

The 47th Annual



2026 Coach's Package

February 13 – 16, 2026

Welcome to the 47th Annual Sweetheart Tournament in 2026!

This package highlights a variety of important information to assist you with navigating through the busy weekend and ensure you have the best experience while you compete.

It includes the Tournament Rules, as well as all four (4) arena locations in Spruce Grove and Stony Plain.

Emergency Information

We are a 911 community. The closest hospital/emergency room is at **Westview Health Centre**, located in Stony Plain at 4405 South Park Drive. Phone # is **(780) 968-3600**. Please also refer to the Emergency Action Plan.

Sweetheart Tournament Locations

TLC-S	Tri Leisure South Arena – 221 Jennifer Heil Way, Spruce Grove
TLC-N	Tri Leisure North Arena – 221 Jennifer Heil Way, Spruce Grove
GH	Glenn Hall Arena – 5300 – 52 St, Stony Plain
SBA	Stu Barnes Agrena – 9 Agrena Road, Spruce Grove
HMP - TFA	Heavy Metal Place – Thompson Family Arena 50 Westwind Drive, Spruce Grove
HMP - CBRA	Heavy Metal Place – Community Arena 50 Westwind Drive, Spruce Grove

Tri Leisure Centre

The Tri Leisure Centre (will be referred to as the TLC) will be this year's tournament headquarters. As it is a busy facility with other ongoing programming such as soccer, swimming & fitness classes, parking will be at a premium. We suggest that you give yourself some additional time to find parking prior to game times and carpool when possible.

Please note teams are not permitted to warm-up in any areas of the TLC other than those specified on your Tournament contract. Please advise all Coaches of this restriction. Should you wish to rent an area of the TLC such as the Gymnasium or Track for your team's warm-ups, please contact bookings@trileisure.com Alternatively, individuals wishing to use other areas of the facility may purchase a general admission.

**** AIRHORNS ARE NOT PERMITTED AT THE TLC****

****NO PETS PERMITTED. ONLY EXCEPTION IS REGISTERED SERVICE ANIMAL****

Team Welcome Kits

Please remember to check in at the tournament registration table at the arena where your first game is held. The tournament volunteers will provide you with your Team Welcome Kit which will have a bunch of goodies to hand out to the players on your team.

Included is

- Team sign for you to attach to your dressing room door.
- Goodie bags for players
- Heart and Hustle awards for the 3 round robin games: Sweetheart Tournament Toques

Heart & Hustle awards have been provided in your Team Welcome Kit. There is one for each of the three round robin games.

There will be **3 toques** (one for each round robin game). At the completion of every round robin game, your head coach or coaching staff will select one (1) player from your own team to present that game's Heart & Hustle award to. **This should be the player who displayed their BEST effort during that game.** It is not intended to be an MVP award. The same player cannot win more than once during the tournament.

Raffle and Silent Auction Tables

An extensive and exciting raffle table will be set up at the Tri Leisure Centre ("Tournament Headquarters"). The tickets can be purchased in a package or as individuals. Ticket packages are 20 raffle tickets for \$20.00. Individuals are sold for \$2.00 each. Tickets for the Raffle will be sold until 12:00 pm on Sunday, February 15th. Winners will be posted on our Sweetheart Tournament webpage under [Sweetheart Raffle Information & Winners](#)

The Sweetheart Silent Auction will be held next to the raffle table at the Tri Leisure Centre and will have a variety of auction items throughout the weekend. The silent auction will close Sunday, February 15, 2026, at 12:00p.m.

The following opportunities will also be available at the raffle table at Tournament Headquarters:

- 50 - 50 Draw is virtual this year!
- We are partnering with Rafflebox to run our 50/50 draw.
- You could win up to \$10,000.

Our 50/50 will be live for ticket sales starting **February 3, 2026 until noon on February 16, 2026.** Winners will be posted both on the Rafflebox 50/50 page as well as under [Sweetheart Raffle Information & Winners](#) on our tournament webpage.

