



2021 LINK THE RINK VIRTUAL PROVINCIALS

VISIT US ON



Calling all U14B – U19AA ringette teams!! The Ringette Association of Saskatchewan is excited to announce that we are holding a virtual Provincials contest, and YOUR team could win some fantastic PRIZES!!

Even though Provincials cannot happen in the traditional way this year, we still want to have some fun and challenge our teams!!

HOW IT WORKS

- STEP #1** Fill out our short “Provincials” registration form to enter your team. Form is included in this email, found on our website, and at this <https://forms.gle/qqtN9jwv2iWo9xtm6> . Please submit the form by January 26, 2021. Pools will be determined based on the number of teams who register.
- STEP #2** Contest begins February 1, 2021! Athletes can earn points for their team by: completing 60 minutes of physical activity (3 points), giving back to their community (2 points), and attending the Ringette Sask/Sports Medicine and Science Council of Sask online sessions (1 point)!
- STEP #3** Every Sunday by 6:00pm, your team designate will submit the points your team accumulated for that week. Form can be found here <https://forms.gle/WBuw1Eg6t4Cr1KvS6> .
- STEP #4** Updated standings will be posted on the Ringette Sask Facebook and Instagram pages every Monday!

CONTEST RULES & REGULATIONS

- Round Robin competition will take place from February 1st to March 1st, 2021
- Top 4 teams in each pool will advance to Semi-Finals, from March 1st to 7th, 2021
- Top 2 teams from Semi-Finals will advance to Finals, from March 8th to 14th, 2021
- Winners will be announced on March 15th, 2021

Points Breakdown:

- 3 POINTS
 - 60 minutes of physical activity – attend a ringette practice, individual physical activities (ex. Running, strength training, yoga, etc.)
- 2 POINTS
 - Giving back to your community – drop off food or toiletries at a food bank/shelter/similar charity, shovel a neighbour’s driveway, make cards and send them to folks self-isolating, etc.
 - Have a different activity in mind? Email technicaldirector@ringettesask.com to see if it qualifies!
- 1 POINT
 - Attend a Ringette Sask/Sports Medicine and Science Council of Sask online session – 1 point will be awarded for each athlete on your team who attends.