

*The*

# REF-O-GRAM

September 2012



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Welcome back! I hope everyone had a great summer. I'd like to start by saying how excited I am that it's not a Rule Change Season! Last year was an extremely busy season, both on and off the ice, but everyone stepped up and made each event a success.

Thank you to Marie Shinmoto, Eastern Region and Margareth Peressutti, Southern Region for their exceptional jobs as Regional Coordinators. The devotion of each coordinator to the officiating committee is a key to keeping our program strong. They will be stepping down this season and will be replaced by Shelley Stairs, Eastern Region and Bob Huygens, Southern Region. I look forward to working with each of them. I would also like to welcome Chris Faulds to our committee. As we don't have a representative from the Northwest Region, Chris will become the 6th member of our group. Although, he doesn't have a region to look after, we plan to keep him busy and look forward to his valuable input.

Not content to sit idle when it comes to officiating, Brent Bunting has joined the Officiating Development Committee at Ringette Canada. Along with the many tasks this position holds, Brent will assist in the development and implementation of the officiating program in Canada. He will also keep us informed and up-to-date on new developments.

Once again, the Ontario officials continue to be a strong force at the Canadian Ringette Championships where we had 10 officials in attendance. We held 5 out of 6 positions on the ice for the gold medal games, had 4 officials cover the semi finals and one official in the U19 bronze medal game. This is something to be proud of and is a direct reflection of the strength of our officiating program in Ontario.

Congratulations to Robert Drury, Lorie Grant, Jessica Lalonde, Geri Lou Lamers and Marie Shinmoto who were selected to represent us at the Ontario Winter Games in Collingwood.

Dan Bartley and Marie Shinmoto represented Ontario at the Eastern Canadian Championships hosted by Quebec. This was an excellent opportunity for both officials to gain the experience of officiating with officials from other provinces and attain out-of-province exposure in their quest to further their careers.

Congratulations and thank you to everyone that was selected to officiate at the Provincial AA's, A's and U12 Provincial Event. Your on-going dedication towards officiating continues to keep us strong.

It gives me great pleasure to announce that Denise Pelletier from Western Region was selected as the Provincial Official of the Year. Denise has worked very hard over the past few

years and this can be seen in her on ice performance. Congratulations!

The 2012-2013 season marks the 50th Anniversary for ringette. Each registered official will receive a 50th Anniversary badge from the ORA. This badge is to be sewn on the right arm of your officiating jersey and to be worn all season.



In closing, I would like to wish everyone a great season. Set small goals for yourself and strive to conquer them. If you have any questions or concerns, please feel free to contact me.

See you at the rink!

**Karen Meek**  
 Chair Officiating Development Committee  
[kmek16@rogers.com](mailto:kmek16@rogers.com)



**DECEMBER 28, 2012 - JANUARY 3, 2013**

London, Ontario will host the 2012 U19 World Ringette Championship. The event, which will be held in late December 2012, will see the world's top ringette athletes in the under 19 age category compete for gold. Finland White currently holds the world title after defeating Canada East at the inaugural U19 World Ringette Championship held in Prague, Czech Republic in 2009.

## Western Region

Welcome back to another ringette season! The summer has flown by and it is time to get your skates sharpened and dig out your refereeing equipment.



I want to thank everyone that helped out last year in the Western Region with officiating. So many people stepped up to help out with covering ringette games, taking Fridays off from work to ref at tournaments and giving up time away from their families and friends to referee a sport we all love.

Congratulations to all of the Western officials who participated in the Provincial A's, AA's, U12's and Nationals. You put in the time and effort and worked extra hard to achieve your seasons goals as referees, so congratulations.

If your goal this year is to attain a position on the list of eligible officials for Provincials, then you need to travel to some tournaments early in the season in order to be seen. If you are having difficulties getting into a tournament or don't know who to contact, send me an email and I will help you.

A reminder to those of you who are 18 or older, you must have a valid Police Records Check done by November 15th. Police Record checks are only valid for 3 years, so if you are not sure if yours is still valid, either contact your local RIC or the ORA office. Without the PRC, you run the risk of not being eligible for Provincials or Regionals.