The following tickets are available:

- 25 tickets for \$100.00 (quantity available 20)
 - 10 tickets for \$50.00 (quantity available is 50)
 - 3 tickets for \$20.00 (quantity available is 500)
 - 1 ticket for \$10.00 (quantity available is 549)
- 
- **Sucker tree - \$1.00 each**
 - Pick a sucker for a chance to win a prize! Sucker trees available at TLC and Heavy Metal Place.
 - If you happen to pull a lollipop with a black end you win a candy bag (up to 450 winners).
 - For those that are lucky enough to get a red end (up to 225 winners), You can put your name and number into a draw for the candy tower. Check it out at the registration desk at Tri Leisure.
 - **Sweetheart Lottery Board - \$5.00 each**
 - Buy a chance to win \$300 in scratch n' win lottery tickets.
 - The winner is drawn at 12:00 pm **Sunday, February 15, 2026.**

Accepted payments: Cash, Debit or Credit Card

Please note: An ATM machine is located on-site at the TLC. Additional ATMs can be found across the parking lot at Boston Pizza or Holiday Inn

Local businesses are here to help!



In A Rush Skate & Sanitize (located at the TLC)

We will extend our hours as follows:

Friday: 9am – 9pm
Saturday: 9am – 9pm
Sunday: 9am – 9pm
Monday: 9am – 5pm



REVOLUTION PHYSIOTHERAPY

Mackenzie graduated from the University of Alberta with a Master of Science in Physical Therapy. Prior to this, she completed a Bachelor of Kinesiology at the University of Alberta. Mackenzie uses a combination of active rehabilitation and manual therapy to help treat and manage various orthopedic and musculoskeletal conditions and can work with all populations. She is passionate about using a client-centred approach to help patients reach their rehabilitation goals. Outside of work, you can find Mackenzie at the rink officiating and playing ringette or with her friends and family in the mountains hiking or paddle boarding on the lakes.

Mackenzie will be onsite at the TLC the following hours:

Friday, February 13, 2026: 3pm-6pm

Saturday, February 14, 2026: 9am-1pm

Sunday, February 15, 2026: 9am-1pm

MVP MEAL PREP

MVP has fresh, ready to heat, meals available all weekend. Because nobody wants sad hotdogs for lunch! All athletes, families, and friends will receive 15% off their order and have them delivered to the TriLeisure Municipal Centre (221 Jennifer Heil Way, Spruce Grove) on February 13!

In addition, 10% of all orders placed will help support the Spruce Grove Ringette Association.

Use code: SGSWEETHEART26

www.mvpmealprep.com

Please select Store Pick Up at Checkout with Feb. 13 as the date.

Those who live in and around Edmonton, may place an order using the same code, for home delivery - but delivery options/dates will vary.

*Order Deadline EXTENDED to February 6 to guarantee meals for Feb. 13. Home deliveries through our regular delivery method can be ordered up to 4 days prior.



SPRUCE GROVE SWEETHEART RINGETTE TOURNAMENT

CODE OF CONDUCT

All Sweetheart Tournament participants (athletes, coaches, managers, parents and fans) are expected to abide by the following Code of Conduct.

1. All Tournament participants will represent their home association, Ringette Alberta, their sport and themselves with the utmost class and distinction. At minimum, all participants will...
2. adhere to the Tournament Rules.
3. adhere to the regulations of the host association and those established by Ringette Alberta and Ringette Canada.
4. not participate in any conduct that would disrupt or interfere with Tournament competition or the preparation of any athlete, team, team staff member or official for Tournament competition.
5. not participate in unacceptable behavior (rowdiness, profanity or abusive in nature) in discussions with other team members, other tournament participants, officials, or the host community at large (which is inclusive of all volunteers, venue and hotel employees, and members of the public).
6. not participate in the consumption of illegal narcotics, alcoholic beverages at any time in any of the Tournament venues (which is inclusive of rinks/dressing rooms).
7. respect space at all Tournament venues and leave all public areas in a clean respectable manner.
8. not approach officials at any time on or off the ice unless invited to do so by officials of that game.
9. All Tournament participants will refrain from any type of bullying, whether in person or via email, Facebook, messaging, internet, social media or otherwise.
10. All Tournament participants understand, acknowledge and accept that violation of the Tournament Rules or this Code of Conduct may result in removal from facility, suspension or expulsion from the Spruce Grove Sweetheart Ringette Tournament.

