



Sport & Social Club General Rules

COVID-19 RETURN TO PLAY PROTOCOLS & GUIDELINES

- We are committed to providing the highest levels of safety for our community. To ensure player and staff safety, we have implemented mandatory '**Safe Return to Play Protocol & Guidelines**' for all Club Activities. In order to play with SSC and stay in good standing, the following guidelines MUST be followed. A zero-tolerance policy is in place for those who challenge these decisions.
- Provincial Health Orders and/or facility regulations regarding proof of vaccination status must be followed by all players (where applicable).
- To ensure a successful season, please remember to practice safe physical distancing and a positive attitude!
- All players are required to read, understand, and adhere to the following:
 - [League Modifications](#)
 - [Player Guidelines](#)
 - [League Representative Guidelines](#)
 - [Self Screening Tool](#) (done before each game).
 - [Sport Specific COVID-19 Protocols](#) and modifications to the game, class or activity.
 - Facility specific COVID-19 Protocols (you can find these protocols in the facility link in your schedule once live).

TEAM SAFETY AMBASSADOR (TSA)

- **All teams must assign a Team Safety Ambassador (TSA) for the season.**
- The TSA must be a registered player and identified using the "TSA" label in your online roster.
- **TSA Role:**
 - Watch a pre-season Safe Return to Play training video.
 - Keep a record of attendance at each game. This record may be called upon for contact tracing.
 - Ensure individual wellness checks "COVID-19 Self Screening" are completed by each player prior to each game.
 - Ask players to leave the game if they arrive showing symptoms of cold or flu.
 - Ensure physical distancing measures are enforced by your team. Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game.
 - Players must always stay within their designated bench or standing area while not on the playing surface.
 - Ensure your team follows posted ENTER / EXIT signage at facilities (controlled traffic flow).
 - Remind all players to arrive on time and leave immediately after the game is over.
 - Ensure your team is following the equipment sanitization requirements for your sport.
 - Ensure all players have read and understand mandatory Club COVID-19 Protocols.

LEAGUE MODIFICATIONS DUE TO COVID-19

- **As part of our "Safe Return to Play" format, we are focusing on the safety of our staff and players and leaning into the FUN and SOCIAL aspects of our leagues!**
- **League Guidelines** – For further details, [click here](#).
 - When possible, leagues will be played in smaller Tiers to ensure limited contact with opponents throughout the season. Tiers will be determined based on skill rankings (at registration) and past league results.
 - Each Tier will be confined to a limited number of facilities. You will play at consistent location(s) throughout the season. Please note, we are unable to accommodate or make facility changes based on individual requests this season.
 - Depending on facility requirements, game times may be staggered to ensure safe traffic flow.
 - Players are asked to compete with a "Play On" mentality. No arguing or disputing calls made during the game.
 - If provincial public health regulations are updated, league modifications may adjust accordingly.

SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the spirit scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48-hour window to report scores after the completion of the game.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- All sports have a maximum 'game-day' roster size shown in the sport-specific rules below. Teams are not permitted to exceed this specific number of players at each game.
- Teams are permitted to carry more players on their online rosters.
- Substitute players are permitted; however, must be added to the online team roster.
- For a player to be eligible for a playoff game, the following criteria must be met, or the team will default the game:
 - Be on the SSC online team roster.
 - Play a minimum of two regular season games in a 6–10-week season, or three regular season games in an 11–14-week season.
 - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute, and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow the sport specific instruction below. To view our general SSC foul weather policy [click here](#).

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct, or a general violation of the rules of the game.
- As players, we believe that it is important you understand our expectations of those representing our leagues. Many of the guidelines that our League Representatives are held to impact you. If a League Representative asks you to comply to one of these guidelines, please know this is a mandatory condition of play. Please review our [Safe Return to Play Guidelines – League Representative](#).



