

*The*

# REF-O-GRAM

*February 2010*

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**Ontario Ringette Association's Officiating Newsletter**

Welcome to the new decade!

2010 just sounds so weird to me. It seems like just yesterday that we were worried about Y2K. When I think about how many years I've been involved in officiating, it's hard to believe that this is my 27<sup>th</sup> season. I can still remember taking my first clinic and stepping on the ice for my first game. I remember the first penalty call I ever made (a bad one) and I remember how long it took me to finally make it. When you're just starting out, the hardest thing to do is probably make that first call, but once you do, things get easier.

Over the years, I've seen many changes. From the early days with stick colours to the advent of the shot clock, this sport has been continually improving itself; sometimes with great leaps and other times with small changes. Last year was one of those years that we took a giant leap forward, and this time last year we were scratching our heads, trying to figure out how to implement all the new rule changes, the most difficult one being the change from possession to control. As with other rule change years, the longer we used the rules, the easier they became to apply. And though many of us still find the "mechanics" difficult, the end result is that there are far less stoppages in play, which makes for a better game. My hat goes off to Ringette Canada, and to a greater extent Iris Todd, who had the insight to fight conventional wisdom and try something new.

At the National, Provincial and Regional levels, there will be many changes to the structure of our programs (and others) over the next few years. With Ringette Canada's Long Term Officiating Development program (LTOD) re-evaluating every aspect of what it takes to be an official, there will no doubt be changes to how we teach, coach, train and participate, at all levels. ORA's rapid movement towards conforming to the Long Term Athlete Development (LTAD) principles has already seen small changes at our end. With the AA ranking tournaments this year and the creation of a U12 "Provincial" event next year, there will be more spots for officials at "Provincial" events than ever before. This can only help us in developing our future "star" officials.

As next year will be the last year for the current rules cycle, I highly recommend those of you who are, or will be eligible, to take the Level 2/3 clinic next fall. There are no guarantees that the Level 2/3 clinic will be available during the 2011/2012 season due to the mandatory Rule Change clinics. In addition, there will be a Level 4 clinic held next fall or early winter. For those of you who are interested (and qualified level 3), you will need to contact your Regional Coordinator before the start of next season. Don't miss out on the opportunity to increase your knowledge and better your skills. You cannot get better on your own.

I would like to congratulate North Bay's Jeff Graham on being selected to officiate at the Eastern Canadian Tween Championships in April. I've known Jeff since the 1980's

(you should see his grade 9 yearbook photo), his hard work and dedication over the past few years has paid off and he truly is deserving of this selection. In addition, I would also like to congratulate Jeff Evans, Amy Murray, Tania Pettitt-Tracey and Sue Shantz, for being selected to officiate at the Ontario Winter Games later this March. Participation in either of these two events is considered a huge achievement, and each of them should be proud of their selection.

Since this is the busiest and most "competitive" time of the year, we must all strive to ensure we do the best job we can. The players, coaches and parents all deserve the most professional, respectful officiating we can deliver. We must make sure that we do all the little things right. We tell the players not to wear jewelry, as it is a rule. But that rule applies to all players AND officials. How can a player take you seriously when you tell them to remove their earrings but you are wearing them as well? When you go out on the ice, make sure your jewelry doesn't go with you.

As this issue of the ROG has a focus on "Goal Setting," I would be amiss if I did not add my own feelings. Each of us should set individual goals to better enhance our officiating career. Goals can be as small as correcting signals to as large as participating at the World Championships. But each individual's goals need to be realistic. If your skating is not as good as the Junior AA players, chances are you will not become a 4B. If you are overweight or out of shape, Level 4 is difficult to attain. I have had many conversations with officials about their goals, some realistic and some not. If you aspire to get to a level or to make it to Provincials or Regionals, seek out those who are already there and watch them. Use those people as a measuring stick to gauge your goals, but be realistic and be honest with yourself. Trying to reach unrealistic goals will only frustrate you and drive you from the sport.

On a final note, please be careful with your valuables when in the change room. It is not too often that I hear of things being stolen, but every now and then it does happen. During the Waterloo tournament, the officials at one rink had their money envelopes stolen out of the referee room between games.

I hope everyone has a great finish to the season. Keep working hard and enjoy the next two exciting months of ringette.

