



***RRA Team Staff (Coach, Manager, Treasurer) Meeting
All Divisions | Wednesday, October 8, 2025 | 7:00 pm
Sandra Schmirler Leisure Centre, Sunrise Library, SU-2***

1. Introductions
2. Equipment Room
3. Team Staff
 - Registration
 - Criminal Record Check
4. Bench Staff (Coaches)
 - Composition
 - Junior Coaches
 - Coaching Requirements
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 - Coach the Coach
 - Game and Practice Policies
 - Mid-Season Survey
5. Managers & Treasurers
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 - First Half / Second Half
 - Practice Ice
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10. Regina Ringette Rules and Policies
 - Affiliate Players
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11. Other Misc. Information
 - Concussions
 - Insurance
 - Event Sanctioning
 - On-ice Officials
 - Website and TeamLinkt
 - LiveBarn
 - Join Our Team

NOTE: It is mandatory for each team participating in the RRA league to send one or more reps to the annual Team Staff meeting. Any team failing to meet this requirement will be charged a \$50 fee.

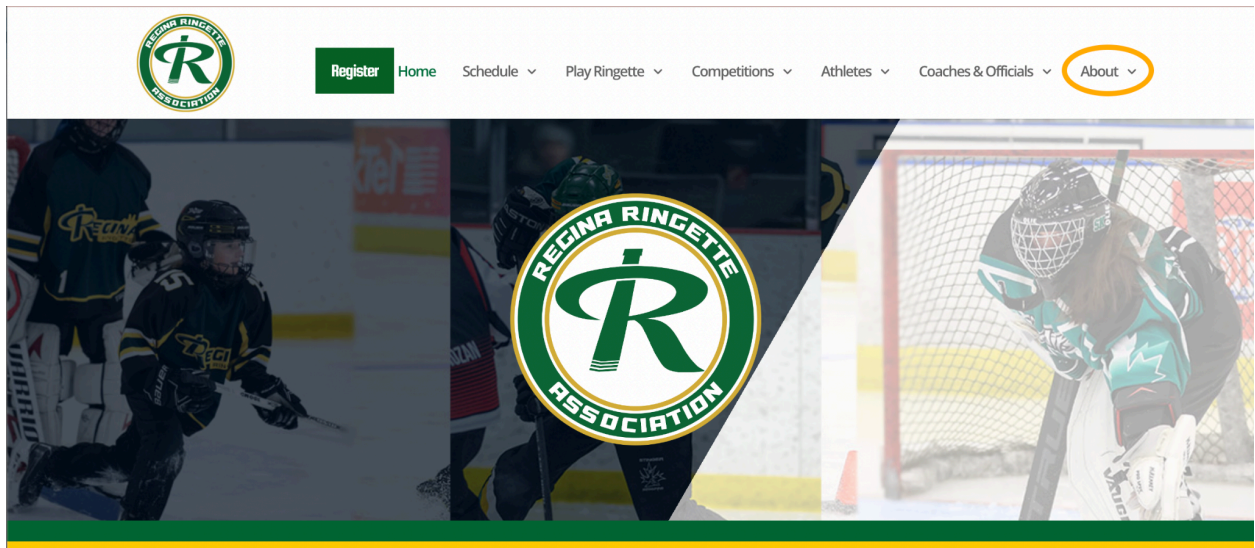
This document will be posted on the website following the meeting and can be accessed For under ***About > Rules & Policies > Playing Rules, Policies & Procedures***



Welcome to the 2025-2026 Season!

Regina Ringette Website: www.reginaringette.com

For the Board of Directors and Commissioners contact information, see
www.reginaringette.com: **About > Executive**



RRA EQUIPMENT/BOARDROOM

Address: E-1642 McDonald St, Regina, SK ([Google Map](#))

- Our Boardroom is available for RRA members to use for team meetings, parent meetings, or other gatherings of members
 - It can fit about 10-20 people comfortably; tables and chairs are available
 - The room is connected for technology with a big screen on the wall and a laptop
- To reserve the room, contact the Director of Equipment
 - You will be required to pick up a key and return the key as soon as possible
- All users are asked to leave the room tidy and free of garbage.