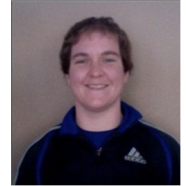
I would like to encourage all those refs in the western region who have not attended a level 2/3 to sign up for one this fall. This is your first step in moving up the ranks as an official and refereeing a higher level of play. Clinic information will be available on the Western Website, at [www.wrra.ca](http://www.wrra.ca). Please make sure you register online early so you can attend the clinic requested.

Before you are able to get started this year, you must be registered. It is your responsibility to make sure that you either fill out the paper work and mail it in with payment or give it to your local association Referee-in-Chief. Information and details can be found on the ORA web site under Officiating.

It is very important as an official to get evaluated on ice. This will give you important feedback and direction for improvement. As always we will try to have an evaluator at every major event in Western Region. If you are interested in being looked at please contact me and I will try to arrange it. I am looking forward to seeing all of you on the ice this year. Please don't hesitate to contact me if you have any questions or need some help.

I look forward to seeing all of you this season!

*Denise Pelletier*  
Western Region Coordinator  
[dpelleti20@hotmail.com](mailto:dpelleti20@hotmail.com)



## Central Region

Welcome back! Finally a ringette season without refresher clinics, rule changes and areas of emphasis...yes! With that being said, why not take on a new challenge for yourself this year? Maybe attend a tournament you've never been to before so that you can work and learn from different people. Maybe volunteer as an RIC for a local association or help with a local tournament. Maybe you will seek out an officiating mentor whom you can work with over the season. Whatever it is, I encourage you to find something new to ignite your spirit for officiating!



As in past seasons, Central will be assigning an evaluator to each referee. Please take every opportunity to learn from our dedicated evaluators. They have a lot to offer and will do their best to coach you towards becoming a better referee. Remember also that they are not mind readers...you must forward your evaluator your schedule if you would like them to come watch you referee. I will send out a list of all evaluators/officials by the end of October.

I would like to take this opportunity to recognize Emma Bragg-Smith who is stepping down as Referee-In-Chief for Ajax-Pickering. She has done an exceptional job in her role and although she won't be bothering you for games this year, I'm sure we can still look forward to her outstanding baking at all our Central tournaments. The position of RIC in Ajax-Pickering is therefore sitting vacant and if anyone is interested in taking on this role, please let me know as soon as possible so that we can talk more about the position.

We will be running both a level 1 and a level 2/3 clinic in Central this year. I will get dates out to everyone as soon as they are available.

I would now like to congratulate the following officials for their achievements last season, clearly we have much to be proud of here in Central:

- Canadian Ringette Championships –Janyce Gunn, Karen Meek, Sue Shantz
- Provincial 'AA' Championships – Robert Drury, Janyce Gunn, Pauline Harrmeyer, Melissa Findlay,

Lyndsey Matsumura, Karen Meek, Becky Murray, Sue Shantz

- Provincial ‘A’ Championships – Tara Armstrong, Dan Bartley, Emma Bragg-Smith, Sam Campbell, Gavin Clark, Chris Feher, Janyce Gunn, Melissa Findlay, Lyndsey Matsumura, Karen Meek, Kent Missions, Becky Murray, Sue Shantz
- Regionals – Mykala Abel, Tara Armstrong, Crystal Blakely, Emma Bragg-Smith, Mya Butler, Kelly Campbell, Sam Campbell, Mackenzie Collier, Scott Court, Emma D’Arcy, Connor Edmonstone, Emily Lam, Richard Martin, Lana McMullin, Becky Murray, Taylor Noel, Bianca Novielli, Doug Reynolds

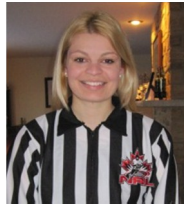
Finally, I would like to congratulate the award winners for Central Region this year:

- Central Region Official of the Year – Emma Bragg-Smith
- Laurie White Memorial Award – Crystal Blakely

As always, I would like to encourage everyone to set goals for this season. If you’re not sure what a realistic goal for you might be, talk to a senior official whom you trust about where you want to go and what your current skills are. They should be able to help you with both short and long term goals.

Enjoy the season and make sure you have fun.

**Amy Murray**  
*Central Region Coordinator*  
[amykmurray@hotmail.com](mailto:amykmurray@hotmail.com)



- 18yrs & older? Ensure you have a valid Police Record Check. Hint: it is valid for 3years.
- Maintenance evaluations/ Evaluations & Goals: discuss these with your RIC now. Hint: if you required a maintenance evaluation last season, and did not get one, you have until December 15th, 2012.