February 13-16, 2026 Tournament Rules

Sanctioning by Ringette Alberta will be followed except as noted below:

1. All teams, major and minor officials and fans will show good sportsmanship and fair play throughout the tournament and adhere to the [SWEETHEART TOURNAMENT CODE OF CONDUCT](#).
2. The Official Rules of Ringette Canada will apply.
3. All teams must be available to start tournament play at **7:00 a.m. on Friday, February 13th, 2026 to 5:00 p.m. on Monday, February 16, 2026.**
4. Teams in **U10-Step 1, U10-Step 2, U14B, U14C, U16A, U16C, U19A, OPEN B & OPEN C** divisions will play three (3) games in round robin format.
 - The top two (2) teams will advance to the finals. 1st & 2nd ranked compete for Gold Medal in Final Game
 - U10 Step 1 is a friendship Tournament - No medal finals. All participants receive medals. .
5. **AA - U14AA, U16AA, U19AA** divisions will play (3) games in round robin format, 3rd & 4th ranked compete for Bronze medal while 1st & 2nd ranked compete for Gold Medal in Final Game.
6. Divisions with 6 teams in a pool play **Partial Round Robin** format. (Teams play a random 3 teams from total possible opponents rather than play everyone) This includes U10 Step 3, all U12 divisions and U19B: 3rd and 4th ranked teams compete for a Bronze medal and 1st & 2nd ranked teams compete for Gold Medal in Final.
7. **U10-Step 2 will keep score on paper game sheet** (which can be obtained at the registration table. The game sheet must be **returned to the registration table after the game** for tournament records) OR **RAMP GAMESHEETS**.
8. U10 Step 2 Scores will NOT be posted on scoreboard - in accordance to recommendation from RAB.
9. All players and affiliated players must be rostered to a single team through their respective association and registered with their provincial governing body, as recognized by Ringette Canada. In addition, the division in which a team is registered to participate must be consistent with, or higher than, the division indicated on the submitted roster. All teams are required to be able to provide the Sweetheart Tournament Registration Table (STR) with a copy of their provincially approved roster for verification if requested to do so. Teams who do not provide their Provincial Registration Form on request will forfeit their game(s) until it is provided to the Tournament.
10. In case of conflict in uniform colours, **the visiting team** will be required to change uniforms.
11. Teams must be ready to go on the ice ten (10) minutes before game time. Teams not iced within two (2) minutes of the referee's whistle being blown to start the game will forfeit the game. However, the game will be played as an exhibition game.
12. **Electronic Game sheets** are to be completed and signed by the coach **15 minutes prior to gametime**. Goaltender(s), captains and alternate captains must be declared on the game sheet. Teams are required to remove from the active list the names of players who are not participating in a game to ensure proper verification.
13. Teams **must declare affiliated players** on electronic game sheets. It is the responsibility of the team to **adhere to Ringette Alberta** or their provincially recognized affiliated player rules. When using affiliates the name(s) of the player(s) and their jersey number must be entered. Game sheets will be checked for proper use of affiliated players.
14. **Spectator Liaison, Score Keeper, Time Keeper, Shot Clock Operator and Coaches** must enter their names into the RAMP electronic score sheet.