TEAM STAFF

Composition

- Team staff includes:
 - Bench staff (coaches and trainer)
 - Manager
 - Treasurer

Registration

- All RRA team staff names must be submitted and approved by the league and will be recorded on the official rosters
- Submit team staff names to the Director of Coaching and the division Commissioner as soon as possible (no later than October 22)
- **ALL RRA team staff must register online by October 22**
- Only registered team staff will be added to the team's roster in TeamLinkt
- Go to <https://app.teamlinkt.com/register/find/reginaringette> and register accordingly. There are options for team staff - coaches, trainers, bench staff, and team staff - managers & treasurers.
- The RRA Registrar will activate individuals on TeamLinkt and will register all team staff with Ringette Saskatchewan by November 1 for insurance and official roster purposes.

Criminal Record Check (CRC)

- All team staff *18 and older* must have a current Criminal Record Check, including the vulnerable sector check (CRC-VSC), on file with RRA.
- The only team staff member that does not require the VSC is the treasurer.
- A new CRC is required every 3 years
- Send your new CRC to the RRA Coaching Director, reginaringette.coaching@gmail.com, by November 1st.
- **Bench Staff are not allowed on the bench after November 1 without a current CRC-VSC**
- You can submit your CRC expense for reimbursement by completing the online [Expense Reimbursement Form](#)
- For all details on team staff, see reginaringette.com: **Coaches & Officials > Team Staff Info**

BENCH STAFF (COACHES AND TRAINERS)

Composition

- Bench staff includes:
 - Head Coach
 - Assistant Coaches
 - Junior Coach
 - Trainer
- Each team may register **up to 5 bench staff** which may include up to 5 coaches and 1 trainer (optional)
- Each team must have an adult Certified Female Coach on their roster and on their bench.
 - For a temporary absence, the female coach may be replaced by a certified and eligible female Junior Coach age 16 or older or a Trainer, upon approval of the Commissioner (a certified coach must still be present on the bench).



- **This applies only to Regina Ringette league or exhibition games but does not include tournaments. All tournaments are governed by the tournament rules.**

Junior Coaches

- The minimum age for Junior Coaches is 14 years of age for B Teams; 16 years of age for High Performance teams.
- Junior Coaches must complete all coaching certifications for the level they're coaching, however, they can't act as the certified female on the bench without prior approval
- Junior Coaches are fully-trained coaches that should be given an active role on your bench. They may travel with the team for tournaments outside of Regina. Teams should encourage their Junior Coach to participate in team fundraising to help offset the costs of this travel or other team expenses.
- For more info, see reginaringette.com: **Coaches & Officials > Team Staff Info**

Coaching Requirements

- **All coaches must have an NCCP#.** To create one or look up your number, go to [The Locker](http://thelocker.coach.ca)
- **All coaches are required to complete and submit:**
 - Coaching Initiation in Sport eModule
 - CI or CSI Coaching Certification
 - Making Ethical Decisions (MED) course
 - Respect in Sport (RIS) module
 - Criminal Record Check (CRC-VSC) **(except Junior Coaches under age 18)**
- The deadline for all coaching certifications (except CRC) is **December 15**. Failure to fulfill all the proper certifications by the deadline will result in removal from the team. If a coach or manager is removed from a team, they may be charged for any expenses that have been incurred by the league (insurance, certification or course fees, record checks).
- You can submit your certification expenses for reimbursement by completing the online [Expense Reimbursement Form](#)
- For all certification details, see reginaringette.com: **Coaches & Officials > Team Staff Info** and ringettesask.com: **Coaches > Requirements**
- For clinic dates, see ringettesask.com: **Coaches > Clinics**

Misc. Coaching information

- **Coaching Association of Canada Coaching Locker** at <http://thelocker.coach.ca>
 - The Coaching Locker is where all your certification and course history is recorded (non-ringette specific), where you can register for new courses, and where you submit your PD points
- **Ringette Canada Coaching Locker** at www.coachingringette.ca
 - This Coaching Locker is where all your certification and course history is recorded for ringette-specific development, where you can register for new ringette specific courses, and where you submit your corresponding PD points



- **PD points** – Professional coaching development points required to maintain your certification status
 - All coaches' PD points must be updated in their Coaching Lockers by December 31 to maintain bench status. For more information, see [Maintenance of Certification FAQs](#)

Trainer Requirements

- Trainers are required to complete and submit:
 - Standard first aid certification or certification related to a profession by **January 31** (unless already on file with RRA)
 - Criminal Record Check (CRC-VSC)
 - For a list of eligible first aid certifications, see ringettesask.com: **Coaches > Trainer Certification**