The above points are your responsibility. Your RIC is a guide and invaluable resource. Speak with them about any questions or concerns.

Here are some personal achievements attained last season; Great Work!

- ‘A’ Provincials: Marie-Catherine Laframboise, Patricia Burke, Michelle Bainbridge, Rob Hanson, Jennifer MacInnis, Paul McBride, Brian Sime, Natalie Fortin, Shelley Stairs.
- ‘AA’ Provincials: Paul McBride, Jessica Lalonde, Mario Periard, Danielle Lalonde, Laura Knowles.
- Canadian Ringette Championships: Danielle Lalonde, Natalie Fortin, Mario Periard.
- Ontario Winter Games: Jessica Lalonde, Marie Shinmoto.
- Eastern Canadian Championships: Marie Shinmoto.
- U12 Provincial Event: Travis Smith, Patricia Burke, Kristy Mueller, Shelley Stairs.

Another passing of the torch moment: Christine Aubry has stepped down as RRER Treasurer. Christine put in many hours and hard work in making sure everyone was paid. Each time you received a cheque, that was a few moments of her time given to you. Please take the time to thank her when you have a chance. Thank you Christine! That being said, please join me in welcoming Travis Smith who has stepped up for the challenge and is now our RRER Treasurer. Thank you Travis!

**Eastern Region**

To start, please join me in extending a highly deserved thank you to Marie Shinmoto. She has been an asset to the Eastern Region in her 3 years as Coordinator, and will continue to be an asset to the region with the many other hats she wears! Thank You! (I look forward to picking your brain and accessing your wealth of knowledge & experience as the incoming Coordinator!)



I will reiterate important key points which are crucial to the beginning of each season:

- Ensure you are registered with the ORA as an official; speak with your RIC for deadlines, etc.

Information regarding upcoming clinics will be available on the ORA website once confirmed. Info will also be available on the new-look ERRA website: [www.easternregionringette.ca](http://www.easternregionringette.ca).

Best wishes for a great season ahead!

**Shelley Stairs**  
*Eastern Region Coordinator*  
[cranberries@rogers.com](mailto:cranberries@rogers.com)



## Southern Region

Once again, we are getting ready for a new and exciting season. I hope you had a great summer.



My name is Bob Huygens and I'm the new Officiating Coordinator for the Southern Region. I have been involved with the sport of ringette for a long time. In the past, I've been the Referee-In-Chief of Cambridge Ringette, a Community Evaluator and the Officiating Coordinator for Southern Region.

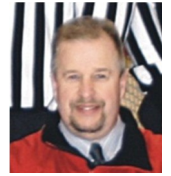
I would like to thank Margareth Peressutti on behalf of all the officials in our region, for the hard work and time she has spent on the officiating program as Regional Coordinator.

Here are just a few of the questions you should be asking yourself at the start of the season:

- Where will I register?
- What tournaments do I plan to attend?
- What clinics are available to me?
- Do I wish to work on an upgrade, or continue at the same level?
- Who is around to evaluate me?

Dates for all clinics have been posted on the ORA website, [www.ontario-ringette.com](http://www.ontario-ringette.com). Have a great season and see you at the rink

**Bob Huygens,**  
*Southern Region Coordinator*  
[bobhuygens@gmail.com](mailto:bobhuygens@gmail.com)



## Northeastern Region

**Dave Bretsznajder**  
*Northeastern Region Coordinator*  
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## Provincials Selection Process

Having just completed my first year as the Officiating Chair, it became very clear to me that officials don't understand the Provincial Selection Process. I fielded many questions as to "why wasn't I selected to go?" or "why am I being selected to A's prior to an invite to AA's?" and "why was I only asked to A's?" I know I spoke with many of you individually, but I'm sure there are many others with similar questions. I will try to clear up some of the common questions below.

### Q. Who is Involved in the Selection Process?

A. The selection committee is made up of the following individuals: The Officiating Committee, including the Chair and all Provincial Evaluators in good standing with the ORA.

