

Selkirk Ringette Association

www.selkirkringette.com



PLAYER/PARENT HANDBOOK 2011/2012

The Purpose of this Handbook

The main purpose of this Handbook is to help explain most of the important issues, guidelines, rules and responsibilities that comprise our Selkirk Ringette program. The Selkirk Ringette Association recognizes the importance of communication and encourages you to contact the Selkirk Ringette Association President or any Board member for additional information when the need arises or when you have concerns about Selkirk Ringette.

Governance

1) Ringette Canada

National association
www.ringette.ca

2) Manitoba Ringette Association (MRA)

Provincial association
www.manitobaringette.ca

3) Winnipeg Ringette League (WRL)

City association & league
<http://members.shaw.ca/ringette>

4) Interlake Ringette Association (IRA)

District association. Members include Stonewall, Warren, Selkirk, St. Andrews.

5) Selkirk Ringette Association

Selkirk Ringette is Our Community Club association.
www.selkirkringette.com

For additional information and more details on the various rules of the game, please refer to any/all of the websites noted above.

Selkirk Ringette Association Contact Information

Michelle Vernaus	President	mickey_makara@yahoo.com Phone 482-7150
Monica Saluk	Vice-President	gmsaluk@mymts.net
Roman Romaniw	Treasurer	treasurer@selkirkringette.com
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Al Craigie	Referee Coordinator	
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Denise Fetterly	Communications	communications@selkirkringette.com
Tracy Clegg	Coach's Development	
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If you would like information on Selkirk Ringette, please use any of the contacts above or email us at ringette@selkirkringette.com.

If you would like to help out with Selkirk Ringette in any capacity, please send us an email or call us to volunteer.

Website Suggestions: webadmin@selkirkringette.com

SRA holds its Annual General Meeting (AGM) in the spring. All members will be notified of the date.

Age Divisions & Categories

U9 (Bunnies): 8 years old and under.

U10 (Novice): 9 years old and under.

U12 (Petite): 11 years old and under.

U14 (Tween): 13 years old and under.

U16 (Junior): 15 years old and under.

U19 (Belle): 18 years old and under.

Open: 19 years old & over.

1)PRACTICES

Practice ice costs are included in registration fees. The amount of practice ice available is directly correlated to the total registration numbers. Best attempts are made to have regularly scheduled practice ice in the same time slot from week to week. A general guideline (but may change depending on ice availability) is on Tuesdays at 5:45 (U9 Bunnies), 7:00 (U10 Novice), Wednesdays at 8:30 (U16 Juniors or U19 Belles), and Thursdays at 6:45 (U12 Petites) and 8:00 (U14 Tweens). Depending again on number of teams at each level, we will be leveraging ice for practices and potential games at East Selkirk Rec. Centre.

Parents and coaches are to refer to the monthly ice schedule for practice ice times scheduled by SRA. The SRA scheduler ensures that ice is allocated to each team as fairly as possible throughout the season.

Team practices run from approximately October 9th (evaluation skates may occur prior to this date, based on need) until end of February. *Regular practice ice may continue into March depending on how SRA budget is by the end of the season.

Ice is not available on Statutory Holidays and over the Christmas Holidays.

Teams are welcome to locate and purchase additional ice times for practices at the team's expense. Should a team determine that it wants additional practice ice over and above what is provided by the SRA, the team's coach or manager is to locate and purchase additional ice times for practices at the team's expense either in Selkirk or any other available location.

Dryland Practices are also scheduled by SRA and offered to all the ringette teams. Dryland Practices are beneficial at a young age to give players the opportunity to be able to concentrate on the stick and ring without having to concentrate on the skating aspect. As players get older, dryland practices are effective for teaching plays, new techniques and positioning. Dryland practices are useful to teach centre ring plays, breakout and free ring passes, as well as goalie ring passes. Conditioning is an important component to dryland practices.