**Brent Bunting**  
*Chairman Officiating Development Committee*  
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**Northeastern Region**

Hi Everyone. I can't believe I'm writing another note to you already. How time flies when you are busy. I hope that most of you have seen some good ice time and have been able to get in a variety of games to help build your skills. I have not heard of many major issues in the North East or North West at this time, so that of course is good news.

One item that has come up is the amount of body contact in some age divisions. Please try to remember the philosophy regarding body contact and how to call it. Look at your handbooks and your participant manuals to refresh your knowledge in this area. Always be aware of the advantage and disadvantage play. We know that ringette is becoming increasing faster and more physical, so it can be difficult to assess what is and is not a penalty. Ask yourself "who was at the ring first"? Did they mutually bump off each other on the way to the ring? Did anyone use the body before playing the ring? All of these questions may be asked, and the only answer is to watch carefully and make a decision based on what you see. Sometimes it is a hard choice in calling that penalty, but call what you feel is right, and do not be afraid to call it at any level, including Novice and Petite. The earlier the players learn, the safer the game will become.

Looking ahead in the schedule, North Bay will be holding a tournament from February 19<sup>th</sup> to 21<sup>st</sup>. If you are interested in officiating, please contact George Seymour at [seymour3@sympatico.ca](mailto:seymour3@sympatico.ca). There will also be some prelim games during this tournament, and I will require some referees, so please keep your schedules open.

The Regionals will be held March 26<sup>th</sup> to 28<sup>th</sup> and I will begin selecting referees for that event very soon. In addition, North Bay is hosting this years "A" Provincials, so maybe we will see some of you in North Bay between March 18<sup>th</sup> and 21<sup>st</sup>.

As the year progresses, I hope to meet with some of you and watch your officiating on the ice, and I do look forward to seeing you soon. Good luck with the final two months of the officiating season and don't hesitate to contact me if you have any questions whatsoever.

**Jeff Graham**  
*Northeastern Region Coordinator*  
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**Southern Region**

A new year and a new decade are upon us. I have identified my goals, did you? Is it to move up in your level, attend more tournaments, Regional Championships, Provincials 'A' 'AA', Nationals, or simply to become a better official and increase your knowledge of game? Whatever you have set as your

goal(s) for the remainder of the season or in the years to come be sure to have a plan and execute on it!

What exactly is goal setting? Goal Setting involves establishing specific, measurable and time-targeted objectives. To be most effective goals should be tangible, specific, realistic and have a time targeted for completion. There must be a realistic plan to achieve the intended goal. For example, setting a goal to go to Nationals as a 2A might be a little unrealistic, while setting a goal to go to Regionals or become a 3C is a more realistic goal. Goal setting is a powerful process for thinking about your ideal future as an official, and for motivating yourself to turn this vision into reality.

Why should one set goals? The process of setting goals can help you choose where you want to go in your officiating career and in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts.

Top-level athletes and achievers in all fields use goal-setting techniques. They give you long-term vision and short-term motivation. By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind. By setting goals, you will also raise your self-confidence, as you recognize your ability and competence in achieving the goals that you have set.

Goals are set on a number of different levels: First you create your "big picture" of what you want to do with your life, and decide what large-scale goals you want to achieve. Second, you break these down into the smaller and smaller targets that you must hit so that you reach your lifetime goals.

Properly set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast.

So what are your goals?

**Margareth Peressutti**  
*Southern Region Coordinator*  
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## Central Region

Happy 2010!

As January comes to a close, we are entering into the busiest and most exciting part of the ringette season! There are so many things to look forward to, including our Regional Championships, League finals, the Provincial 'A' and 'AA' Championships, the Ontario Winter Games, the Eastern Canadian Tween Championships, and the Canadian Ringette Championships.

I would like to take this advance opportunity to congratulate all the referees who will be asked to officiate at these events. I know that many of you will be sitting by the phone in the coming weeks, anxiously awaiting an invite. An invitation to one of these events is recognition of the time and effort you have put into the sport of ringette. Spots to officiate in these events are not given out half-heartedly; they are given with careful consideration and are *earned* by you!