### Q. How does it work?

A. The selection committee receives a list from ORA of all Level 3&4 officials by December 1 of each year. Each committee member then ranks the officials in numeric order and sends them back to the Chair by January 1. The Chair correlates the numbers and verifies the list with the V.P. Administration. The final ranking list is ready by January 7 or prior. The selection process is then initiated based on the sequential numerical ranking from top of the list onward.

### Q. How Do I Improve My Chances of Going?

A. Travel to out of region tournaments. Be aware of who the Provincial Evaluators and Regional Coordinators are and attend tournaments that are best suited to your ability. Don't wait until the second half of the season to travel as rankings are submitted by January 7.

The final ranking list of officials will be used to determine the order of selection of the officials for the Provincial Championships. The Officiating Chair MUST invite the top twenty (20) officials on the list to the "AA" Provincial Championships and the top fifteen (15) officials to all Provincial Events. After the top twenty (20)/fifteen (15), the Chair will have some latitude for selecting new or up and coming officials that may be lower on the list.

I hope this helps to clear the air and provide insight into the ranking and selection process.



## What is POD?

The POD Program (Provincial Officiating Development) was started in 2005 as a way of exposing promising officials demonstrating both the desire and potential to one day officiate at the Provincial level.

Participation in the POD program provides the participant with a more focused means of receiving feedback and evaluations from Regional and Provincial evaluators. The program helps ensure that the official participates in tournaments and is given the opportunity to officiate some Provincial level games. The end goal of this program is to improve the officiating capability of the participant, facilitate an increase in rank and provide the necessary tools required of a Provincial Championship Official.

How does one get involved? Regional Coordinators, in conjunction with RIC's, are responsible for selecting participants for the program. Each region is responsible to select two participants for this program who must meet the following criteria:

- You must be between 17-26 years of age
- Have a minimum of 2 years experience as a ringette official
- Strong interpersonal skills
- Fitness level and skating ability adequate for Provincial level games
- Demonstrate a high level of responsibility

What are some of the responsibilities of the participant?

- Read the Case book
- Complete the POD program agreement
- Participate in two mandatory tournaments and attend the classroom sessions
- Officiate a minimum of 50 games per season
- Maintain a game log and submit it to the POD Manager monthly
- Attend a minimum of three Provincial level tournaments per season (note that mandatory POD tournaments are included in the count), one of which must be outside your home region
- If invited, attend the Provincial U12 Event and/or Provincial A Championships

If this is an area of our program that you are interested in, please contact your Regional Officiating Coordinator.

## **A Rookie at Provincials – My First Experience at the “A’s”**

*By: Shelley Stairs*

I have played in a number of provincial and national events in my many years as a goalie; but I had never experienced any such event as an official.

I remember receiving the phone call from Karen; she had left a voice message asking me to call her back. Yikes! Had I done something wrong? I called her back, and all I could make out was “congratulations,” and “provincials.” I figured I should probably sound professional and not appear to be too overjoyed over the phone. No way! I let Karen know how truly happy and excited I really was. After all, I had been working towards this goal for long time.

I managed to calm myself down enough to hear Karen give me some basic info about what is expected and that I would be receiving more info via email shortly. I have to be honest, apart from actually attending and officiating in the provincials, I was really looking forward to getting a provincial official jersey with my last name on the back, and being given the opportunity to purchase a Provincial jacket. The much coveted black jacket that I would often see many of my peers wear, and think to myself, “someday”.



As the Provincials in West Ottawa approached, I was starting to feel the nerves build-up. I started asking other officials about what to expect: how many games in a day? What time is curfew? Who would I room with? When do I get my jacket and jersey? My fellow officials were extremely supportive and excited for me. I couldn't tell them how nervous I actually was...I may never get asked back! I was rest-assured being nervous was a good thing...to a degree of course.

I found that my experiences as a goalie helped me in preparation quite well. I kept the focus on the game at the moment, and kept thinking to myself, ‘I am here, so I must be doing something right’. If I made a mistake the best thing to do would be to discuss it, understand it, and move on with the experience and knowledge I gained from it.

The overall experience was wonderful. The supervisor crew was extremely supportive and informative. I was able to digest all areas discussed and apply it with positive results. The mentality of being a team, both on and off the ice, was stressed upon quite heavily. I was able to see why. It made for a fantastic and supportive environment in which we could all excel and remain at our best.