Coach the Coach

- The Coach the Coach program is for coaches in Children's Ringette (FUN1/2/3) U12.
 - It is designed to help coaches make the most of their season by providing practical coaching advice, division-specific practice plans/skills matrix, and one-on-one guidance from a seasoned RRA "Support" Coach.
 - Mentors can be arranged for anyone that is starting out coaching. This is highly recommended and a great resource.
 - There are lots of drills and practice plans on the website to use.
 - For more information, email reginaringette.ctc@gmail.com or see reginaringette.com: **Coaches & Officials > Coach the Coach**

Game and Practice Policies

- Only certified Coaches and Trainers may be on your bench during a game
 - You can ask anyone to help on your bench that has the appropriate certification for your division and is registered as a coach or trainer in the current season with Ringette Saskatchewan.
 - Managers and Treasurers are not bench staff and **they are not allowed to participate on the ice with your team or be on the bench.**
- Only certified Coaches and Trainers or registered players may help on your ice for practices
 - You can ask anyone to assist you with a practice who is registered with a team (as a player or bench staff) in the current season with Ringette Saskatchewan.
 - Please do not recruit additional "helpers" to assist your team on-ice unless they have been approved by Regina Ringette. This includes parents or siblings who are not on a current ringette roster.
 - Check with your Commissioner before having someone participate with your team as the insurance for anyone on the ice may be void in the event of an injury.

Mid-season Survey

- We will conduct a mid-season check-in or team review in December.
- A survey will be sent to players and parents asking for feedback on how their season is going.
- All feedback will be shared with coaches through their Commissioner.



MANAGERS AND TREASURERS

Requirements

- The manager and head coach can not be immediate family members. For more explanation of the rules for treasurers and managers please see the Playing Rules at reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules - BENCH STAFF AND TEAM STAFF RULES**
- **Managers** must:
 - Complete and submit Ringette Canada's Manager Certification: reginaringette.com: **Coaches & Officials > Team Staff Info**
 - Understand and follow team manager responsibilities: reginaringette.com: **Coaches & Officials > Manager's Info**
- **Treasurers** must:
 - Be comfortable using an Excel spreadsheet
 - Commit to keeping the team's financial records up to date
 - Set up a team email account (gmail, etc.) to use for e-transferring purposes. It is not a good idea or recommended that a personal email address be used.
 - Set up a bank account at a financial institution. There must be dual signatures on the account.
 - Understand and follow team treasurer responsibilities, and budget and voucher policies and processes:
 - reginaringette.com: **Coaches & Officials > Treasurer's Info**
 - reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules - TEAM BUDGETS**
 - reginaringette.com: **About > Rules & Policies > Bingo and Voucher Policy**

TEAM REQUIREMENTS

Performance Bond

- Every team from FUN1 to U19 registered with RRA must pay an annual bond of \$500, which includes a \$250 refundable equipment deposit (whether they use RRA equipment or not). \$200 of the performance bond is refundable but is tied to expenses and volunteer hours. \$50 is a non-refundable equipment maintenance fee.
 - **Note:** RRA goalie equipment borrowed in pre-season becomes part of the team's equipment once the player is assigned to a team.
- Every team in the Open division registered with RRA must pay an annual bond of \$750 or \$1000, which includes:
 - \$500 refundable playing bond (tied to the cost of forfeited games)
 - \$200 refundable performance bond (tied to expenses and volunteer hours)
 - \$50 non-refundable equipment maintenance fee
 - \$250 refundable equipment deposit, only if using RRA equipment
 - Every team in the Open division participating in the RRA league but not registered with RRA must pay the annual \$500 refundable playing bond
 - For all policy details, see reginaringette.com: **About > Rules & Policies > Performance Bond and Volunteer Hour Verification Policy**



Volunteer Hours

- Every team registered with RRA must contribute a **minimum of 30 hours** of verifiable volunteer time to ensure the success of our association and the programs that we offer. We encourage teams to discuss volunteer hours at the start of the season and require each family to complete at least 2 hours of volunteer time per player.
- Events that qualify for volunteer hours are at the discretion of the RRA. A list of eligible jobs/duties that qualify for volunteer hours can be reviewed in the Policy on the website (see below).
- For all policy details, see reginaringette.com: **About > Rules & Policies > Performance Bond and Volunteer Hour Verification Policy**
- To submit your volunteer hours at the end of the year there is a google form to complete, please see reginaringette.com: **About > Rules & Policies > Forms > Volunteer Submission Form**

