Hi Everyone,

Just a couple of updates as we continue the season.

1. The OAIC is currently scheduled to be held in Oshawa over the Easter Weekend for the 2020 season. The tournament will start April 9 and run until April 11, to give everyone Easter Sunday at home with their families. The formal package has been shared through the SWIRL league and is available by emailing me. Please register ASAP to confirm your spot as the schedule needs to be finalized.

## 2. Tournament Substitutions

- a. I can sign all TRF Adjustment forms for tournaments, please have them to me 2 weeks before the tournament starts, or 2 days before in case of emergency. If a form is received less than 48 hours before the tournament, it will not be signed.
  - i. If your substitution involves an out of region player, please share with me and I will loop in the ADC from that Region to also sign-off. The tournament host ADC only needs to sign-off if there happens to be an in tournament substitution is required and I am not available.
- b. A quick reminder of the rules. Players are able to substitute in 2 tournaments and are only able to play in one tournament/weekend. Goalies are able to substitute in 3 tournaments and again can only play in one tournament/weekend.
- c. You are able to substitute either up one level or at the same level of your team (IE a B player can sub for a B /BB or A team, a C player can substitute for C/CC or B team)

## 3. Updated Adult Manual

a. The adult manual and our rules have been updated and can be reviewed here: <a href="https://ringetteontario.com/wp-content/uploads/2019/10/Adult-Development-Administrative-Rules.pdf">https://ringetteontario.com/wp-content/uploads/2019/10/Adult-Development-Administrative-Rules.pdf</a>

If you have any other questions please do not hesitate to reach out and looking forward to a great season!

Stephanie Smith Western Region ADC