach.

Tournament Guidelines

The number of tournaments a team can participate in varies based on the level:

- FUN1, FUN2, FUN3, U12 - Up to 5 tournaments per year
- U14 and up - No limit to the number of tournaments per year.

[Maximum number of tournaments per year](#)

Bench Staff Guidelines Guidelines

- You can have up to five bench staff on the bench for all games (this includes if you have someone taking pictures or videos). This includes coaches and one trainer.
- You must have a Head Coach on the bench for each game, other positions are optional but strongly recommended.
- Although a team may have more than one trainer registered on the Team Registration Form there may only be one person assuming the trainer position on the bench per game.
- No managers are allowed on the bench at any time.
- You must have a bench staff member who has Standard First Aid, if you do not have a trainer present, a coach with first aid can fill this role.
- You must have one qualified female on the bench who is 18+.
- Everyone going on the bench for a particular game must sign the game sheet.
- No coaches are allowed on the ice during gameplay except FUN1 and FUN2 when one coach is permitted on the ice.

This is all documented here:

- [Competition Rules](#)

Injuries

- Whenever a player sustains an injury that requires them to be pulled out of game/practice this form needs to be filled out within 10 days.
 - [Injury Tracker](#)
- If the injury is a suspected concussion, there are a lot of resources and information from Ringette Ontario
 - [Ringette Ontario Concussion Information](#)
- Newmarket Ringette also has a Serious Injury Policy
 - [Newmarket Ringette Serious Injury Policy](#)

General Team Info

At all times your manager should have a copy of your TRF (Team Registration Form) and any adjustments made to it with corresponding back up, especially when attending a tournament.

NDRA Logo

No team can use the NDRA logo without permission from the Board. If a team has a need to use the NDRA logo, please have a team representative approach any board member who can make a motion on the team's behalf.

- [NDRA Logo Policy](#)

Use of Practice Ice for anything other than a Practice

Each team is allocated ice time to use for regular practices. If a team would like to use the ice for something other than a practice, such as a Parents vs. Kids game, then please let any board member know, who will let the Board know. The board needs to be aware of the ice being used for any other purpose other than a practice.

If you do have a parents vs kids game, everyone going on the ice must sign the [Newmarket Ringette Waiver](#). All people 16 and under require full equipment.

Team Fundraising

Teams are encouraged to do their own team fundraising to help cut down on team budget costs. However, before any fundraising can begin, the team must get the board's approval. Please see any board member who can make this motion on your behalf. The board needs to be aware of the start and end dates for the fundraiser, and the details of what the funds will be used for. Once approval is granted, the team can then proceed with the fundraiser. Please see the fundraising policy for more details.

- [NDRA Fundraising Policy](#)

VSS Policy

- [NDRA Screening Policy](#)

All bench staff and on-ice volunteers require a valid VSS every three years. In between, Annual Declaration forms should be used. Please see the VSS Policy for more specific details.