I would also like to congratulate the following Central officials on their recent upgrades:

Sam Campbell – 3C  
Sierra Campbell – 2C  
Gavin Clark – 2C  
Cara Coghlan – 2C

I encourage each one of you to continue setting goals for yourself as the season progresses. Remember that every game is important and it is critical that you give your best on all your assignments. Even if you are not being officially evaluated, there are "evaluators" at every game. You must give your best on every game and ensure that you are doing the little things right all the time. It's important to the players, fans, and coaches, and as officials who are looking to improve, it should be important to us as well. Remember, the best officials do the little things right on every game. Set yourself to this same standard and see the difference it will make!

Please continue to contact me with any questions or concerns. Continue having fun on the ice and enjoy the rest of your season!

*Amy Murray*  
*Central Region Coordinator*  
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"Champions are champions not because they do anything extraordinary, but because they do the ordinary things better than anyone else!" –Chuck Noll

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## Eastern Region

As we head into the busiest part of the season, I would like to congratulate the following people on their recent upgrades: Dan Cockburn, M.C. Laframboise, Lisa Lagrou, Peter Mackey, Patrick McKee, and Joshua Sime. I have seen all of you on the ice this season and your hard work is evident. A quick reminder to everyone still in need of a maintenance evaluation, please do not leave it until the last minute. With plenty of tournaments upcoming in the region, there should be opportunities to be seen. The onus is on you to work with your referee-in-chief to ensure that you get evaluations as needed. If you are unclear on the requirements, please see the document I have prepared briefly outlining the process. A link to the document can be accessed on the Arbiter under "forms".

AA Provincials are coming up in our own backyard (Nepean) from February 25 – 28<sup>th</sup>. For those up-and-comers, volunteering as a shot clock operator is a great way to gain some exposure to an event such as this. If you are interested, please contact Kathy Noxon (acting RIC for Nepean). It is also a good opportunity to come out and see some fast and highly skilled ringette games (not to mention some fast and highly skilled officials, of course).

I am looking forward to the remainder of the season and am hoping to see you all on the ice at some point soon. Please contact your referee-in-chief or me if you have any concerns or issues.

*Marie Shinmoto*  
*Eastern Region Coordinator*  
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## Western Region

*Tania Pettitt-Tracey*  
*Western Region Coordinator*  
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## Ringette Canada Corner

Hi everyone, this is my first communication as one of the members of the Ringette Canada Officiating Committee. This is a very interesting, sometime challenging but very rewarding position. When I was asked to join the committee, I did so as the liaison for Ontario with the Ringette Canada Officiating Committee. This has recently changed with a new policy at Ringette Canada to reduce the number of members on the committee. There are now only four members and the chair, Laura Knowles.

At our recent meetings, the upcoming rule changes that will be voted on at the next General Meeting were presented. I am pleased to report that most of the suggestions are only minor tweaks and will not have the same drastic effect to our game that we have seen in the past rule change years, i.e. shot clock, possession vs. control. With only minor adjustments to the rules, we will be spending our time improving the clinic material, as I know we are all tired of seeing the same overheads. The goal is not to just put these overheads on PowerPoint, but to utilize some new techniques and information to make the material more dynamic.

Ontario's leadership position in regards to the rule book will be continuing as following in the large footprints of previous editors, such as, Jane Larkworthy, Steve Mortisugu and Steve Blacklock, Rob Drury has agreed to be this year's Rule Book editor. I know Rob will do an excellent job in this role.

Officiating development is something that our committee is taking very seriously. While it is a great accomplishment for Ontario to send such a great percentage of the crew to the Canadian Ringette Championships (CRC's), it also shows that there is vast improvement available in other areas of Canada. The development of officials by Brent and the previous chairs has been excellent and has allowed the pipeline of new officials to continue. The development program in place in Ontario ensures that not only are our officials ready to do games at the National level, but they are able to do the highest and best games available at that level. Over the next number of years, building on the great success that was done a last year's U19 training camps, (run by Brent Bunting and Derek Burger) there will continue to be new development opportunities for officials. This is all being done not only to increase the number of officials that will be ready to participate in the CRC's but also in an effort to increase the ability of all of our officials. So look out for these opportunities and if offered the opportunity to take part, do so.

