



RINGETTE ONTARIO – 2025 AA CHAMPIONSHIPS TECHNICAL PACKAGE

Competition Dates: February 27-March 2, 2025

Event Information: <https://www.ringetteontario.com/content/aa-provincial-championships>

Coach/Manager Meeting via Zoom

Date: Tuesday, February 25

Time: 7pm

[Meeting Link](#)

Meeting ID: 856 1384 5081

Passcode: 783070

1. Participant Registration

All athletes, team staff, and officials must be fully registered with their local ringette association and members in good standing with both their local club and Ringette Ontario.

2. TRF Adjustments

a. Athletes

No player substitutions will be allowed unless documented proof showing a team is unable to compete without said substitution(s) (below twelve (12) skaters, goaltender(s) excluded) and approved by Ringette Ontario.

A maximum of four (4) player substitutions in total for the Provincial Event following the same substitution rules as for Sanctioned Tournaments.

Provincial AA teams can substitute a player from an “A” team not attending a Provincial Championship (AA or A – U12 Championship does not count as a Provincial Championship) to fill a roster if the team roster falls below the minimum player rule. Substitution must be approved by Ringette Ontario.

A player may only participate in one Provincial Championship per season.

Goalies from “AA”, “A”, “B” or “C” teams that are not attending a Provincial Championship are allowed to be added as an additional goalie for a Provincial Championship to give the team a maximum of two (2) goalies. This will permit an increase in the roster by one (1). The player, team and association must be in good standing for the goalie to attend the Provincial Championships. Ringette Ontario approval is required. All other Provincial participation rules apply.

b. Team Staff

Any Ringette Ontario registered bench staff with the appropriate qualifications may become a valid member of a Bench Staff (if the overall bench requirements are met) upon presenting proof of qualification and registration Ringette Ontario Staff.

3. Safe Sport

- The rule of two is in effect for all participants at the 2024 Ringette Ontario Championships.
- Concussions must be reported - [Sport Injuries - Ringette Ontario](#)
- Injuries must be reported within 10 days of the incident:
<https://www.ringetteontario.com/content/sport-injury>

4. Code of Conduct

- Ringette Ontario is committed to providing an environment in which all individuals are treated with respect. Participants of Ringette Ontario, parents/guardians of Ringette Ontario participants, and spectators at Ringette Ontario's events are expected to conduct themselves at all times in a manner consistent with the values of Ringette Ontario. Conduct that violates this Code of Conduct may be subject to sanctions pursuant to Ringette Ontario's policies related to discipline and complaints.
- All spectators will be expected to uphold respectful practices when watching games. In addition, please appreciate that athletes and coaches will require space to complete a proper pre- and post-game routine. Visiting with family and friends is to be done outside of the field-of-play.
- Air horns and any type of mechanical horns are prohibited at all arenas by the City of Ottawa. Spectators caught using these devices will be asked to leave the arena.
- All music must be kept at a reasonable volume throughout the facilities. No speakers are permitted within the arenas as the loud music can interfere with the play. The content of the music played throughout the facilities must also be appropriate for community listening. Teams may be asked to lower the volume or change the song at any point by Ringette Ontario staff or host committee volunteers.
- All athletes, coaches, officials, volunteers, organizers, and media are to be treated with the utmost respect, regardless of how you may be feeling at any given time.
- If any conflict arises with team staff, players, or other persons, please communicate with members of the Ringette Ontario Staff immediately.

[Athlete Code of Conduct](#)

[Coaches Code of Conduct](#)

[Officials Code of Conduct](#)

[Parents Code of Conduct](#)

[Spectator Code of Conduct](#)

5. Game Format

- a. Game may start up to ten (10) minutes prior to the scheduled start time, with the exception of semi-finals, finals and the first game of the day. Games played after "slush" ice may start early at the discretion of the officials and teams.
- b. Team will be given a three (3) minute on-ice warm-up prior to each game. These warm-ups will start at the scheduled game time or upon completion of ice resurfacing, whichever is later. Teams must be ready to begin play promptly after the warm-up. Officials will blow their whistle at the 30-second mark, where teams should finish their warm-up and gather the rings.
- c. U16, U19, and 18+University will play four (4) ten (10) minute periods
- d. U14 will play two (2) fifteen (15) minute periods
- e. 18+ AA will play two (2) twenty (20) minute periods