To be invited to officiate at the Provincials was a wonderful experience. The only let down was that my jacket did not arrive on-time, and I did not have it for the provincials. I had to mask that disappointment. But when I was presented with my Provincial official jersey at the opening meeting, my disappointment disappeared, and I remembered why I was there...to wear the stripes.

## **Wearing Two Hats**

*By Denise Pelletier*

Ringette is a fantastic way to teach kids and adults about life. Teamwork, self-confidence, discipline, the importance of fitness, learning how to be a good winner and loser are just a few lessons we learn from sports. However ringette as well as other sports also have an ugly side of lessons. It is sad when young ringette referees leave the sport because they don't feel safe, as a result of the improper behavior of coaches, fans, or players. Sadly the younger players are often imitating the behavior that they witness from their coaches or parents.

Officials are crucial for the smooth functioning of sport at all levels of competition. However, a tense relationship tends to exist between game participants and officials as they sometimes view each other as a source of aggravation. A referee understands that with most calls he or she makes 50% of the people in the arena will be happy and 50% will be upset with the call.

Ringette is a very unique sport, a sport that those who are involved in often participate on many levels, as a player, coach, referee, or fan. We need to keep in mind our actions when we are wearing more than one hat in a very small sport such as ringette. The officials are a team on and off the ice. Players, coaches and fans that are also officials need to set an example for other players, coaches and fans on how we should be treating officials on the ice. It starts with our professionalism on how to treat referees to try and stop the vicious cycle of unacceptable behaviour towards referees.

During a game, coaches, players and officials do not always see eye to eye. There are many factors which can allow for a difference of opinion to occur for a specific call, positioning, obstructed view, speed, knowledge of the rules, your focal point, etc. Referees have a very tough job physically, emotionally and mentally. They are always trying to be fair and keep the game safe. However referees are human and sometimes do make mistakes. This is something that many coaches, players and fans seem to forget. As a fellow official who may be playing, spectating or coaching in that game, set an example for your colleagues, other fans or players on how to properly treat an official.

All referees have feelings. When a coach is yelling at a referee in disagreement over a call, imagine how it must feel to be centered out in front of all of the fans and players. When a player makes inappropriate comments towards a referee, imagine how it must feel to hear a colleague disrespect you on the ice. Keep in mind that same referee you just yelled at may be your partner during the next game you referee.

## Cats and Dogs Living Together: The Referee/Coach Relationship

*Author Unknown*

Great job, ref!



The referee and coach relationship can be a little strained in any sport. What can we do to keep things sweet?

I am a coach and referee which is useful in terms of perspective. I am also a strong believer in that appropriate 'man management' skills will resolve most conflict before it ever really arises.

When a coach raises an issue it can be pretty emotive. They have two levels of investment here: The **personal effort** that they have put into developing a player and also the **empathy they have for the player**.

So, here are tips for referees!

1. **BE CALM:** No matter how upset a coach may be it is absolutely essential to keep your cool. The moment you start shouting is the moment that the situation is totally spiraling out of your control.
2. **ENFORCE BOUNDARIES:** The previous point does not mean you have to take screaming abuse. Calmly set your boundaries and enforce them. This means being ready to walk (or run?!) away if things are not working out.
3. **SHOW RESPECT:** Chances are the coach has given up hours of their time in coaching. They have done the courses. They have kept their skills up. They want their players to succeed. Never, ever put up 'Referee vs Coach' walls. This includes **NEVER EVER** using the immortal phrase of, "You're not a referee". This is the instant best way of losing control of the entire situation.
4. **LISTEN BEFORE RESPONDING:** You know what, the coach may be entirely wrong. You still have to listen to what they have to say. This is because you must understand where they are coming from as there may be a misunderstanding or an assumption which is causing all this which can be easily resolved. If you don't listen, you will never find out what it is!
5. **EXPLAIN YOURSELF:** Explain your reasoning for the decision in question. Interpretation and your view of events is really important in these sorts of conflicts. The coach will be much more understanding (well, sometimes!) if they can understand WHY something has been done.
6. **YOU MAY BE WRONG:** Never start with the assumption that you are right and the coach is wrong. Some coaches have experience at national and international level which will exceed the experience of the referee. No-one is infallible. That includes you. If you in capacity as referee can't admit your own mistakes, what real hope is there for fair play?
7. **IT MAY NOT WORK OUT:** At the end of the day, you may not reach any form of agreement with the coach. You may 'agree to disagree' (Perhaps on interpretation of a rule) but ultimately the coach may be adamant that they are right and you are wrong. That's fine. You can't win 'em all. Recognize when there is no point in discussing things any further because they have gone circular and walk away.
8. **BE FIRST:** If you anticipate issues with a coach, why wait for them to come to you? I've had best results by going to THEM first before general grumbling becomes anger! Nip problems in the bud