Tournament Raffle Basket

- Every team registered with RRA must provide a raffle basket valued at \$100.00 for an RRA tournament.
 - Jim Benning - U12A, U14A, U14B, U16A, U16B, U19A, U19B, Open B/C
 - QCC - FUN3, U12B, U16AA, U19AA
 - FUN1/FUN2 will contribute to the Children's Jamboree in March.
 - You will receive a message from your Commissioner about when and where to deliver your basket
- We encourage you to ask local businesses to donate items to create your prize baskets.
- Any team failing to provide a basket will be invoiced for \$100.00
- If RRA has approved a travel team(s), they are also asked to submit a basket

Deadline Reminders

- **Within 7 days** of receiving first-half practice schedule - Return practice ice, if necessary (due to ringette conflicts).
- **October 22** - Submit all team staff names to your Commissioner or the Director of Coaching; Register all team staff through the RRA website (each person must register).
- **November 1** - Submit new Criminal Record Checks to the Registrar.
- **November 10** - Submit your intention to participate in Provincials (Yes or No) to the Registrar.
- **November 10** - Submit second-half blackout dates to your Commissioner.
- **December 15** - Complete all coaching and manager certification requirements.
- **January 31** - Submit your Provincial Roster to RAS if participating in Provincials.

Parent Liaison

- We encourage each team to have a parent liaison (selected by the parents) to act as the go-between for parents who may have concerns they would like to address about the Team Staff. RRA may enforce this for teams with "Co-Coaches" (no designated head coach), or when the Manager or Treasurer is related to one of the Bench Staff members.



SCHEDULE

First Half Schedule

- The first-half practice and game schedule will be available in early October. The dates and times will be entered into TeamLinkt, and automatically downloaded into your team app
- Once you receive your team practices, you have 7 days to review your dates. You can return practice ice that is scheduled on dates when you have a ringette conflict (such as an out-of-town tournament). We require 10 days' notice, and minimum blocks of time, to return ice, so you will not be able to return any practices scheduled within the same week as the practice ice schedule is distributed, or after the 7-day review period.
- To return any practice ice, please go through your Commissioner by the deadline.
- You may trade or sell any ice within the RRA community. As this ice is under contract with us, we cannot allow its use by outside parties for insurance purposes.
- Ice should never go unused. If you can't use your allotted time, contact your Commissioner ASAP.

Second Half Schedule

- Submit "blackout dates" for any tournaments your team will be participating in during the second half of the season so these dates can be avoided on the schedule. You must send these dates to your Commissioner no later than **November 10**.
- The second-half practice and game schedule will be available before December 15th.
- As you have the opportunity to submit blackout dates for the second half, there will be no opportunity to return practice ice to the league.
- Any conflicts will be up to your team to swap or sell within the RRA community.
- The schedule of league or playoff games will take priority over tournament and exhibition games should there be a conflict.
- If a tournament conflicts with a league game, the team must arrange a game change in advance, or play the scheduled game.

Practice Ice

- Practice ice is allocated as evenly as possible between teams in each division.
- Teams will be required to travel to other communities, such as Pense and Southey, for practices.
- Teams will have early evening (4:30pm) and early weekend morning (7:30am) practice ice and teams are expected to use this ice as it is allocated.
- There may be occasions where your team will have a practice, or training, and a game on the same day (just like a tournament). This is to fully utilize our allotment of ice, and to take advantage of training opportunities.
- Each team will be invoiced for the cost of their practice ice.
 - Practice ice will cost \$220 (for a full sheet of ice) for the first half of the season (or \$110 for a shared practice). This is subject to change slightly after understanding the City of Regina ice costs for 25/26.
 - Teams will be invoiced based on the master schedule maintained by the Scheduler.
 - Each team must pay for all ice that is assigned to them.
 - Invoices will not be revised due to the rescheduling of games or when teams trade or sell ice. Team Staff are responsible for coordinating and collecting ice expenses when this occurs



- Once assigned (and after the 7-day grace period in the first half), all ice is the responsibility of the team. Ice may not be turned back, and conflicts will not be resolved by the Scheduler. Contact your Commissioner directly in regards to ice or scheduling conflicts.
- All communications must go through your Commissioner and **NOT by contacting the scheduler.**
- You must ensure your team leaves the ice by the end of their allocated time slot.
- Do not encroach on another team's practice or game.
- Your team is expected to be OFF the ice when your time slot expires; not just preparing to leave at that time.
- In games, refs are responsible to manage the game time so that you are off the ice when your time expires. **However, if your game is running late, you MUST be off the ice when your time slot expires.**
- If the team before you runs late/over, you cannot stay over on your allotted time.
- Please report any instance of teams running over time to your Commissioner.

