



2024 RNS High School Ringette Show Down
May 3-5, 2024

Welcome! We are pleased that your team has chosen to participate in the 2024 RNS High School Ringette Show Down. Please review the following information so that all participants have a sound understanding of tournament details and expectations.

1) TOURNAMENT REGISTRATION:

Schools must register their team(s) using the google link, below, by no later than **Tuesday, April 2, 2024**. Once registered, teams will be issued an invoice for the registration fee.

https://docs.google.com/forms/d/e/1FAIpQLSfcV8i20QheGFS2YqYPNIBTwGM0_LlqJYEdPitNzvHc2-QFDQ/viewform?usp=sf_link

REGISTRATION FEE: Teams must submit payment of **\$1100**, payable as follows:

- (i) cheque - payable to "Ringette Nova Scotia", referencing your invoice # and mailed to Ringette Nova Scotia, c/o Stacey Sloan, 5516 Spring Garden Road, 4th Floor, Halifax, NS B3J 1G6, or
- (ii) e-transfer to execdirector@ringette.ns.ca - using the password "ringette" and referencing your invoice # in the comments section.

Payment is due no later than **Tuesday, April 16, 2024**.

TEAM ROSTERS: Rosters must be submitted no later than **Monday, April 22, 2024**.

2) TOURNAMENT ELIGIBILITY:

At this time, the Tournament Committee is offering a girls division only.

MALE PARTICIPATION/CO-ED DIVISION: In the event that there is sufficient interest, the Tournament Committee may create a co-ed Division and/or a boys division. This is at the absolute discretion of the Tournament Committee. Teams interested in the possibility of a co-ed or boys division should notify the Tournament Committee as soon as possible, and in any event, no later than **Thursday, March 28, 2023** (note the earlier deadline to allow sufficient preparation time).

MULTIPLE TEAMS: A school may request permission to register more than one team from that school in separate Divisions. The objectives of the 2024 RNS High School Ringette Show Down are to **encourage participation – from both Ringette athletes and non-Ringette Athletes - and to offer a fun and competitive end to the usual Ringette season**. Accordingly, schools are welcome and encouraged to register multiple teams rather than holding tryouts, deselecting a significant number of athletes, and thereby precluding those individuals from participation.

All such requests for multiple teams from a single school must be submitted to the Tournament Committee as soon as possible, and in any event, no later than **Thursday, March 28 (note the later deadline to afford schools the opportunity to assess their situation)**. Permission to register multiple teams is at the absolute discretion of the Tournament Committee.

SCHOOL AMALGAMATION: Permission MUST be granted by SSNS and the Tournament Committee prior to amalgamating schools. Please contact Stacey at execdirector@ringette.ns.ca for more information.

PLAYER EXCLUSIVITY: All players must play on their school team. If a school has entered a team, players from that school are not allowed to join another school.

3) GAME PLAY

COMPETITION VENUE: All games will take place at HRM 4Pad in Bedford, NS.

GAME GUARANTEE: All teams are guaranteed three (3) games.

TOURNAMENT SCHEDULE: The schedule will be sent directly to all registered teams and will be found online at <https://www.ringette.ns.ca/> by no later than **Thursday, April 19, 2024**.

4) RULES:

RINGETTE CANADA RULES: The Official Rules of Ringette Canada will apply, except for the Breaking of Ties in Standings, as will be set out in a separate document and also posted at the Tournament Venue.

ROSTER SIZE: Teams shall consist of a maximum of twenty-two (22) players, minimum of seven (7) players and a maximum of five (5) team staff. No more than eighteen (18) players are permitted to be on the bench and listed on the game sheet for any given game.

COACHES: All teams must have at least 1 qualified female coach on the bench.

All bench staff are required to have completed the Coaching Association of Canada **Safe Sport** course, or equivalent. All coaches are also required to have a valid (within 2 years) Criminal Records Check (CRC). A Backcheck invitation can be sent by RNS to any interested coach who needs to update their CRC.

Teams are strongly encouraged to have at least one (1) coach with active Ringette CSI or CI qualification and/or on a local ringette association, RNS team, or University team roster during the 2023-24 season.

5) PLAYER SAFETY:

EQUIPMENT: All skaters must wear a CSA-approved helmet with a ringette face mask, a neck guard, elbow pads, shoulder pads, shin pads, protective gloves, a ringette girdle (or hockey shorts with socks and pelvic protection), skates (no picks) and a ringette stick (no cut-off hockey sticks). Goaltenders are required to wear regular goalie equipment, with their choice of protective gloves. Any player not following these equipment rules will not be permitted to play.

MAJOR OFFICIALS: All tournament officials are certified Ringette Nova Scotia officials.

MINOR OFFICIATING: Teams will be responsible for providing a scorekeeper, a timekeeper and a shot clock operator for each Home Game. RNS will provide the minor officials for each of the crossover, final and consolation games.

TOURNAMENT CONTROL CENTRE: The Control Centre will be located in the main lobby of **HRM 4Pad** (please note the change of location for 2023-24).

AWARDS: Tournament trophies will be awarded to the top team in each division.

FIRST AID STATION: The First Aid Station is located at the Control Centre.

QUESTIONS: All questions, comments or concerns regarding the 2024 RNS High School Ringette Show Down can be directed to Stacey Sloan, Ringette NS Executive Director, at execdirector@ringette.ns.ca.

Good luck, and we hope that you have an enjoyable and successful tournament!