first if you can. This also helps with maintaining the appropriate authority you have as referee. Not only that, it's showing you actually do care...

One final thing: Are you only ever talking to coaches when there is a problem? Does this seem right to you?

## George Seymour Receives 2011 ORA Community Builder Award

The Ontario Ringette Association has awarded George Seymour of the West Ferris Ringette Association with a Provincial Community Builder Award for 2011. This award is given to volunteers who have contributed to the development of ringette within the community and fulfilled a key leadership role.

"George has been involved in the West Ferris Ringette Association as an official for many years and every referee, timekeeper, scorekeeper and shot clock operator in West Ferris has been trained by George for at least the past 15 years. He has also been very instrumental in developing officials across the NE," Jeff Francom, Past President for NE Region Ringette said.



George is humbled to have received such recognition.

"It was a complete surprise that I was even considered for the award," said Seymour.

"Out of the thousands and thousands in Ontario alone, who give their time day after day, to this great sport, I feel deeply honored to have been chosen."

*(Sorry George, we missed this last year... ☺)*

## Staying Close to the Game

By Jordan Ercit, Kitchener Post staff

Lorie Grant had a hard time leaving ringette when she stopped playing almost 20 years ago.

After chasing rings for about a decade, which included an under-16 national championship in 1992 and an under-19 runner-up finish in 1993, Grant was looking for a way to stay involved in the sport so she latched on to coaching for a year.

But being on the bench — one step back from the ice and unable to enjoy the exercise and challenge of responding to the action — wasn't enough. She had to get back in the play.

So Grant picked up a whistle and started to officiate games.

"I missed the game and coaching didn't get me into the game as much as I thought it would," said the 38-year-old Kitchener native, the Ontario Ringette Association provincial official of the year in 2009. "I missed being on the ice, I missed kind of having that feeling again of being involved. And because my dad reffed, I thought I'd give it a try.



"I really enjoyed it right from the beginning. It got me on my skates again, it was good exercise and at the time it was good money — I was at that age where every little bit helps. It just seemed like the natural next step."

Grant's dad, Doug Jones, spent 10 years as a ringette official, mostly at the petite and tween house league, but never reached the Level 4 rank that his daughter currently holds.

He was surprised when his daughter came to him one year and said she was done with playing ringette. A year later, they were both officiating in the Kitchener system, and even worked a few games together before Jones hung up his referee jersey for good.

But what hasn't surprised Jones is how far his daughter has come.

"What made Lorie what she is today is the same thing that helped her as a player — she can fly on the ice," Jones said. "When she played, skating was always her strong point.

"That's important, you know? When a goal is scored, you need to be in the right position to make the call or the heat is going to be on you."

Sixteen years later, Grant is still spending her weekends officiating games.

It's a busy job for the full-time early childhood educator and married mother of one — she has a six-year-old son Andrew with her husband Rob — who logs about 170 to 200 games per year, from high-level minor ringette to National Ringette League games.

There are various major tournaments on top of that, and Grant has travelled to Nova Scotia, P.E.I., Alberta and Saskatchewan over the past decade to officiate five different Canadian championship tournaments, while also being part of Ontario championship and Ontario Winter Games crews.

There are a lot of demands on her time, but Grant said she has a strong support system at home to help her cope.

“My husband Rob is my biggest supporter and my biggest push,” Grant said. “His motto is: Go do what you have to do and we'll be here when you get home.”

That support has allowed Grant to travel, and to get to the level she's at now.

“I owe him a lot,” she said.

Over the Christmas break, the Grants' sacrifice paid off when Lorie got her first international assignment as one of two Canadian referees selected to the world club championships in Helsinki, Finland.

