



18+ ADULT PLAYING RULES

ADMINISTRATION

- All sanctioned play at the 18+ level is the responsibility of the Ringette Ontario Operations Director.
- Shot clocks are required at all skill levels except Development (Dev).
- All 18+ Adult Teams must have a registered goalie on their TRF.

SANCTIONED EVENTS

There are four (4) types of Ringette Ontario (RO) Sanctioned Events:

- Tournaments and One/Two Day Events
- League Play
- Exhibition Games
- Championships

SUBSTITUTION FOR SANCTIONED EVENTS

In addition to the Player Substitution Procedure in Player Substitutions, the following applies:

- Players may play as a substitute for two (2) tournaments in a season.
- For BB level and lower, a goaltender substituting as a goaltender is restricted to three tournaments in a season. If a goaltender substitutes as a skater, they are then restricted to two tournaments a playing season.
- 18+/35+ BB level and lower teams the restrictions above shall be reset to allow one more substitution for a team participating in a Region/League/Provincial Championship. Where all teams and athletes involved are registered as 18+ and 35+ BB level and lower, substitutions must be approved by the RO Operations Director.
- Where all teams and athletes involved are registered as 18+ A/AA Level, substitutions must be approved by the RO Operations Director or Program Coordinator.
- All Bench Staff substitutions must use Bench Staff Substitution Form and be submitted to the RO office for approval.
- Substitutions can only be of an appropriate age, same caliber or less, 18+, 35+. The only exception to the above is when a team is playing in a tournament at a higher skill level than they are registered. Substitutions may be requested from the level equivalent to the level of play at the tournament.

- Only U19 registered players who are 18 years or older on or before December 31st of the playing season, can be considered as a substitution on 18+ teams. A U19 player who has decided to play 18+ by registering on an 18+ TRF, is not eligible to substitute for a U19 team.
- A player substituting on an 18+ team at the BB level and lower during a sanctioned event is defined as:
 - a person who is registered and in good standing with Ringette Ontario.
 - A person registered and in good standing with their Provincial Sport Organization (proof must be provided upon request).
- Any player on more than one TRF Adjustment Form in the same sanctioned event violates sanction rules.

PLAYER SUBSTITUTION

- For BB level and lower, a goaltender substituting as a goaltender is restricted to three tournaments in a season. If a goaltender substitutes as a skater, they are then restricted to two tournaments a playing season.
- For 18+/35+ BB level and lower teams, the restrictions above shall be reset to allow one more substitution for a team participating in a Region/League/Provincial Championship.
- For BB teams and lower, the maximum number of substitutes is four (4) skaters plus a goalie in one (1) game.
- BB level and lower teams may increase their roster size with the use of additional players to a maximum of fourteen (14) players.
- All substitutions should be submitted at least fourteen (14) days before the tournament starts. Requests made within 48 hours of the tournament or during the tournament will only be granted for medical or extenuating circumstances.

BENCH STAFF SUBSTITUTION

- 18+ / 35+ teams are required to have a qualified bench staff member registered on their TRF and present during sanctioned events. For league games, consult with league rules to determine if bench staff must be present.
- During sanctioned play, if a substitute Bench Staff is required due to an absent Bench Staff, any Ringette Ontario registered bench staff with the appropriate qualifications can become a valid participant of that Bench Staff if the overall bench staff requirements are met.
- For Tournaments and Championships, a Bench Staff Substitution Form must be completed and approved by the Ringette Ontario Operations Director or Designate and presented to the Tournament Coordinators.