*Kevin Lee*  
*Ringette Canada Officiating Committee*

## New Catching Glove Approved by Ringette Canada

This past fall, Ringette Canada approved the use of the new HR-Trapper from Nami, as a catching glove. This innovative glove was designed by Team Canada goaltender Keely Brown and has been used by several goaltenders in Ontario over the first half of the season. Be aware that this glove has been approved for use as a "catching glove" only, and may not be used as a blocker. So don't be confused when you see this strange looking piece of equipment at a rink near you.



## Penalty Box Mechanics

Unless specifically stated by your local league, the proper location to put penalized players is as follows:

- When the penalty benches are on the same side of the rink as the players benches, the penalized player shall be put in the penalty bench next to the opposing teams players bench.
- When the players benches are on the opposite side of the rink as the penalty benches, the penalized player shall be put in the penalty bench across from that teams players bench.

## Upcoming Major Events

Provincial AA Championships – Nepean, Feb. 25-28  
 Ontario Winter Games – Bala, Mar. 4-7  
 Provincial A Championships – North Bay, Mar. 18-21  
 Eastern Canadian Tween Championships – Moncton, Apr. 1-4  
 Canadian Ringette Championships – Saskatoon, Apr. 5-10

## Goal Setting

By Amy Murray

I love the new “*Destiny-Force Fate*” commercial by Nike. The message is that individuals do not achieve greatness by dumb luck. Sure, there is an element of good fortune and opportunity in every success, but the Nike commercial reinforces the fact that hard work is the greatest and most important factor in any accomplishment. In other words, YOU determine your own fate. It’s a direct cause-effect relationship that the most successful people in all walks of life are the ones who put in the most work towards what they want. However, it is difficult to work that hard, when you don’t know what it is you want, or how you’re going to get there. This is where the importance and necessity of goal setting comes in.

As an official, it is vital that you set officiating goals for yourself. These goals can be as small as standing closer to the crease, or as large as officiating at the Canadian Ringette Championships. Either way, it’s impossible to improve and get where you want to go, without setting goals. The following is a guide for goal setting:

All goals should be set using the **SMART** approach (Bull at al., 1996).

**S** is for Specific: Goals must be precise. Set separate goals for each individual thing you want to improve upon/achieve.

**M** is for Measurable: If a goal cannot be measured, how will you assess that it has been met?

**A** is for Adjustable: Goal setting is dynamic, meaning that your goals will change and you must be able to alter them as go.

**R** is for Realistic: You need to set challenging goals, but at the same time, you must remember that a goal is no good if you can never reach it. Set goals that are beyond your present ability, but can be met through dedication and hard work.

**T** is for Time-based: Always set a certain time by which your goal should be achieved. This will provide motivation to complete your goal.

### 3 TYPES OF GOALS

1. **Outcome goals:** These are otherwise known as long-term goals. These goals focus on the result of an event and can sometimes take years to accomplish. *e.g. to officiate at the 2011 Provincial ‘A’ Championships*
2. **Performance goals:** These goals focus on achieving standards of performance and do not relate to other competitors. You compare these goals against

yourself. *e.g. to arrive at the net ahead of the play, 85% of the time*

3. **Process goals:** These goals involve the actions you must perform in order to execute during competition. *e.g. to do 30 minutes of cardio, 3 times a week; to attend one out-of-region tournament between October and December, 2010*

Outcome goals are impossible to achieve without setting performance and process goals as well. Set your outcome goal first, and then set performance and process goals that will help you reach it. Remember that outcome goals take time. Olympic athletes who wish to win a gold medal work for years on their performance and process goals so that they can be on top of the podium come their Olympic year. Goals require commitment and dedication. It is easy to quit when things get tough and aren’t going well, but the most successful people use their goals as motivation to get through the most difficult times. You must learn from your successes and failures. Every game, evaluation, and tournament, both good and bad, will be crucial in achieving your goals.

### THING TO REMEMBER...

1. Write your goals down.
2. Leave goals in a visible place.
3. Set your own goals. Don’t let others set goals for you.
4. Review your goals on a regular basis.
5. Assess progress as you go.
6. Inform others of your goals so that they can help and support you along the way.

Remember, if you don’t know what your capabilities are, or how to get where you want to go, sit down with a more experienced official and talk to them about where they see you in the future. Other people can be a huge benefit in helping you set realistic goals for yourself. Most importantly, don’t ever let the fear of failure stop you from setting goals for yourself.