Grant worked seven games from Dec. 28 to Jan. 1, including the bronze medal match between the NRL's Cambridge Turbos and Finnish club Lapinlahden Luistin 89.

“She's an amazing person and a fantastic ref,” said Kitchener Ringette Association chief referee Patti Schultz, who got into officiating because of Grant. “She's a calm official — consistent and fair.

“I don't think anyone could have better represented Kitchener (at the world club championships).”

The trip meant missing time with her family after Christmas and Skyping with her husband and son when the new year hit in Helsinki, but Grant said the experience — from the quality of the ringette to the arena food in Finland — is something she will never forget.

“It truly was some of the best ringette I've ever seen,” Grant said. “Fast, very skillful and . . . there just wasn't any downtime in the game. Every minute of every game, the intensity that was there, it was something I've never experienced before.”

Grant hopes the trip will lead to other international assignments, but at the same time realizes it may have been a once-in-a-lifetime shot.

Even with the 2013 world championships coming to North Bay, the pool of experienced referees at her level is deep. Only about 10 per cent of those who worked last year's Canadian championships were invited to attend the world club tournament this year.

“I'd like to think this is a start, but there's just so many good officials to choose from,” Grant said.

“I don't want to say I was lucky, I just think this was my time.”

### Ringette Officiating Top Ten – Hotel Etiquette

We all hate it but as long as we continue to referee, we can never avoid the tournament-hotel-room-share. Sometimes we luck out and share a room with a person we know well and are comfortable with. More often than not however, we share with someone whom we are less familiar. This is difficult for many people, especially those who haven't had a roommate in years. For this reason, it's necessary to be on your best behaviour and exercise extreme levels of cooperation and respect.

Tournaments are tiring and it is crucial that everyone gets the greatest amount of sleep possible. Just because you have an early game doesn't mean your roommate should be up too. Work out who has to be up first and try to follow the etiquette tips listed below. Don't be the person that no one wants to share with:

1. The hotel room is not your house...clean up after yourself. Don't leave your hair and globs of toothpaste in the sink or towels and dirty clothes all over the floor.
2. Lay your clothes out the night before so that you're not rummaging through drawers and bags in the morning, while your roommate is still asleep.
3. Don't turn on every light in the room – get dressed in the bathroom and if you need light, use one small lamp or the light from the bathroom with the door open.
4. You don't need to eat breakfast in the room. There are lounges in hotels for a reason...your roommate shouldn't lose sleep because you're chewing food at 6am.
5. You may need to pack your bag in the room, but you can zip it up outside in the hall.

6. If you want to host people late at night, ask your roommate first. If they have an early game, they may want to sleep and you should move the party someplace else.
7. “Some like it hot”...and some don’t. Find a temperature you can both deal with.
8. It’s not a beauty pageant, move it along in the bathroom!
9. Turn your cell phone off at night and don’t carry on a phone conversation while your roommate is asleep. Go out in the hall if you need to talk on the phone.
10. Communicate – talk to each other about daily schedules, watching TV at night, etc. You **MUST** always consider the other person before making any decisions.

**DON’T BE A BAD ROOMATE!** If you’re the lucky one who gets a 12pm start time, you’ll appreciate a roomie who lets you sleep.



“My roommate says, I’m going to take a shower and shave, does anyone need to use the bathroom? It’s like some weird quiz where he reveals the answer first.” -Mitch Hedberg

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## Tournament Running Time Procedures

When running time is used during tournament events, the following procedures shall be used:

- Running time may only occur in the second period and will commence at any time during that period when there is a seven (7) goal differential.
- If the goal differential goes below seven (7), then the game will go back to stop time.
- If a penalty is called during running time, the clock stops and restarts when play commences.
- The clock will stop for injuries or if a time out is called and will restart when play commences.

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## Use of Shot Clocks for Tournaments

The use of shot clock for tournament events has been defined by ORA. The rules now state that:

*“ALL tournaments for all levels and all age divisions U12 and higher are required to use shot clocks. The use of shot clocks at U10 age division and lower is not permitted.”*

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## Shoulder Pad Specifications Determined

ORA has recently defined the requirements for mandatory shoulder pads to be worn by players. The ruling is as follows:

*“It is mandatory for all players in the U6 to U19 age divisions to wear shoulder pads that were manufactured specifically for the sport of ice hockey and/or ringette without any alterations; and it is strongly recommended for those in the 18+ Open age divisions.”*

## Random Reminders

1. Check your bag before going to the arena.
2. Level 3 & 4 Officials require a maintenance evaluation every year.
3. All officials must apply for their upgrades on-line
4. You must have a Police Records Check (PRC) if you are 18 years of age and older.
5. To gain more exposure and experience, travel to out of region tournaments.