SSC Official Badminton Rules – Drop-in - COVID-19 MODIFICATIONS

<p>GAME LENGTH, LEAGUE STRUCTURE AND PHYSICAL DISTANCING REQUIREMENTS</p>	<ul style="list-style-type: none"> • SSC Badminton league is based on a drop-in style league. Your partner and opponent will be different for each game. Keeping the same partner is allowed for the duration of the evening. The gym will be reserved for a specific amount of time according to the online schedule. Players join an open game as the courts become available. • You can stay and play the full amount of time, or 'drop-in' at your leisure. • SSC does not use a ranking system to indicate the different skill level of its members nor does it use a system to impose time limits on matches. Rather, SSC uses the "honour system" to keep track of who is next up to play. Be courteous by allowing players that have not had a chance to play or warm up to do so. • No consecutive matches amongst teams or individuals. • Players are required to arrive and depart directly before and after their games. • Do not enter a playing space until the game before yours has cleared the area or until the SSC Game Coordinator has signaled for your team to enter. • Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game. • Players, spectators, and SSC league representatives must follow provincial mask mandates and/or local facility mask protocols when attending SSC activities. • If required, directional signage will be posted onsite to ensure physical distancing is followed. • During gameplay, all efforts should be made to avoid contact and provide sufficient spacing with your opponents and teammates. Players must expect that accidental contact may occur while playing the sport. Due to the contact, please avoid touching your face at any time and please sanitize your hands before, during and after games.
<p>EQUIPMENT</p>	<ul style="list-style-type: none"> • Players are responsible for bringing their own racquets. • Shuttles will be provided on-site and sanitized regularly. • Nets are setup by the onsite SSC Game Coordinator.
<p>SKILL LEVELS</p>	<ul style="list-style-type: none"> • All skill levels are welcome (beginner to advanced).
<p>GENERAL GAME RULES</p>	<p>SSC Badminton plays a 21 Rally Point Scoring System and Best out of 3 Games (which equals 1 match).</p> <ul style="list-style-type: none"> • At the start of each match the winner of the toss, or the opening volley, has the choice of first serve or side of court. • The victor of the first game of the match serves first in the subsequent game and so forth. • At the beginning of the game, the server serves from the right-side of the court. • If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. • If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side. • When the score is even, the server serves from the right court. When it is odd, the server serves from the left court. • The players do not change their respective service courts until they win a point when their side is serving. • Receiving Courts: A player serves and receives in the right service court if their opponent has scored an even number of points at that juncture of the game. A player serves and receives in the left service court if their opponent has scored an odd number of points at that juncture of the game. The shuttle is volleyed back and forth until a fault is committed or the shuttle has exited the field of play. • For the duration of the match, players must stay on the same side of the court. • No handshakes or high fives between teams – all greetings and congratulations should be vocal.
<p>SCORING</p>	<ul style="list-style-type: none"> • Points are scored if a serve lands on the opponent's court without being volleyed back or if the opponent returns a volley outside of the court. The player who gains the point retains the serve until it is broken by the opponent. • A winning score in badminton is 21. A player must win by two points unless the score is tied 29-29, the 30th point would then win. • The winner of a badminton match is the one who wins the best of 3 games. Should one team win the first 2 games the match is over.
<p>FAULTS, LETS AND ERRORS</p>	<p>Faults</p> <ul style="list-style-type: none"> • Faults can occur for a wide variety of reasons, including: <ul style="list-style-type: none"> ○ improper shuttle contact, improper shuttle landing, improper player contact, player misconduct, or double hits.

- A player touches the net or poles with their body, racquet or clothing.
- Crosses the plane of the net with their body, racquet or clothing. *Exception: You can cross the plane (without touching the net) if you have contacted the shuttle on your side of the net first.*
- Crosses under the plane of the net with their body, racquet or clothing.
- Hard smashing is discouraged in SSC badminton leagues. Please respect the level of your opponents.

Lets

- Lets can be called for a variety of reasons, including if a shuttle is caught on top of or in the net, if both players fault, if a player is unready for a serve, if a shuttle falls apart, or if there is a service court error.

Service Court Error

- A service court error has been committed if a player has served out of their rotation, if a player has served from the wrong court, or if a player is standing on the wrong court while receiving a serve. Service court errors can only be enforced if discovered prior to the next serve. If the error is discovered and both sides committed it, a 'let' will result. If the offending player won the rally, it shall also be a 'let'. If the offending player lost the rally, the error is null.

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE !