

Foothills Freeze

Information/Coaches Package

Foothills Ringette Association is excited to welcome you to our Annual Foothills Freeze Ringette Tournament, February 2nd - 4th, 2024.

SCHEDULE AND ARENAS

The master game schedule will be on our [website](#); individual teams can view their schedules on the RAMP Gamesheets app.

ARENAS

High River, [Bob Snodgrass Recreational Complex](#) (tournament headquarters) - 228 12 Ave SE High River Okotoks, Piper Arena, [Okotoks Recreation Center](#) - 99 Okotoks Drive Okotoks, AB

GENERAL INFORMATION

CONCESSION

Both arenas have a concession. Please check arenas for hours of operations.

RAFFLE TABLE & DRAWS

Raffle baskets, silent auction, sucker pull and other fun items will be set up in the High River arena lobby. We will have daily 50/50 draws, keep your eyes open for sellers at your games!

All draw winners will be posted at the arena, on our social media ([Facebook](#) and [Instagram](#)) as well as contacted by phone.

PHOTOGRAPHER

Davies Photography is pre booking sport action shots and team packages on a first come, first service basis. See brochure in this package.

- Instagram and Facebook: [Daviesphotography04](#)
- \$300 per team includes 3-5 action shots per player and full gallery of high resolution edited images for downloading.
- Email Davies Photography to book your team: Daviesphotography04@gmail.com

VENDORS

We are excited to have [Pressed YYC](#) join us this year. Check out the website as there will be a preorder section specific to our tournament and ringette in addition to on-site creations.

Keeping with our Foothills Freeze theme, we are happy to have the [Kona Ice](#) mini truck at our High River arena throughout the weekend. Kona Ice is also our Player of the Game sponsor.

PARKING

Free parking is located at the arenas. Parking lots may be busy on the weekend as the facilities are open to the public. Please lock your vehicles and remove any valuables.

ARENA RULES AND POLICIES

- Excessive noise makers (e.g., air horns, megaphones, etc.) are not permitted.
- Warm-up activities are to be light stationary activities conducted within the assigned change rooms or outdoors.
- Use of the Cargill Field House (walking track and recreation courts area at Bob Snodgrass arena) is strictly prohibited unless paid separately at Customer Service
- Use of sticks, shooting of pucks, rings, balls, or other objects in the arena common areas is prohibited.
- Use of profanity or inappropriate language is not permitted.
- Be respectful and mindful as the recreation centres are open to the public and contain other facilities.

Arena staff retain the right to suspend teams or individuals not adhering to the guidelines or not obliging to staff direction. Full list of rules and policies can be found at each arena.

CONTACTS

A representative from the tournament committee will be present at the arena during all games. If you need information or require help during the tournament, please proceed to the check in desk and someone there will be able to assist you.

Director of Tournaments	Jennifer Reed	tournaments.foothillsringette@gmail.com
Director of Officials	Jaimie Nelson	officials.foothillsringette@gmail.com
President (acting)	Chelsea Mouland	vicepres.foothillsringette@gmail.com

GAME INFORMATION

Team sign in is required by each team's coach or manager prior to each game at the check in table. Dressing room keys can be picked up at the check in table. Keys/driver's license to be left in exchange.

GAME SHEETS AND RAMP GAME SHEET CODES AND PLAYER OF THE GAME

Just as in league play, please ensure your electronic game sheets are up to date and signed on the RAMP app 30 min prior to the start of the game. Teams must declare goaltenders (G), affiliated players (AP), and if applicable, any captains (C) and alternate captains (AC). It is the responsibility of the team to ensure

Ringette Alberta affiliated player rules are followed. RAMP game sheet codes and player of the game awards are available 30 minutes before each game at the registration desk. Please also pick up a scratch game sheet when you check in at the registration desk.

Player of the Game awards must be placed in the penalty box before the start of the game.

POST-GAME

Player of the Game Awards: After the game, players are to line up on their blue line. Coaching staff will pick one player from the opposing team and present the Player of the Game award. If there is less than 2 minutes left in game play, awards will be given off ice.