## Guess That Official

This official was also a coach who patrolled the Waterloo Region with a vengeance...One story has it that he even carried his side-arm behind the bench while coaching and let the referees know that they better not screw up!



If you have old pictures from the early years, please forward them to Karen Meek, along with a small story for inclusion in the Ref-O-Gram. The identity of this official will be revealed in January.

## 2012/2013 Major Events

Dec 28-Jan 3	U19 World Championships – London
Jan 3-6	University Challenge Cup – North Bay
Mar 7-10	Provincial AA's – Waterloo
Mar 14-17	Provincial A's – Nepean
Mar 28-30	Southern Regionals – Niagara Falls
Mar 30-Apr 1	Northeast Regionals - Timmins
Mar 31-Apr 6	Canadian Ringette Championships Moncton, NB
Apr 11-14	U12 Championships – Oshawa
TBD	Eastern Canadian Championships Nova Scotia

**MCHUMOR.COM** by T. McCracken



"I just love this new rule allowing you tie up obnoxious coaches."

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**Central Region**

Sam Campbell, Ajax	Community
Lyndsey Matsumura, Whitby	Community
Amy Murray, Sunderland	Community
Tara Armstrong, Oshawa	Regional
Dan Bartley, Ajax	Regional
Kelly Campbell, Ajax	Regional
Janyce Gunn, Oshawa	Regional
Rob Drury, Whitby	Provincial
Karen Meek, Bowmanville	Provincial

**Eastern Region**

Michelle Bainbridge, Carp	Community
Patricia Burke, Stittsville	Community
Dan Cockburn, Ottawa	Community
David Hanes, Kingston	Community
Marie-Catherine Laframboise, Gloucester	Community
Paul McBride, Ottawa	Community
Brian Sime, Kinburn	Community
Rob Hanson, Cumberland	Regional
Marie Shinmoto, Gloucester	Regional
Lynne Philion, Ottawa	Regional
Nathalie Fortin, Ottawa	Provincial
Laura Knowles, Ottawa	Provincial
Danielle Lalonde-Clarkin, Ottawa	Provincial

**Northeastern Region**

David Bretsznajder, Timmins	Community
Laurier Gadoury, Timmins	Community
Jeff Graham, North Bay	Community
Andre Labelle, Massey	Community
Mike Tambeau, Timmins	Community
Harry Hirsimaki, Sudbury	Regional
George Seymour, North Bay	Regional
Wayne Spencer, Sault Ste. Marie	Regional

**Southern Region**

Marc Brisson, Brantford	Community
Doug Cope, Mississauga	Community
Rob Evans, Richmond Hill	Community
Darcy Hodgson, Cambridge	Community
Bob Huygens, Cambridge	Community
Kerri Mahy, Oakville	Community
Margareth Peressutti, Toronto	Community
Stephanie Renda, Toronto	Community
Pat Turcotte, Caledonia	Regional
Gerri Lamers, Vaughan	Regional
Chris Bradt, Hamilton	Provincial
Brent Bunting, Barrie	Provincial
Jeff Evans, Richmond Hill	Provincial
Rick Thomson, St. Catharines	Provincial

**Western Region**

Denise Pelletier, Kitchener	Community
Lana Philips, Kitchener	Community
Evan Sharp, Guelph	Community
Andre Brisson, Tillsonburg	Regional
Lorie Grant, Kitchener	Regional
Steve Blacklock, Guelph	Provincial
Rick Daly, Amherstburg	Provincial
Derek Burger, Wellesley	Provincial
Tania Pettitt-Tracey, Wellesley	Provincial

*Community level evaluators can evaluate up to 2A, Regional level evaluators may evaluate up to 3A and Provincial level evaluators may evaluate up to 4A.*

*For information about, or to contact an evaluator, please contact your Regional Coordinator.*