- f. One (1) minute intermission between the period of play. For games with four (4) periods, there will be a 2-minute break between the 2nd and 3rd periods
- g. Time-outs:
 - i. For games with four (4) periods, each team will have one (1) timeout per half. If unused, the timeout from the first half cannot be carried over to the second half. If unused, the team's timeout from the second half can be carried over into overtime.
 - ii. For games with two (2) periods, each team will get one (1) timeout per game. If the team's timeout is not used in regulation time, it will carry over into overtime.
 - iii. An additional timeout will be awarded to each team in each overtime period. Teams with two (2) available timeouts in the overtime period cannot use them back-to-back.
- h. No overtime in round robin (non-elimination) games, except for the 8v9 and 10v11 split round robin games in U14AA and U16AA respectively, where a winner must be declared to advance to the split round robin game vs the 1 seed.
- i. Overtime in medal games will be consecutive periods until one team scores (sudden victory). Period length will be the same as regular game time periods (example: 18+AA will play consecutive 20-minute periods; U16AA will play consecutive 10-minute periods.)
 - i. Possession of the free pass to start the first overtime period is decided by the tossing of a coin by the referee. The team winning the toss will get the free pass. The other team will get the choice of ends.
 - ii. If additional overtime periods are required, possession of the ring for the opening free pass will alternate between teams. The teams will also exchange ends for each overtime period.
 - iii. Floods will be done at the discretion of the Supervisor and/or the Arena Convenor.
- j. All goals scored will be entered on the scoresheet, but the maximum difference of goals to be shown on the scoreboard and tournament charts will be seven goals more than the lower scoring team's total.
- k. Running time can only be used in the second half (third or fourth period) and will commence at any time during that half when there is a seven-goal differential.
 - i. If the goal differential goes below seven, then the game will go back to stop time.
 - ii. If a penalty is called during running time, then the clock stops and restarts when play commences.
 - iii. The clock will stop for injuries or if a time out is called and restarts when play commences during running time.

6. Playing Rules

- a. The RO Provincial events will be played as per 2019-2025 Ringette Canada Rule Book and [RO Competition Playing Rules](#).
- b. The rules and casebook can be found here: <https://www.officiatingringette.ca/o/index.php?page=205>
- c. Excessive Penalties:
 - i. 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

- ii. 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.
- iii. 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 Arena Convenor by both teams prior to the next schedule game – whichever is sooner.
- iv. NOTE: Delayed Penalties wiped out because of a goal being scored must be recorded on the game sheet and count toward accumulated penalty time.

7. Game Administration

- a. Official Game Reports must be completed via RAMP by each team no later than 30 minutes prior to the scheduled start of the game.
- b. Home team will always wear their dark jerseys.
- c. Dressing rooms will be available 30 minutes prior to scheduled game start and must vacate 15 minutes after the game is complete to allow for cleaning. Be respectful of other teams waiting to get in.
- d. In order to maintain the privilege of choice of goal areas to defend to begin a game, the home team starting goalkeeper must, upon entering the ice surface for the pre-game warm-up, proceed immediately to the goal area that the team wishes to defend.
- e. Jersey conflicts:
 - i. Should game officials determine that the jersey colours worn by the teams are too similar, a change of jerseys will be required.
 - ii. The visiting team shall change jerseys in the case of a conflict.
 - iii. All teams are requested to carry two sets of jerseys, and if possible, to use the second set to avoid such conflicts before they occur.

8. Ranking of Teams

1. When two (2) or more teams have an equal number of points after completion of the round robin games, the Tournament Host Chair/designate is responsible to determine the rankings.

The ranking of the tied teams will be determined in the following order:

1. If one of the tied teams has beaten all other tied teams in every game between the tied teams, rank that team highest. In a split Round Robin format, all games count as Round Robin games and Team 'X' is considered an outside team and their results do not count for ranking or tie breaking.
2. If still tied and all tied teams have not played each other equally go directly to Step Seven (7).
3. If still tied, rank the teams in order of wins between only the tied teams.
4. If still tied, rank teams in order of the plus/minus (goals for minus goals against) only in games between the tied teams.