RAMP Gamesheets must be signed off by both teams within 15 minutes after the game and the scratch game sheet returned to the registration table.

TOURNAMENT RULES 2024

- Coaches/managers are responsible for the actions of their player's parents and/or guests. Be kind to all players, have patience with our referees and know that ANY ABUSE (yelling, swearing, gestures or threats) towards the referees, players, volunteers, or staff either during a game or throughout the arena WILL NOT BE TOLERATED. This type of behavior will result in an immediate expulsion from the arena, and possibly the tournament.
- Final decisions on situations not clearly defined in either of the above will be ruled on by the tournament committee. Decisions made by the tournament committee will be final. No appeals will be considered.
- Each team will be responsible for supplying adult volunteers for all games as follows:
 - Home – 1 scorekeeper, 1 timekeeper, 1 gate attendant
 - Visitor – 1 gate attendant and 1 shot clock operator (U12 and up)
- Teams must be ready to play ten (10) minutes before the scheduled game time. It is the responsibility of the home team to declare to the opposing team prior to the game their team colors. In the event of a conflict, the visiting team must change colors. Teams not on the ice within two (2) minutes of the referee whistle being blown to start the game will forfeit. The game may be played as an exhibition game. Teams will be allocated a three-minute warm up prior to the game. There will be a two-minute break between halves.
- Teams must declare goaltender(s), captains, and alternate captains on the game sheet by indicating (G), (C), (AC).
- Players must be registered with Ringette Alberta and rostered to the team they are playing with. Affiliates must be identified to the tournament director prior to the tournament start date and must be affiliated with the team in accordance with Ringette Alberta regulations.
- Teams MUST declare affiliated players on game sheets by indicating (AP) on the game sheets for which those players are used. It is the responsibility of the team to ensure that Ringette Alberta affiliated player rules are followed.
- Good sportsmanship and fair play will be stressed throughout the tournament.

- Any TEAM accumulating MORE THAN 30 penalty minutes in any ONE GAME, shall see the head coach or acting coach from that game suspended for their next tournament game. (No grievances will be accepted)
- A MATCH penalty will automatically result in suspension from all subsequent tournament games.
- At the U10 levels, a maximum of three (3) goals per game by one player will be allowed. Additional goals will not be counted.
- Game times will be two periods of equal length consisting of:
 - U10 Step 1 & 2 24 minutes each run time
 - U10-3 U12 U14 18 minutes each stop time
- If there are more than 2 minutes left on the game time clock with only 5 minutes left to the scheduled end of the ice time, based on the referee's watch, the referee will reduce the game clock to 2 minutes stop time.
- Game scores will be displayed on the time clock, posted in arenas, and recorded for tie breaking procedures, with a MAXIMUM SEVEN GOAL difference. U10 will post a 3-goal difference on the time clock.
- Any team wishing to file a protest may do so by submitting their request in writing, along with \$200 in cash, to the Tournament Committee.
 - Notification of a protest must be received within thirty (30) minutes of the incident occurring to enable sufficient time to deal with the protest.
 - A grievance committee will meet to deal with any protests received. (If the protest is upheld the \$200 will be refunded.)
 - No game protest involving referee judgment will be accepted. THE REFEREE'S DECISION WILL BE FINAL.

The 1st and 2nd teams from round robin play in each division (except U10 Step 1 and U10 Step 2) advance to the gold medal final games. The 3rd and 4th teams will play in the bronze medal games.

Standings and Tie Breaking

Round-robin standings POINT SYSTEM:

WIN:	20 points
TIE:	10 points
LOSS BY 1 GOAL:	6 points
LOSS BY 2 GOALS:	5 points
LOSS BY 3 GOALS:	4 points
LOSS BY 4 GOALS:	3 points
LOSS BY 5 or more GOALS:	2 points
FORFEIT:	0 points

In the case of a tie for points at the end of the round robin, a team will be chosen to advance to the Finals utilizing the following criteria until the tie is broken:

1. Fewest goals against in all round robin games
2. Most goals for in all round robin games
3. Fewest penalty minutes in all round robin games
4. A coin toss

FINAL GAMES

"Home Team" will be the team with the most points in round robin play, or if tied, decided by a coin toss.

