



Registration and Tryout Process

1. The Regina Ringette Association (RRA) will host the tryouts for all A and AA teams registered in Regina. RRA will schedule and provide the ice and tryout times will be posted to the website as well as provided to the coach.
2. All athletes must be registered with RRA in advance of tryouts. Athletes will register for tryouts by indicating their interest in AA and/or A at the time of registration. A registration deadline will be set and posted to the website for players participating in A and AA tryouts.
3. All athletes will be charged a fee to participate in tryouts. This fee will guarantee them two ice times. Refer to the registration rules (*RRA Playing Rules*) regarding the RRA refund policy.
4. Coaches will draft a write-up to introduce themselves and their plans for their program, including a preliminary budget which will be distributed to athletes in the division. Coaches who like to have athletes complete a player questionnaire may attach it to this letter. Responses will be returned to the coach from the commissioner.
5. Any questions from athletes regarding the tryouts and the tryout process should be made to the commissioner.
6. If an athlete or their family has specific questions about the season plan or budget, they may contact the coach with those questions.
7. Tryouts for U12A, U14A, U16A, U16AA, U19A and U19AA will consist only of scrimmages when there are under 30 athletes trying out unless the coach requests a skills session.
8. The coach will be responsible to arrange for the on-ice instructor and plan the skills session (if applicable).
9. The coach will organize personnel to open gates during the scrimmages and there can not be a direct relationship to any athletes.
10. Coaches are permitted to be on the players benches during the skills sessions.
11. All scrimmages will be officiated. Officials will be arranged by RRA.
12. During scrimmages head coaches are not permitted on the player's benches. They may designate someone who is not in conflict with any of the athletes to be on the player's benches.
13. Head coaches will have the opportunity to talk to the athletes on the ice before, during the half-time, and at the end of all scrimmages.
14. The commissioner will provide the coach the number of athletes signed up for the tryout a week in advance of the first ice time. A list containing the athletes names, their birth-year and their position of preference will be provided to the coach when available prior to the start of tryouts. The coach will group the athletes for the first session and return the list to the commissioner.
15. The commissioner will contact the athletes to confirm their first tryout time in the week leading up to the first session.



POLICY: TEAM SELECTION PROCEDURE FOR A & AA

Last Update: August 2025

Selection Procedure

1. Regina Ringette will determine the size of all teams including AA and A teams.
2. Regina Ringette will determine how many goalies each team at the AA and A level may select. Based on the number of goalies available in a division, AA or A teams may be permitted, or may be required, to take two goaltenders providing they are of equal talent
3. The commissioner of the division, in consultation from the board, will determine if cuts are required based on the number of athletes participating in the tryout and will advise the coach before tryouts begin when these will take place and how athletes will be notified.
4. A team selection committee consisting of knowledgeable members of the local ringette community will be appointed by the league. This committee will attend all tryouts and evaluate all players.
5. The coach will have the opportunity to meet with the committee prior to the first on-ice session to discuss what they are looking for in their team. They will also meet after each session to discuss possible deletions to the roster.
6. Before and after each session, the commissioner will assign and collect pinnies and will provide evaluation forms for the coaches and the committee.
7. After each on-ice session, the committee will return a list, not exceeding 7 players, that must be selected for the team and a list of players that may not be selected for the team (if warranted). The coach can complete the selections for the team from the remaining players.
8. When there are two teams being selected, after each ice session the committee will return a list, not exceeding 14 players, that must be selected for the teams and a list of players that may not be selected for the teams (if warranted). The coaches will flip a coin to see who picks first. The winner of the coin toss gets the first pick of the goalies. The loser will get the first pick of players. They will then go back and forth selecting from these 14 players until they are all selected. Following this, the coaches will continue to draft their team alternating back and forth until their rosters are filled.
9. Feedback on the goalies will be provided. Goalies will not be placed on the top list but may be placed on the list of players that may not be selected for the team (if warranted).
10. No cuts will be allowed from the list of mandatory players selected by the committee. No player named on the alternate list (if applicable) may be selected for the team.
11. If the coach has a concern about a player named on either list, they should immediately advise the commissioner and justify the reasoning. The commissioner can discuss with the committee who may or may not revise the list.
12. After each session, the commissioner and the coach will organize the teams for the next session. The commissioner will have the committee review and approve the teams.



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13. The coach can make requests between scrimmages to try an athlete at an alternate position. The commissioner must communicate this to the athlete in advance of their ice time.
14. After the final selections by the committee are complete and the coach has had the opportunity to discuss any concerns with the commissioner, the committee will meet with the coaches to answer questions and provide feedback to help with the remainder of the selections. During this meeting, the coach will not be permitted to question the committee regarding the player selections on the list(s).
15. Once selections are complete, the roster must be submitted to the commissioner for review before players are notified.
16. Any athlete who participates in AA tryouts and declines a position on the team will not be eligible to participate in A tryouts.
17. If an athlete is unable to attend the tryout for extreme extenuating circumstances, the athlete should contact the commissioner in advance advising of the reason and to see if an alternate tryout situation can be arranged.
 - If this is the case, the commissioner will facilitate a tryout in advance. Independent evaluators will evaluate the athlete and determine if they should be included in the general pool of players who the coach may select from for the team.
18. If the athlete is unable to participate in an alternate tryout due to an injury, the commissioner will notify the coach.
 - If the coach is not familiar with the athlete from the prior season, the commissioner will seek out information from the coach of the athlete from the prior season or from independent evaluators or skills instructors who are familiar with the athlete to provide a reference for the athlete.
 - The athlete will not be named on either list (refer to point 5) and it will be up to the coach's discretion as to whether the athlete is selected for the team or not.
 - The coach will be permitted to contact the athlete/the family to discuss the injury and the recovery time, etc.
19. If the athlete is unable to participate for any reason other than injury, is unable to participate in an alternate tryout, and is unable to attend at least one on-ice session during tryouts, they will not be eligible for selection.

Expectations of the Team Selection Committee

1. A committee of up to five independent evaluators will be assigned by RRA to evaluate during tryouts. Members in direct conflict with any coach or player will not be asked to evaluate (for example if they have coached together in a prior season or are siblings/parents)
2. The committee members must be committed to attending all tryout sessions as well as providing time after each session to discuss as a committee.



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3. The committee should prepare a list of the top players, not exceeding 7 when selecting one team and not exceeding 14 when selecting two teams.
4. When selecting this list, the committee should take into consideration the preferred positions of the players.
5. The committee will also rank the goalies.
6. The committee should also prepare a list of players that should not be selected for the team, if warranted – this list may include goalies.
7. Committee members should communicate their selections through the commissioner and are not required to defend their selections to the coaches.
8. Committee members will meet with coaches at the conclusion of their selections to provide feedback and help with the remainder of the team selection.