5. If still tied, rank teams using the following formula only in games between the tied teams:

$$\frac{\text{Goals For} + \text{Goals Against}}{\text{Goals Against}}$$

(WITH THE HIGHEST VALUE BEING THE HIGHER RANKED TEAM)

6. If still tied, rank teams in order of the most goals for only in games between the tied teams.

7. If still tied, rank the teams in order of wins between all teams.

9. If still tied, rank teams in order of the plus/minus (goals for minus goals against) in games between all teams.

10. If still tied, rank teams using the following formula in games between all teams:

$$\frac{\text{Goals For} + \text{Goals Against}}{\text{Goals Against}}$$

(WITH THE HIGHEST VALUE BEING THE HIGHER RANKED TEAM)

10. If still tied, rank teams in order of the most goals for in games between all teams.

11. If still tied, rank teams using the least fully served penalties in games between all teams.

12. If still tied, rank teams using least penalty minutes in games between the tied teams.

13. If still tied, rank teams using least penalty minutes in games between all teams.

14. At this point, if still tied, the following may be considered to break the tie:

- a) Mini game
- b) Coin Toss
- c) Draw from a hat

Notes:

- The maximum goals for per game are seven (7) more than the goals against.
- If a team(s) has forfeited a game, that team(s) will be ranked the lowest position(s) amongst the tied teams.
- The procedures will declare team(s) in individual rankings. In some cases, there will still be a tie within the rankings. i.e.: in a four (4) -way tie for first in a round robin, the procedures could place one (1) team clearly first with two (2) teams tied for second/third and one team fourth. In these cases, start at step one (1) and follow the procedures until the tie is broken then stop.

Clarification on the process: As soon as a step is completed, and one or more teams are ranked because of fully completing that step; go back to the top of the ranking of tied team's process. For example: If four (4) teams are tied, a tie between all four (4) teams could be broken in step nine (9). If the tie is only broken between two (2) teams at the end of step 9, then go back to step one (1).

11. Discipline, Protest and Grievance Committee

At Provincial Events, a Provincial Protest and Grievance (DPG) Committee of three (3) people:

- Ringette Ontario Operations Director (or designate) - Chair
- Provincial Championship Director of Officials (or designate)
- Ringette Ontario Program Coordinator
- One (1) impartial participant

The DPG Committee shall convene should any of the Competition or Sanction Rules or Code of Conducts be violated by a participating player, bench staff or team during the RO Championship Event.

NOTE: A representative of the Discipline, Protest, and Grievance Committee may not participate on a protest and/or grievance involving their Home Association. In the case that one of the individuals has a conflict, then the Provincial Host Chair (or designate) may replace that individual.

No Protests and/or Grievances shall be entertained against the official's judgment and/or application of the playing rules on the ice. Questions concerning the rule interpretations shall be directed to the Referee-in-Chief of the Tournament.

Minutes MUST be taken of any meetings of the Discipline, Protest and Grievance Committee.

Protests

At a Sanctioned Event (include Championships), the only actions that may be protested are:

- Ineligible Players.
- Ineligible Bench Staff.

Ineligible Players:

- A player who is not registered and verified with RO.
- A player on any team other than the one(s) she/he is registered on, except as allowed as a properly documented substitute.
- A player playing while under RO suspension.

Substantiated violation of the above will result in disqualification of the team from the tournament. The team will also subject to sanction fines levied by Ringette Ontario.

Ineligible Bench Staff:

- Bench staff who have not registered with the RO.
- Bench staff who do not have the required qualifications.
- Bench staff participating while under RO suspension.
- Bench staff participating on any team other than the one(s) they are registered on, except as allowed as a properly documented substitute.

Substantiated violation of the above will result in disqualification of the team from the tournament. The team will also be subject to sanction fines levied by Ringette Ontario.

Note: Coaches who have not achieved CI certification due to lack of evaluator availability are not considered ineligible.

Grievances

At a Sanctioned Event, including Championships, a Ringette Ontario participant can grieve any action not covered under the Protest Section.