2)GAMES

a) **League Games** – SRA participates in the Winnipeg Ringette League (WRL) games. Schedules are normally available in the last week of October. Games start end of October and run till the 3rd week in

February. There are a total of 16 games with 8 of them being at home and 8 being away.

b) **Home Game Ice** – Game ice times are normally Saturdays at 8:15, 9:30, 10:45, 12:00 and 1:15 at the Selkirk Recreation Center. All games will normally be scheduled from youngest to oldest for ease in arranging refs at the various levels. Depending on the number of teams at each level as well as ice availability, some home games may be played at East Selkirk Rec. Centre.

c) **Playoff Games** – WRL playoffs start in late February and extend into March.

d) **Length of Games** – WRL games for U10 Novice and older shall be 2 – 18 minute period games. WRL games for U9 Bunnies play 2 – 21 minute periods, with a buzzer and line change every 3 minutes. Teams **MUST** be dressed and ready to go on the ice 10 minutes before game time for all games. Teams must have a minimum of 7 players to play. Manitoba Ringette Association (MRA) Provincials (U14 Tween and older) shall be 2 – 20 minute period games

3)TOURNAMENTS

SRA will be hosting 2 home tournaments in the season:

- U9(Bunny), U10 (Novice) & U12(Petite) – November 25th, 26th & 27th
- U14(Tween), U16 (Junior) & U19 (Belle) – February 3rd, 4th & 5th

Cost to enter the home tournament is built into your registration fees.

****SRA teams are expected to participate and assist in the running of these events****

Head Coaches will not be required to volunteer extra shifts on our home tournament weekends. SRA board members volunteer a significant amount of time throughout the season and tournaments, they will also not be required to volunteer for extra shifts. The other parents on your team will be expected to fill in a schedule of volunteers provided by SRA to ensure that our tournaments have enough volunteers.

Teams are welcome to register for and attend other tournaments throughout the year. Please note that costs associated with tournaments are the responsibility of the team. The team must also ensure that league games take priority over tournament games. To be courteous to the Association organizing the tournament teams are encouraged to “opt-out” from league play if entering a tournament if at all possible.

For a listing of tournaments, see the MRA website.

4)PROVINCIALS

U14 (Twins) and older teams are able to go to represent the Interlake in provincials. If there are numerous teams within in the Interlake play-offs between teams is needed to determine who will attend. Teams are responsible for registering and paying for the provincial championship tournament prior to January 15th.

5)PLAYER DEVELOPMENT

SRA provides a pre-season skills and conditioning camp for all players. Camps are offered at 3 different skill levels. Contact Barb Zdrill for more information and to register and download a form from the Selkirk Ringette website.

6)BENCH STAFF (HEAD COACHES, ASSISTANT COACHES, MANAGERS & TRAINERS

All Bench Staff must complete [Respect In Sport](#)

- **Head Coaches in collaboration with the Selkirk Ringette Board will select assistant coaches, manager(s) and trainer(s).** . The Head Coach is responsible for understanding the rules of Ringette, preparing for practices, holding meetings with parents, displaying appropriate behaviour at all times, and determining positions of the players. The Head Coach is responsible for the conduct of bench staff at all times. The Head Coach has the final decision on who will be present on the bench, and can only allow bench staff who have completed the appropriate paperwork (as outlined above). At no time will a parent enter the player's bench unless invited by the coach.
- **Bench Staff** - A maximum of 5 bench staff can be on the bench at one time, and all staff must be listed on the game sheet and team roster. One member of the team staff on the bench during a game **MUST** be a woman 18 years of age or older. All bench staff must have filled out a Bench Staff Code of Conduct and have submitted a Child Abuse Registry Check form. There is no limit to the number of team staff listed on the official team roster with MRA.
- **Dressing Room** – For U12 (petite) and older teams, adult males (team staff or parents) are not to enter the dressing room until all players are dressed and accompanied by an adult female. Tying skates and assisting with equipment should be done outside of the dressing room.
- **Playing Time** – Coaches will use their best efforts to give every player equitable playing time.

7)PARENT'S RESPONSIBILITIES:

- **Volunteers** - In order for any program to be successful, it requires that its members give of their time at various events and activities. In addition to coaches, managers and Board members, the Selkirk Ringette Association has the need for volunteers, especially at our own Ringette Tournaments that Selkirk hosts.
- **Team Commitment** - Parents of the players are expected to have their children at scheduled games and practices, dressed and on time, according to the coach's requests.

As required by the WRL, players **MUST** be dressed & ready to go on the ice a minimum of 10 minute's before all games. Teams will be penalized in the game if this is not strictly followed.

