



Approval & Version Control

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Approved Date:	12 DEC 2024
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First Issue Date:	12 DEC 2024
Last Review Date:	12 DEC 2024
Document ID:	STP-010 Rev 01

ST. THOMAS RINGETTE ASSOCIATION

PLAYER SUBSTITUTION POLICY

1. Purpose

- 1.1 The intent of this policy is to provide a standard for inter-association player substitutions.

2. Scope

- 2.1 This policy applies to all teams in the St. Thomas Ringette Association (STRA).
- 2.2 The Open (18+) team(s) may have special regulations that are not covered by this policy. Ensure to verify any (18+) substitutions with the STRA Coaching Conveyor.
- 2.3 Tournaments do not necessarily follow the Lower Ontario Ringette League (LORL) or STRA regulations and policies. Ensure to review Ringette Ontario substitution policies before tournament play.
- 2.4 All STRA Home games will comply with the LORL policies.



3. LORL / STRA Substitution Rules:

(Updated 10 OCT 2024 – Check LORL.ca for most up to date policy information)

- 3.1 STRA will follow all LORL substitution rules.
- 3.2 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 shown on their TRF.
- 3.3 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 five (5) times during the season.
- 3.4 In LORL, any player can be a substitute player eight (8) times per season for multiple teams, but may only sub for the same team five (5) times.

**Note: The five (5) game limit does not apply to goaltenders - they are unlimited.*
- 3.5 To align with Ringette Ontario 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. 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.
- 3.6 If substitutes cannot be found from the above guidelines, coaches may choose players from 2 or more age/level.
- 3.7 When replacement players for a game are required, you must notify LORL's Competitions Director (competitions@lorl.ca) to ensure they are aware of the player being requested. The email must specify the team, the name of the call up and what team they are registered with, along with the game number, date, time, and division of the game. *Note that these procedures apply to league games only (exhibition included).*
- 3.8 Coaches should only be calling up players who will not make a competitive difference for their team.



- 3.9 Teams requiring multiple substitutes may only have a maximum of two (2) lateral players. (Example: for U16B this would include U16B and U14A, for U14B this would include U14B and U12A etc.).
- 3.10 If a team cannot find adequate substitutes by following the above guidelines, coaches may ask a player two age groups/levels below. This will be at the coach's and STRA's discretion.
- 3.11 All substitute players must be indicated by selecting "Associated Player (AP)" in the RAMP Game Sheet app.
- 3.12 The use of an ineligible player will result in the game being defaulted and could result in Fines and or Coach suspension(s).



4. Internal STRA Call-ups & Player Substitution Procedure

4.1 The Head Coach of the team requesting an additional player from within the STRA organization will:

- (a) Contact the Head Coach of the “called-up” or substituted player(s) primary team for approval. The approval should only be denied for player safety or schedule conflicts.

Example 1: U12 Coach only has 11 skaters; they request approval from the FUN 3 Coach to call up a player from the Fun 3 roster. The Fun 3 Coach has authority approve or reject the substitution.

Example 2: U12A only has 11 skaters; they request approval from the U12C Coach for the use of a player from the U12C Roster. The UC12 Coach has authority approve or reject the substitution.

- (b) Communicate the date and time of the game and or practice.
 - (i) Coaches may wish to “call-up” players in anticipation of a short roster (less than 12 skaters) for a practice on occasion.

STRA strongly encourages coaches to do this proactively.
 - (ii) If a player is requested for practice, the same procedure in 4.1 (a) through (e) will be followed.
- (c) Work with the Head Coach who is donating a player, to assess which player is best suited for the call-up. Player safety and skill level should be the primary focus in identifying who should play up.
- (d) Once both donating and receiving coaches are in agreement, the receiving coach may contact the players parents. The Parents or Guardians of the player must also provide consent.
- (e) The Head Coach receiving a player will complete all required LORL substitution forms found at <https://www.lorl.ca/form/6721>. Contact St. Thomas’ LORL Rep or Coaching Convevor for more information.

NOTE: LORL Substitution forms are NOT required for practice “call-ups” or internal association training activities.