If a game is tied at the end of a final game, the teams will immediately play a five (5) minute stop time SUDDEN VICTORY period. The first team to score will be declared the winner. Possession of the ring will be determined by a toss of a coin. Penalties remaining from regulation play will carry over to the overtime period. Each team is entitled to ONE additional 30 second time-out in overtime play.

If no goals are scored in the overtime period, there will be a 5 player SHOOT OUT. Coaches will have 2 minutes to identify their shooters. Home team will shoot first. If the score is still tied after all 5 players from each team have taken alternating shots, shooters will rotate through the full roster, shot for shot, until one team scores and the other one doesn't.

Medal ceremony will take place immediately after the game. Players are to line up on their blue line.

Sports Action Shots

By DAVIES PHOTOGRAPHY



~ Pre booking only, first come first serve

~ limited teams can book

~\$300 per team

~ 3 to 5 action shots per player

~ Email you your full gallery, high resolution images for downloading.

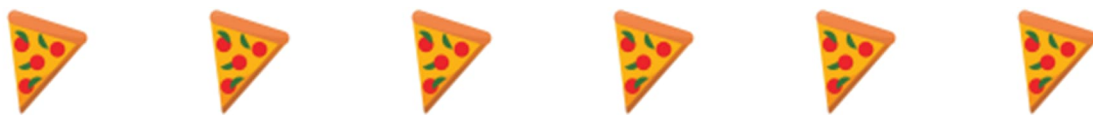
To Book Email

Daviesphotography04@gmail.com

Instagram~Daviesphotography04

FaceBook~Daviesphotography04





The Canadian Brewhouse in Okotoks would like to offer free pizza & pop (For the kids) to any sports team that books a reservation with us as a gesture to support our local community!

(We honor 1 Free Large 12 inch" pizza per 4-5 players, & free pop & pop refills to be covered during your visit, we also have a limited "gametime menu" for all adults to ensure quality & efficient service)

Reservations are first come first serve, and are also limited due to availability, we would love to accommodate as many teams as we can but often fill our room to a maximum capacity. We Encourage you to reach out early to ensure you get a spot with us.



MR MIKES
Steakhouse Casual

GOT A TEAM TO FEED?

Come in and eat your face-off!



MR MIKES GAME SAVER TEAM MENU **\$21.99**

(includes Pop or Dasani Bottled Water)



Bacon Mikeburger

Mikes sauce, bacon, cheddar, lettuce, tomato, onion on toasted garlic french loaf, dill pickle. Served with fries



Cajun Chicken Fettuccine Pomodoro

Sautéed cajun chicken breast, tomato sauce, fresh mozzarella, basil. Drizzled with olive oil, finished with fresh parmesan



Grilled Chicken Quesadee-Ya with Salad

Grilled chicken, roasted red peppers, green onions, monterey jack & cheddar cheese. Served with salsa, sour cream, garden greens



Skookumchuck Chicken Burger

Grilled chicken breast, asiago cheese, bacon, sautéed mushrooms, pesto herb aioli, lettuce, tomato on potato onion bun. Served with fries



Chinatown Stirfry (Chicken or Veggie)

Chicken, fresh vegetables, sautéed in ginger, honey, garlic and soy. Served over asian noodles with sesame seeds



Chicken Tenders (Choice of Fries / Garden Greens / Caesar Salad)

Crispy hand battered lightly spiced tenders. Served with plum sauce



Tuna Poke Bowl

Ahi tuna, avocado, carrot, cucumber, edamame, green onions, pickled ginger, Furikake. Served on sticky rice with our house-made poke sauce

* Substitute Fries with Garden Greens \$0, Caesar Salad \$2.49. Add Garlic Toast \$2.99

1225B - 1st St SE, High River, AB
587-528-6453
highriver@mrmikes.ca

For substitutions or custom menus please contact us directly.
Taxes not included. Please let your server know of ANY allergies.
Call ahead to book your group tables and to place your order.
This is a great take-out menu for bus trips as well!