



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 Indoor Court Volleyball Rules– Women’s 4’s

COVID-19 MODIFICATIONS

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| <p>OBJECTIVE</p> | <ul style="list-style-type: none"> Volleyball is a team sport played by two teams on a playing court divided by a net. The objective is for each team to send the ball over the net attempting to ground it on the opponent’s court, and to prevent the ball from being grounded on its own court. |
| <p>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</p> | <ul style="list-style-type: none"> Games are 55 minutes in length with a 5 minute stop for halftime. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm). 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 RENTAL</p> | <ul style="list-style-type: none"> Teams are required to bring 1 volleyball to every game. Teams are responsible for sanitizing the game ball before each set (three times throughout the game), before and after each game. Do not share your game ball with other teams. Volleyballs and scoreboards are not available for rent from SSC at this time. Teams are permitted and encouraged to bring their own scoreboard and sanitize before and after the game. The same player on each team should manage the score board, or teams can choose to verbally announce the score prior to serving. |
| <p>PLAYERS ON COURT, GENDER RATIO AND DEFAULTS</p> | <ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 4 female players on the court. Teams are not permitted to exceed a maximum of 5 ‘game day’ players at each game. Substitute players are permitted; however, must be added to the online team roster. Spectators are permitted at most game locations; however, please follow onsite regulations. A team can play with a minimum of 3 players. Captains may agree to waive the rules regarding minimum player.. Teams that do not meet the minimum gender requirement may play with the ‘Ghost Rule’. This rule must be agreed upon by both teams before the start of the game. See rule description below. A default for the match (all three sets) will occur if any team cannot field a squad 15 minutes after the official start time (unless otherwise agreed by both captains). |
| <p>GAME SET-UP</p> | <ul style="list-style-type: none"> Volleyball nets will be set up by the SSC Game Coordinator or facility staff upon arrival to your game. All warm-ups, on-court and off-court need to comply with current physical distancing requirements. To determine who serves first, teams can either choose to play a rally game (minimum 3 crosses over the net), or rock-paper- scissors. Teams are responsible for keeping score and time. If time runs out in the middle of a set, whichever team is winning at that moment is considered the winner. However, a team must win at least 5 points in a set in order for it to count as a win/loss. If neither teams gets at least 5 points, the set is deemed a tie. |
| <p>GENERAL GAME RULES</p> | <ul style="list-style-type: none"> Matches are comprised of three sets which equals one match. A player may play the ball off any part of their body, including feet. A player may not make two consecutive hits of the ball, except where the player has contacted the ball on a block, then the player may hit the ball a second time. Players are to call balls ‘in’ or ‘out’ of bounds. If the ball touches any part of a court line, it is ‘in’. The ball must |

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| | <p>completely pass the line to be 'out'. If there is a dispute, resume play by re-serving the ball with no point awarded. If a disagreement escalates, any disputes should be discussed amongst the two team captains only.</p> <ul style="list-style-type: none"> • A ball that hits the wall or ceiling is out of bounds. • Teams may call a 1-minute time-out per match if needed, except during the final 10 minutes of play. • If a match concludes early, the teams can continue to play, but the score of the fourth game will not be recorded. • If a ball from another court comes over, participants should use their feet to kick it back. • Physical touch like handshaking, high fives, fist/elbow bumps and huddles are not permitted. All greetings and congratulations should be vocal. |
| SCORING | <ul style="list-style-type: none"> • The first team to score 25 points by a two-point margin (with a hard cap of 27 points) is awarded the set. A game consists of 3 sets. • After a set teams are encouraged to stay on the same side of the court, however, can switch sides while maintaining a safe distance. |
| PLAYER ROTATION AND POSITIONING | <ul style="list-style-type: none"> • Players may play from any position and do not have to rotate, however players must maintain server rotation. • No restrictions exist as to which players may participate in a block or spike. |
| VIOLATIONS | <ul style="list-style-type: none"> • Players are to call their own fouls and violations. If an obvious foul is missed, a player on the opposing team may politely point this out, assuming their opponent either does not know the rule or missed their own foul. Generally, teams should not call fouls against their opponents. • Obvious fouls include - carries, double hits (allowed on serves), touching the net, going under the net and contacting another player. • Absolutely no contact with the net whether this be intentional, accidental or affect the play or not. Players at the net should begin each point three feet back from the net. • If the ball is driven into the net causing the net to touch an opponent, no fault is committed. • A player is permitted to pass his/her hand above the plane of the net in the following scenarios: <ul style="list-style-type: none"> ○ While blocking an attack. ○ If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side. ○ An infraction has occurred if a player interferes with their opponents attack (e.g. if a setter is trying to set their player, the opponent can't reach over the net and block that set). • Players are not permitted to penetrate fully into the opponent's space under the net. Player's feet must remain in contact with the centre line and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, so as to avoid injury to themselves or their opponents. |
| SERVING | <ul style="list-style-type: none"> • A server may serve the ball from anywhere behind the baseline. • Only one toss or release of the ball is allowed per serve. • Players can open-hand volley a serve. • A player may NOT block or spike a serve. • Net serves are allowed. Meaning, if a serve hits the net but the motion of the ball carries it over, it is a live ball. • A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest). • Servers must rotate after five consecutive points. The same team continues to serve as long as his/her team successfully wins the point. • Recreational skill division – jump serves are not allowed (jump serves are allowed in intermediate, advanced and competitive leagues). |
| PLAYOFFS | <ul style="list-style-type: none"> • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule. |

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!