15. **The maximum number of players listed on a game sheet: No Affiliates - 18, Affiliated Skaters ONLY - 12, Affiliated Skaters AND Affiliate Goalie - 13, Affiliated Goalie ONLY - 18.**

Minor Official Requirements

1. **Home teams** will be required to provide *Time Keeper, Score Keeper, and one (1) penalty box worker* for each game (Teams listed first in TeamSnap is the home team).
2. **Visiting teams** will be required to provide *shot clock and one (1) penalty box worker for each game.*
3. *This includes medal games.*
16. **Car keys** must be left in exchange for the **shot clock remote**. It can be picked up at the registration table.
17. In medal games the higher ranked team in round robin play shall be declared the home team.
18. Time-Outs: Each team is entitled to ONE (1) 30-second timeout per regulation game. Each team is entitled to ONE (1) additional 30-second timeout in overtime.
19. There will be a two (2) minute break between halves and a flood will be scheduled between all games.
20. Game scores will be displayed on the time clock, posted in arenas and recorded for tie breaking procedures with a **maximum seven (7) goal difference**.
21. If only five (5) minutes remain in an assigned time slot, the clock will be reset to two (2) minutes at the first stoppage of play.
22. A MATCH PENALTY will automatically result in suspension from all subsequent tournament games.
23. Any team accumulating more than thirty (30) penalty minutes in any one game shall see the head coach or acting head coach for the game suspended for their next tournament game. No grievances will be accepted.
24. No unacceptable behavior (profanity, temper-tantrums, or verbal abuse of officials etc.) will be tolerated. This behavior will result in (at minimum) an unsportsmanlike penalty. A second offence in the same game by the same player will result in (at minimum) a misconduct. All unsportsmanlike behaviour is subject to referee discretion and associated discretionary action as per Ringette Canada and Ringette Alberta (15.9 Ringette Alberta Length of Suspensions).
25. (also see 2020 Sweetheart Tournament Code of Conduct)
26. NO U10 PLAYER IS TO BE CREDITED WITH MORE THAN THREE (3) GOALS IN ANY ONE TOURNAMENT GAME. GOALS SCORED IN EXCESS OF THIS BY ANY PLAYER SHALL NOT BE RECORDED ON THE GAMESHEET, SHALL NOT BE POSTED ON THE SCORE CLOCK AND SHALL NOT BE COUNTED IN THE FINAL SCORE AT THE END OF THE GAME.
27. **All referee decisions are final. There will be no appeals or discussions of appeals.**
28. Any team wishing to file a protest may do so by submitting their request in writing, along with \$200, to the Tournament Directors.
 1. Notification of a protest must be received within thirty (30) minutes of the incident occurring to enable sufficient time to deal with the protest.
 2. A grievance committee will meet to deal with any protests received. (If the protest is upheld the \$200 will be refunded)
 3. No game protests involving referee judgment will be accepted. **THE REFEREE'S DECISION SHALL BE FINAL.**

GAME FORMAT

Active Start & U10 Step 1	2 x 25 min period. 2 minute buzzer to change shifts, no penalties. All play will be have ice 3v3 + goalie
U10 Step 2 & Step 3, U12 A/B/C and U14 B/C	2 x 18 minute stop time periods
U14AA, OPEN B/C	2 x 23 minute stop time periods
U16AA/A/C & U19AA/A/B	4 x 11 minute stop time periods

* Please Note: All games in U10 Divisions will be played using the small nets.

ROUND ROBIN TEAM STANDING RULES

Teams will be awarded points as follows:

Win: Two (2) points

Loss: Zero (0) points

Tie: One (1) points

Forfeit: Zero (0) Points

At the completion of round robin play, teams will be ranked according to the total points in all games played.

All game officials shall be mindful of the scheduled ice time. **At the discretion of the on-ice officials**, when more than five (5) minutes of playing time remain and only five (5) minutes of scheduled ice time are available, the game clock will be reduced to two (2) minutes. (This includes Medal Games)

ROUND ROBIN and PARTIAL ROUND ROBIN TIE BREAKING PROCEDURE

Please note: Regardless of game score, only a SEVEN point goal difference will be credited in applying these rules. When two or more teams have an equal number of points after round robin or partial round robin play, the teams will be ranked according to the following rules:

1. Head to Head: the winner of the game(s) between each other during the round robin will be declared the highest position. This applies to Partial round robin play if & when applicable.
2. Goal Differential in round robin & partial round robin play: the total number of goals scored by a team in all games, minus the total number of goals allowed in all the games will determine ranking of all the tied teams. The largest goal differential in a game is seven (7).
3. Fewest Goals Against in round robin & partial round robin play: the team with the fewest goals allowed in all games will determine ranking of all the tied teams.
4. Penalty Minutes: The team with the fewest total number of penalty minutes in round robin or partial round robin will determine ranking of all the tied teams.
5. If still tied, teams shall be ranked by coin toss (called by the visiting team from the head to head game).

Note: Each step of the tie breaking rules shall apply to the teams involved in the tie. If there are more than two teams tied, revert back to #1 after one team's ranking has been determined.

TOURNAMENT GAME TIE BREAKING PROCEDURE

1. Should Round Robin & Partial Round Robin games end in a tie with points awarded as indicated.

FOR MEDAL GAME TIE BREAKING:

2. If a game is tied at the end of the regular time in 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 coin toss (called by the visiting team)
3. If game remains tied after the 5 minute overtime period, **there will be a Sudden Victory Initial 3 player shootout.**
 - a. Each team will select 3 shooters. Teams will alternate shots.
 - b. Coin toss will determine which team shoots first or second. That choice will remain in effect for the duration of the shoot out. (Visiting team will call coin toss)

4. If the game remains tied AFTER the sudden victory initial 3 player shoot out, **then a Single Round Sudden Victory shootout will commence**, (Every rostered skater must complete an attempt prior to any player making a second attempt,
 - a. Players in the initial sudden round 3 player shoot out are eligible to participate in single round sudden victory shoot out BUT ONLY AFTER all players on roster have taken a shot.
 - b. Goaltenders not required to shoot.
5. If the game remains tied after AFTER a single round shoot out, then the number of Penalty Minutes will be applied to determine the winner: The team with the FEWEST total number of penalty minutes in the FINAL GAME will be declared winner.
6. If still tied, after calculating penalty minutes, winner shall be declared by coin toss (called by the visiting team).

Note: Penalties assessed in regulation shall carry over to the next period. Each team is entitled to one (1) thirty (30) second timeout per regulation game and one (1) additional thirty (30) second timeout in overtime.

Our Officials are KEY to our games.

Without them there are no games.

They are often youth LEARNING to be good referees.

Our league games, tournaments and exhibition games WOULD NOT occur if it was not for these members actively trying to engage in the game of Ringette in this fashion.

AT no time EVER, will any member of the bench yell at or speak disrespectfully to our refs. By attending our Tournament, you agree to the following:

Staff, players, parents, spectators or volunteers will NOT; disrespect, verbally abuse or yell at ANY official for any call, or lack of call or decision made on or off the ice.

Unsportsmanlike behaviour on ice will not be tolerated & will result in expulsion of the offending coach, staff or parent from following game(s). Unsportsmanlike behaviour of coaches, staff or parents are to be immediately reported after the game to Tournament Directors.

Excessive yelling towards officials, use of profanity or not shaking hands at the end of a game is considered unsportsmanlike.

○Respectful questioning of a call does not warrant a suspension
Maintaining a RESPECTFUL environment is the ONLY option here at the SGRA Sweetheart Tournament.



This role is required by every team attending the Sweetheart Tournament. This role is "Spectator Liaison".

*******THIS ROLE IS MANDATORY AND WILL BE MONITORED*******

The purpose of this role is to improve the players experience and assist the officials and coaches at the game with spectator management by:

- * Prevention
- * Intervention
- * Communication

Great fans support, encourage and cheer! They also represent their team, their association and their community with dignity and are important role models for our young athletes to learn from.

The Spectator Liaison cannot be a Coach, Manager, or a box worker. You can have the same person all weekend or a different person every game.

Spectator Liaison Duties

1. Wear the Spectator Liaison neck lanyard during every game - this will be included in your package you will pick up at your first game.
2. Place yourself in the middle of your team's spectators. Don't sit way off to the side or at the end of the rink - **BE VISIBLE**
3. Monitor the behavior of ALL your team's spectators that have come to watch the game.
4. Quickly diffuse potential issues before they escalate by making your presence visible to the spectator and calmly addressing the behavior with the person(s) involved.
5. Ensure communication is EFFECTIVE and not COMBATIVE.
6. The Spectator Liaison has full authority to ask any spectator causing an issue to leave the arena immediately.

The Spectator Liaison must be an individual who is willing and able to control and monitor the behavior of the spectators throughout the game by:

- * Stepping Up
- * Stepping In

This role is to be taken seriously with the goal being to support the spectators in the game to follow the rules as set forth in the Code of Conduct as well as maintaining respect for the officials and the opposing team.

The abuse of game officials by spectators is the main reason why they (especially those in their teens) drop out of the development program. As a result, we face shortages of game officials at all levels. Addressing this unacceptable behavior is a priority for SGRA.

Inappropriate behavior can include the following:

- * banging on the glass or boards
- * making abusive comments to the officials/players or other teams spectators.
- * using profanity
- * going to areas of the arena that are not spectator seating
- * throwing objects

Spruce Grove Ringette Association wants to Thank You for being a part of this!! We hope this will help to ensure all games will be an enjoyable experience for all spectators, athletes and officials.

EMERGENCY ACTION PLAN

In order to effectively respond to any emergencies, a plan must be prepared in advance and the responsibilities understood by all involved.

Ringette is a fast-paced, competitive sport and as such it is very physical for the players. In the unfortunate event of an emergency, or if an injury should occur, the following protocols will apply.

During the 2026 Spruce Grove Sweetheart Tournament:

- Each participating team is responsible for establishing their own Team Emergency Action Plan.
- The Head Coach of each team will identify a single point of contact and an alternate for their team to the

Organizing Committee at the beginning of the tournament.

- It is the responsibility of the Team Staff to maintain current emergency medical information sheets for every player and have the list present at all games.
- It is the responsibility of the Team Staff to ensure there are at least 2 charged cell phones on the bench in case of emergency.
- It is the responsibility of the Team Staff to ensure that Emergency Call information is present on the bench – Emergency Number (911 in Spruce Grove), facility name and address.
- **It is the responsibility of the Team Staff to assess any injury, decide if an ambulance is required, and call for the ambulance if necessary by calling 911.**
- In the event that an ambulance is called, it is the responsibility of the Team Staff to ensure that someone is sent to the Main Information Desk at the Tri Leisure Centre (or arena where game is being held) to inform the facility staff that an ambulance has been called, and to ensure that someone is sent to the facility entrances to direct the ambulance staff upon arrival.
- In the event of an injury, it is the responsibility of the Team Staff from each participating team to maintain control of the players on their bench.
- It is the responsibility of the Team Staff to contact the Host Association Tournament Director(s) following the emergency incident to ensure that any necessary reports are completed.

Tournament Directors are Steph DeVries (780-312-4802) and Allison Wilson (780-221-2396)

SWEETHEART TOURNAMENT

PROTEST AND GRIEVANCE FORM

- Protests or grievances based on a referee's judgment call will **not** be considered.
ALL REFEREE'S DECISIONS SHALL BE FINAL.
- Any team wishing to file a protest may do so by submitting their request in writing, along with a payment of \$200.
- Protests and grievances will only be entertained from a staff team member as registered on the team registration form.
- The written protest must be received within 30 minutes of the incident occurring to enable sufficient time to address the concerns raised. A grievance committee will meet to deal with any protests received. (if the protest is upheld the \$200 will be refunded).
- The Protest and Grievance Committee's decisions are final, and no further appeals will be entertained.

Team Name and Division/Level:

Please explain the protest or grievance in detail (use the back of the sheet if necessary):

Print Name

Signature

Position with Team

Date

Time

Contact information (cell phone number, name of hotel etc)