The interpretation of a grievance is that it is of such a serious nature that the cash deposit will be \$250.00 non-refundable, payable to Ringette Ontario.

No grievance will be allowed against the judgement and application of the playing rules on the ice. Questions concerning rule interpretations shall be directed to the Referee-In-Chief of the tournament.

All upheld grievances shall automatically go to the Ringette Ontario Operations Director for potential further disciplinary action.

Procedures for Protests and/or Grievances

Coach will inform the on-ice official at the end of the game of their intention of protesting or initiating a grievance. The official will notify the arena convener (through the supervisor if necessary) that the game was finished under protest. The official will record the intended protest in the "Notes" section on the online game sheet

The coach will submit the protest and/or grievance in writing to the Arena Convener on duty within thirty (30) minutes of the end of the game. A \$250.00 cash deposit must accompany the submission.

The Arena Convener shall contact the Ringette Ontario Operations Director immediately.

The Discipline, Protest and Grievance Committee shall meet within two (2) hours of notification of a protest and/or grievance and will inform both coaches of the teams involved within one (1) hour of the end of their meeting as to whether the violation is substantiated or otherwise.

Discipline and Suspension Guidelines

- All Match and Misconduct penalty assessments must be made known to the RO Operations Director, by the on-ice officials or supervisor involved, within 30 minutes of the completion of that game. Details surrounding the Match or Misconduct penalty assessment must also be clearly outlined in writing by the on-ice officials on the Official

Game Report.

- The DPG Committee shall meet to determine the game suspension of the individual(s) involved. This meeting shall take place as soon as possible upon receipt of notice of the Match or Misconduct penalty, if at all possible, prior to the next game of the team(s) involved.
- In their deliberations, the DPG Committee may individually interview any or all of the following: the on-ice officials, the athlete(s)/team staff involved, the supervisor at that game (if applicable), and, any others whose input the Committee feels would be of value.
- The DPG Committee will not accept video.
- The final decision of the DPG Committee regarding game suspensions shall be immediately communicated to a member of the team staff of the team(s) involved by the Committee Chair.
- All other rules under section 4 of the RO Competition Playing Rules regarding Match and Misconduct Penalties shall apply.

Suspensions

The following guidelines apply to all play directly under Ringette Canada.

The suspensions specified (in number of games), are **over and above the automatic 2-game suspension** for Match or Misconduct penalty infractions.

Athlete/Team Official Assessed a MATCH penalty for:	
Action	Suspension (# in games)
Contact Penalty from behind 18.1f	1-4
Slew Footing	3
Hair pulling	3
Face masking	3
Head Butting	3
Spearing, Butt Ending, or Kicking	4
Stick Swinging	4
Deliberate Intent to Injure (for example: deliberate hits to the head, rough play, kneeing, cross checking, boarding)	4
Athlete/Team Official Assessed Misconduct or Match penalty for:	
Fighting	
Instigating	4
Participating (incl. Those in addition to original participants)	2
Abuse of an Official	
Excessive Verbal Abuse before, during, or after a Game - Misconduct Penalty	2

Excessive Verbal Abuse Post Game on ice Misconduct plus Match Penalty	3
Physical – Minimal (ie touch/brush)	3
Physical - Moderate (ie push)	5
Physical – Excessive (ie punch/attempt to punch/push causing fall on or off-ice)	7
Code of Conduct Violations	
Individuals who are deemed to be in violation of the Ringette Ontario code of conduct are subject to suspension and/or other action as deemed appropriate	Indefinite pending DPG meeting
Bullying and Cyberbullying	
Bullying and Cyberbullying will be treated with the equivalency of a deliberate attempt to injure with offenders being suspended. It is the responsibility of the stakeholders to promote an environment that supports participant mental and physical health.	4 games

Based on the circumstances surrounding the Match or Misconduct penalty, Code of Conduct Violation, or Bullying/Cyberbullying Incident, the DPG Committee may choose to impose a game suspension, without appeal, up to a maximum number of games stated for the specific infraction(s). Additional suspensions may be imposed should the circumstances warrant the same. Should an individual commit more than one of these infractions in the same game, the suspension penalties imposed shall be additive.