As a form of common courtesy, parents are asked to advise coaches when their children cannot be at games and/or practices, with as much notice as possible.

- **Fundraising** - The Selkirk Ringette Association requires that players participate in fundraising activities in order to keep costs down.

8)INSURANCE

The MRA carries Third Party Liability Insurance which covers the MRA, all sub or local Associations, Coaches, Managers, Trainers, Officials, Sponsors, Volunteers, and all persons associated therewith, while involved in the activities of the MRA. All players are urged to obtain adequate accident insurance coverage.

9)THE GAME RULES

- The game consists of 2 - 20 minutes periods.
- To begin the game the visiting team receives the first free pass at center.
- To start the second period the home team would receive the first free pass.
- There shall be six players on the ice during a game.
- 1 goal keeper, 2 forwards, 2 defense & 1 center.
The ring **MUST** be passed or shot over each blue line.
- The player passing or shooting the ring across the blue line may not touch the ring until it has been touched by another player.
- The ring may not be received by a teammate if, on a pass or shot, it crosses the two blue lines consecutively.
- The ring may be shot at the goal from anywhere on the ice, other than from within the Goalie's crease.

For more detailed RULES of the game go to the <http://members.shaw.ca/ringette/> website.

Or feel free to always ask your Coach.

Fair Play Codes of Conduct

For Players

- I will participate because I want to, not because my parents or coaches want me to.
- I will play by the rules, and in the spirit of the game.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning is not everything. Having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good players and performances, those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

For Parents

- I will never force an unwilling child to participate in sports. I will always remember that our children play sports for Their enjoyment, not for mine.
- I will encourage my child to always play by the rules. An Honest effort is as important as a victory.
- I will never ridicule, criticize or yell at any child for making a mistake, particularly during competition. I will show respect and applaud for my child's team and their opponents.
- I will support all efforts to remove verbal and physical abuse from children's sporting activities. I will condemn the use of any violence.
- I will respect the Officials and never question their judgement or honesty in public.
- I will maintain a high standard and appreciation for the sport. I will ensure to have my child arrive for games and practices on time.
- I will recognize the value and importance of team volunteers and volunteer Coaches. I will respect their decisions and not question their judgement or honesty in public.
- Parents who are not official bench staff are Not permitted to approach the players or the coaches at any time during games.
- Every family is required to participate in Home game duties, Team and Selkirk Ringette Association events.

For Coaches

- I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get equal opportunity for instruction, support and playing time.
- I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
- I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
- I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.

For Officials

- I will make sure that all athletes have a reasonable opportunity to perform to the best of their abilities within the limits of the rules.
- I will avoid or stop any situation that threatens the safety of the athletes.
- I will maintain a healthy atmosphere and environment for competition.

- I will not permit the intimidation of any athlete either by word or by action. I will not tolerate unacceptable conduct toward officials, athletes, spectators or myself.
- I will be consistent and objective in calling all infractions, regardless of my personal feelings toward a team or individual athlete.
- I will handle all conflicts firmly but with dignity.
- I will accept my role as a teacher and role model for fair play, especially with young participants.
- I will obtain proper training and continue to upgrade my officiating skills.

For Spectators

- I will remember that children play sport for their enjoyment, they are not playing to entertain me.
- I will respect the officials' decisions and I will encourage participants to do the same.
- I will never ridicule an athlete for making a mistake during a competition. I will give positive comments that motivate and encourage continued effort.
- I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
- I will show respect for my team's opponent, because without them there would be no game.
- I will not use bad language, nor will I harass athletes, coaches, officials or other spectators.

Player Equipment



- CSA Approved Helmet & Ringette Mask (Type A or B). Not a Hockey "cage".
- BNQ Certified Neck Protector.
- Shoulder Pads.
- Elbow Pads.
- Ringette Girdle with Pelvis Protector.
- Pants.
- Shin Pads.
- Hockey style Skates - not Figure skates.
- Hockey style Gloves.
- Ringette Stick.
- Skate Guards are optional but highly recommended to avoid injury from walking around in the dressing room as well as damage to the blades from dirt and debris.
- Mouthguards are optional – not mandatory.

Note: Please refer to the MRA (www.manitobaringette.ca) for further details and guidelines regarding equipment requirements.

Note: Selkirk Ringette will provide Goalie equipment whenever possible.