I encourage each one of you to start setting goals on a regular basis. It’s a healthy and advantageous way to make the most of your officiating career and your life! Take control of what you want – *Force Fate!*

“You’ll always miss 100% of the shots you don’t take.” – Michael Jordan.

## The European Experience

By Brent Bunting

I often tell people that they must travel outside of their home association if they wish to get better. To become the best official, you need to see and experience all aspects of the game. Officiating at tournaments outside your region and in different provinces helps provide you with the opportunity to gain these experiences. One opportunity that most officials never get the chance to experience is officiating at international events.

My first taste of international ringette was in 2006 when I officiated at the Czech Challenge Cup in Prague. This annual event is held during the first week of August and typically features teams from Finland, Sweden, Slovakia and Canada. This past summer, I traveled with two teams from Canada, touring Germany, Finland, Estonia, Sweden and the Czech Republic. During the tour, I officiated exhibition games in Helsinki and Stockholm and participated in tournaments in Turku (Finland) and Prague (Czech Republic).

Participating in the games was just one aspect of the experience. Meeting officials from different countries and discussing the rules as they see them was quite enlightening. In Sweden, they are mostly using the older Ringette Canada rules from 2005-2008. In Finland, they are incorporating many of the changes we made last season (I wished them luck). Beyond the rulebook, the style of the game is quite different. The incidental slashing and hooking that we let go, gets called, and the incidental high sticking that we call is a violation. There are many “moving picks” and “dropped glove interferences,” which seem to be just part of the game. Finland has just recently moved away from their own version of the 30-second shot clock (shot clock only starts when you leave your defensive blue line) towards ours, but the teams still “rag” the ring and slow the play down before leaving their zone (once they go up the ice it’s quite fast). One interesting rule that Finland incorporates is the “move it or lose it” philosophy. If play stops, the team with initial control always loses possession, regardless of whether or not there was second control. This rule forces the ring carrier to release or pass the ring before getting into trouble, and many of the players do just that.

One thing that I did not like about the European game was the celebration after goals. After every goal, it was as though the team just won the Sam Jacks Trophy. Every player on the ice jumped up in celebration, skated down the ice, shook hands with all the players on the bench, circled and then made a line change. This happened even when the fourteenth goal was scored in a fourteen nothing game. The amount of time required for this to occur was actually quite astounding. Due to these lengthy celebrations, every time the official waves off a goal, the defensive team is awarded a free pass instead of a goalie ring.

In Finland, I had the opportunity to meet some less experienced officials along with the two officials participating at the U19 World Championships. All the people were fun and extremely pleasant. Between games in Helsinki, the other official I was working with, Tejo, provided me with a bottle of water. I said “kiitos” and promptly opened it. Unfortunately for me, it was carbonated water that he had just shaken. “Welcome to Finland” was his response (he’s lucky I didn’t have any talcum powder for his whistle).

Mechanically, the officials in Finland incorporate some of the “hockey” aspects in their game. For example, both officials give the all clear (though they only use one arm), penalties are reported ten feet from the box and the hold signal is used at the start of periods while the official starting play gets a nod from each goaltender and the timekeeper.

In Prague, I worked with four of the five active officials in Sweden. All four officials have a great love for the game and each works extremely hard. The toughest thing for them is that they only get ten to twenty games per season and only get a resemblance of an evaluation during the Czech Challenge Cup each year. Considering that our officials get between 100 and 200 games per year, along with numerous evaluations/super visions, their knowledge of the sport is extremely good, and in fact, they officiate more like us than the officials from Finland. My hat goes off to Andreas, Michael, Tobias and Kjell, as they did a great job both on and off the ice.



I would be amiss if I did not mention the sights. The cities and countries we visited were quite amazing. From the start of the tour in Munich until the end in Prague, every day was filled with sightseeing tours of old castles, wineries, crystal factories, old towns, etc. If anyone has ever been to Quebec City, Prague is similar to Quebec, only 100 times larger. There was so much to see and so much to do that we could have spent another month sightseeing.

If you get a chance to travel to Europe, I highly recommend pursuing the opportunity to officiate some games. The experience of seeing a different game and working with different people is invaluable. You will see the game from a whole new perspective.