Game Changes

- **Game cancellations are not permitted.**
- Cancellations due to weather and referee shortages will be handled by RRA.
- Teams must make every possible attempt to play games as scheduled.
- The Scheduler considers many factors in creating the game schedule; any change will have an impact on multiple teams, officials, etc.
- Game changes are permitted only for valid reasons
 - If a game change could have been avoided, the team that initiated the game change may be fined a minimum of \$200
 - For valid changes, teams must follow RRA game change procedures. For all policy and procedure details, see reginaringette.com: **About > Rules & Policies > Game Change Policy and Procedure**

Playoffs

- Playoff games cannot be rescheduled
- The playoff schedule begins in early March and concludes on Championship Weekend - March 28-29, 2026.
- For all playoff rules, see reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules - LEAGUE PLAYOFFS**

Power Skating

- Regina Ringette provides power skating sessions for RRA teams in Children's Ringette FUN3 and U12B
 - One coach must attend each session and be on the ice with their team
 - Goalies are expected to participate with their team
- Power skating will be scheduled along with your practice schedule. RRA provides these sessions for free; you are not invoiced for this ice as practice.

Goalie Clinics

- Regina Ringette provides goalie clinics for players in Children's Ringette FUN3 through U19 who are registered with RRA.



- These clinics are for goalies who want to improve their skills. Clinic dates will be communicated on the website and through your Commissioner.
- For questions or further information, please contact the Director of Player Development.
- If your team has more than one player who would like to attend the clinics, please have them contact the Director of Equipment **IN ADVANCE** to get goalie equipment.

Shooting Clinics

- Regina Ringette will be providing shooting clinics for RRA teams in U12 through U16.
- One coach must attend each session and be on the ice with their team.
- Shooting clinics will be scheduled along with your practice schedule and coincide with the goalie clinic.
- RRA provides these sessions for free; you are not invoiced for this ice as practice.

MINOR OFFICIALS

Game Sheets and Game Scores

- We use Ringette Saskatchewan game sheets for scorekeeping from FUN3 to Open.
- The Home team is responsible for providing the game sheet.
- All teams will receive a stack of game sheets at the start of each season (either when you pick up your equipment or at the team staff meeting)
- Each team is responsible for their own roster on the game sheet
- The winning team, or the Home team in the case of a tie, is responsible for sending a digital image of the game sheet to RRA at rragamesheets@gmail.com within:
 - 24 hours of completion of a league game
 - 4 hours of completion of a playoff game
- Scores **for RRA league and playoff games** submitted in your TeamLinkt app are displayed on the RRA website.
- Final game scores submitted on TeamLinkt **must have no more than a 7-goal differential in all divisions and levels.** We understand teams want to keep track of the live game scores in the app, but it is very simple to correct the score before submitting it. Repeat offenders may face penalties, such as having a 0-7 loss recorded instead of a win.
- For all game sheet and game score responsibilities and procedures, see reginaringette.com:
Coaches & Officials > Manager's Info

Minor Officials

- **Teams must have minor officials in place before a game begins**
- Minor officials include the scorekeeper (FUN3 and up), timekeeper (FUN3 and up), and shot clock operator (U12 and up, not including Open C)
- Penalty gate-keepers are optional for league games and usually either the score keeper, time keeper or shot clock operator can assist with this.
- If your team is not prepared with the required minor officials at game time, they may start the game serving a bench penalty.
- We suggest scheduling ALL families to participate as minor officials for league games. In Team Linkt there is an option to "assign tasks" and it is suggested that you do so for each game.
- New minor officials should be prepared for their role as there is little time for on-ice officials to train them at the start of the game.



- A sample scoresheet is available at reginaringette.com: **Rules & Policies**
- Scorekeepers must help on-ice officials enforce the goal cap (more info below) by informing the official when a player reaches the goal cap.
- Timekeepers must ensure that **no more than a 7-goal spread is displayed on the clock**. This is a Ringette Canada rule that applies to all levels below AAA (NRL, CWG).
- Please remind parents that excessive cheering, or other comments, should be kept to a minimum when serving as a minor official.
- All minor officials must sign the game sheet.
- For all details, see reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules - MINOR OFFICIALS, GAME SHEETS AND GAME SCORES**

More info for minor officials

- **Goal Caps**
 - Goal caps are 3 per player, per game in FUN3; 4 per player, per game in U12
 - If a goal is scored by a player who has exceeded their limit, the goal does not count, and the game continues as it usually would after a goal is scored (with a free pass)
 - Goals exceeding the goal cap limit are not recorded on the game sheet or scoreboard
 - Goal caps apply to all RRA League, Tournament, and Championship games
- **Shot Clocks**
 - Shot clocks are used for all games in U12 and above (optional for Open C)
 - It is the Home team's responsibility to operate the shot clock
 - **There will be shot clock training on October 15th at 7pm at the RRA office.**
 - For related info, see reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules**
 - RRA shot clocks are permanently mounted at the Co-operators Centre, Jack Hamilton, Jack Staples, and Clarence Mahon city rinks.
 - Shot clock remotes are located at the Information desk at the Co-operators or in the Office at the other rinks.
 - BPRA rinks (Communiskate, Pilot Butte Arena, and Balgonie Stardome) have shot clocks
 - **All other arenas DO NOT have shot clocks. For games at these rinks, the Home team is responsible for picking up, setting up, and returning a portable set of shot clocks.**
 - Please contact the Director of Equipment no less than 48 hours ahead of when you need them to make arrangements for pickup and drop off.
 - If there are 2 or more games back-to-back at that rink, the last home team playing is responsible for taking them down and returning them to the RRA office.
 - Please take care of our shot clocks:
 - ❖ TURN OFF shot clocks after your game (use the remote to turn them off)
 - ❖ Return the shot clock remote to the info desk/office after your game, or hand it directly to someone involved with a ringette game following yours
 - ❖ DO NOT leave the remote in the penalty box assuming it will be used and returned by the next group on the ice.



TOURNAMENTS

- RRA hosts several tournaments each year, and the income we receive from tournaments is important to our association.
- We rely on our members to help us host excellent events for participating teams and their families.
- We recommend volunteering at an RRA tournament your child is not playing in to avoid conflicts with your own schedule.
- Many hands make for light work; if you have any interest in joining the Tournament Committee, please contact the chair at reginaringette.tournaments@gmail.com

Local tournaments

- **Elite A/AA Tournament – October 31-November 2, 2025**
Entry deadline September 30, 2025
Divisions - U14AA, U16A, U19A, University League, Open A
\$1,100 entry fee; Go to the RRA website to register
- **BPRA December Charge Lou Gillespie Memorial - December 12-14, 2025**
Entry deadline October 25, 2024
Divisions – Children’s Ringette (FUN1, FUN2, FUN3), U12A and B, U14B, U16B
\$550 entry fee for FUN1, FUN2
\$950 entry fee for FUN3-U16
- **Jim Benning Tournament – January 2-4, 2026**
Entry deadline November 1, 2024
Divisions - U12A, U14A, U14B, U16B, U19B, Open B/C
\$950 entry fee; Go to the RRA website to register
- **Queen City Classic – January 30-February 1, 2026**
Entry deadline:
November 15, 2025 - U16AA, U19AA
November 30, 2025 - FUN3 and U12B
Divisions – Children’s Ringette Fun3, U12B, U16AA, U19AA
\$875 entry fee for Fun3 and U12B
\$1,100 entry fee for U16AA and U19AA
Go to the RRA website to register
- **Children’s Ringette Jamboree (FUN1, FUN2) - February 28 & March 1, 2026**
Entry deadline December 31, 2025
\$500 entry fee
Go to the RRA website to register

Provincials - PLEASE NOTE THAT THIS INFORMATION WILL BE UPDATED WHEN IT IS UPDATED ON THE RAS WEBSITE.

- **B Provincial Championships –**
Dates ??
Eligible divisions: U14B, U16B, U19B
Entry fee is \$1,050/team



- **18+ Provincial Championships - ??**
Dates??
Eligible divisions: 18+A, 18+B, 18+C
Entry fee is \$1,050/team
- **A/AA Provincial Championships –**
Dates??
Eligible divisions: U14AA, U14A, U16AA, U16A, U19AA, U19A
Entry fee is \$1,050/team (2 teams in division) or \$1,250/team (3+ teams in division)
- All eligible RRA teams must notify the RRA Registrar by email with a YES or NO by **November 10**.
- RRA will pay your entry fee to Ringette Sask, and then invoice you for the fee along with your first-half practice ice.
- All teams participating in Provincials must submit their own Provincial Championship rosters via the RAS website by January 31, 2025.

RINGETTE REGINA RULES AND POLICIES

- The Coach must be familiar with and understand the rules. It is your responsibility to teach these rules and policies to your team.
- For the Ringette Canada Rules, see www.officiatingringette.ca: **Rule Book**
- For RRA League Rules, see reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules**
- Carefully review ALL rules, with particular attention to the following sections:
 - League Participation Rules (page 3). This includes the **dressings room policy**. If the team includes male players, you can request a second dressing room.
 - Playing rules (page 8)
 - Ice time equality rules (page 9)
 - Division specific rules (pages 9-11)
 - FUN1: each on-ice session will be on half ice and consist of practice followed by a scrimmage against the opposing team who is sharing the ice time.
 - FUN2: Weekly on-ice sessions will be on half ice and consist of practice followed by a scrimmage against the opposing team who is sharing the ice time. Separate all-practice sessions will be assigned twice per month.
 - Equipment (pages 11-12)
 - Jerseys are provided by the league for Children's Ringette and all Youth Divisions to wear at sanctioned events
 - **All teams are asked to NOT WEAR the league-owned jerseys for practice**
 - If a team orders custom jerseys, they should return league-owned jerseys as soon as possible, if they are not needed.
 - Name bars must be stitched (not glued) and must be stitched in a way that removal will not damage the fabric. Attaching and removing name bars is the responsibility of the team and/or the individual. Jerseys returned with name bars still attached will be subject to a removal fee of \$50 per jersey (or \$75 for a damaged jersey).



Affiliate Players

- Commissioners will provide a list of approved Affiliate Players (APs), including U19 players who would like to AP in the 18+ Open division.
- Teams must follow all policies and procedures to use Affiliate Players
- For all details, see reginaringette.com: **About > Rules & Policies > Affiliate Players (Temporary Promotions) Policy** and reginaringette.com: **About > Rules & Policies > Regina Ringette Playing Rules - AFFILIATE PLAYER RULES (TEMPORARY PROMOTIONS)**

Discipline and Complaints

- Complaints should be made in writing and submitted to the RRA Vice-President. If you want to discuss a problem without a formal complaint, or are unsure of the policy, please contact your Commissioner to discuss or for guidance.
- For the complete policy, including *Supplementary Discipline for Gameplay Penalties*, see reginaringette.com: **About > Rules & Policies > Discipline and Complaints Policy**

OTHER MISC. INFORMATION

Respect in Sport for Parents

- **AS OF 2024-2025 SEASON** - RRA requires parents and guardians of our youth players to complete a 1-hour online program called *Respect in Sport for Parents*. This program is for Parents and Guardians NOT for Coaches, Trainers, Officials or other leaders.
- You must complete the on-line program by October 15th for your child to participate in ringette activities. Failure to have the certificate by **November 15th** will result in individuals not being allowed in the rink.
- Everyone registering in LTP through U19 in the 2024-2025 season will receive the RRA pre-registration code by email.
- For more information on the Respect in Sport for Parents, please see reginaringette.com: **About > Rules & Policies > Respect in Sport for Parents**

Social Media

- The social media policy has been updated and RRA will be enforcing the policy accordingly. The policy can be found here reginaringette.com: **About > Rules & Policies > Conduct Policies**

Bingos and Bingo Vouchers

- Regina Ringette holds a bingo license to help subsidize the cost of the sport for our members who are interested in working bingos as well as to provide revenue to the league to support our programs and keep costs down.
 - For all details, see reginaringette.com: **Athletes > Bingo**; and reginaringette.com: **About > Rules & Policies > Bingo and Voucher Policy**

Team Promotion

- All teams are asked to send your team logo to the webmaster to be used to promote your teams and RRA in general on social media.
- Also send pictures from any team building/fun activities and tournaments you attend to the webmaster so they can be used on social media as well.
- Please send to reginaringette.webmaster@gmail.com



Concussions

- All team staff should be familiar with their responsibilities under the Ringette Canada Concussion Management Guidelines and have an action plan in place.
- The guidelines explain how to recognize signs of a concussion, the initial actions that should be taken, return to play protocols, and the reporting responsibilities to Ringette Canada.
- For the Concussion Policy, Concussion Management Guidelines, and related resources, see ringettesask.com: **Policies > Policies - General** (and scroll down to the bottom)
- Baseline testing can be done at the following two places in Regina:
 - Courtside Medicine & Rehabilitation [Courtside Sports Medicine and Rehabilitation | Complete Concussions](#); phone 306-584-5553
 - Brownstone Health & Fitness [Brownstone Health & Fitness | Complete Concussions](#); phone 306-779-1275
- We suggest you provide the [Ringette Canada Pre-Season Concussion Education information sheet](#) to all families on your team.

Insurance

- Athletes, Coaches, and Team Managers named on a roster are eligible for insurance coverage through Ringette Saskatchewan (RAS) and Sask Sport.
- Insurance coverage through RAS is a secondary policy and is only to be used if the claimant has no other personal insurance coverage or has a claim beyond the limits of their personal coverage.
- For all insurance details, see ringettesask.com: **Insurance**

Event Sanctioning

- If your team is planning to coordinate an exhibition series or a one-day tournament, you must receive event sanctioning from Regina Ringette and Ringette Saskatchewan.
- For more information, see reginaringette.com: **About > Rules & Policies > Event Sanctioning Policy & Procedure**

On-ice Officials

- To coordinate officials for an exhibition game, please contact your commissioner and they will communicate with the ROAR Assignor. Teams are responsible to pay officials directly for any exhibition games - cash at the rink or get the email address of the official(s) for e-transfers.
- If one or both officials do not show up for your scheduled game, please **contact your Commissioner** who will follow up with ROAR.
- If you have concerns with late referees, no-shows, or other problems relating to officials, please bring them to the attention of the RRA Vice President.

Website and TeamLinkt

- Check out reginaringette.com for information such as Ice for Sale (under Coaches & Officials), Team Contacts (under Athletes), Executive (Board) contact information (under About), Rules & Policies (under About), and much more!
- We use TeamLinkt for our league which includes free use of the TeamLinkt app for all teams.
 - All players and team staff must be registered with RRA to be on a roster in TeamLinkt
 - For questions or help with TeamLinkt, please email the webmaster at reginaringette.webmaster@gmail.com



LiveBarn

- LiveBarn, a live streaming service where you can pay a monthly or annual subscription to stream on-ice events live and on demand (for 30 days), is available at the Co-operators Centre and BPRA rinks. To learn more, visit: [The Co-operators Centre](#) or [LiveBarn.com](#)
- Note to Coaches, Players, and Officials – LiveBarn has a microphone that may be near the player's benches, so be conscious of what you say aloud.

Join Our Team

- Ringette Regina offers multiple ways to get involved as your time allows. Consider participating in one or more of the following teams!
 - Tournaments team - participate in the planning and running of the Elite, Jim Benning and QCC tournaments
 - Coach the Coach team - participate as a coach mentor or assist with logistics such as content creation, website, and program planning
 - Marketing team - participate in media relations, partnerships, newsletters, social media, contests, facilities (like rink displays), or special events (such as a ringette float in a parade or the Kids Expo)

Scholarships

- There are numerous scholarships available through Regina Ringette. For details please go to the website <https://reginaringette.com/scholarships/> to read more about the application process and the criteria.
 - There is one \$1,000 scholarship for Officials
 - There are four \$500 scholarships for RRA members
 - There is one \$1,000 scholarship for the U19AA Bandits

RRA Clothing

- There are many different pieces of RRA clothing available through our on-line store. To begin shopping click here <https://rra.entripyshops.com/>. The on-line store allows you to choose a piece of clothing and then customize it how you want to with approved logos and graphics found on the website. There are no minimum quantities required to place an order.

Magnetic Dressing Room Flags

- Contact Jennifer Shupe, shupe@accesscomm.ca
 - Custom Team Magnetic Door Flags/Banners
 - 3-4 weeks required
 - Option A: Two 10"x18" identical, double sided - \$85.00 (\$42.50 ea.)
 - Option B: Two 10"x18" different designs - \$100.00 (\$50 each)
 - Option C: One 10"x12" double sided - \$55.00