



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 Curling Rules – COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> The team that scores the most amount of points during the 90-minutes or 6 ends, wins the match. Points are scored for the stones resting closest to the centre of the house (circular target marked on the ice and also known as a 'button') at the conclusion of each end, which is completed when both teams have thrown all of their stones. Each stone is worth a point.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> Games are 2 hours in length, and 8 ends are to be played in that time. Games start and end according to your online SSC schedule. Teams are responsible for keeping time. 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.
EQUIPMENT	<ul style="list-style-type: none"> Please refer to the facility information tab on the SSC website for the list of equipment provided by the club (brooms, sliders). It is the responsibility of the player to bring all other equipment not provided. All curlers are required to wear clean shoes on the ice. Players will not be allowed on the ice with outdoor footwear (very important). Curlers are recommended to use a slider or clear tape on the bottom of the sliding shoe. Please be careful not to step on the ice with your slider foot first! All players should arrive dressed to play. At the end of the game, one player will be responsible for sanitizing the rock handles for both teams (all 16 rocks).
PLAYERS ON ICE, GENDER RATIO AND DEFAULTS.	<ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 4 players on the ice. 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 Teams are comprised of 4 players; however, a team can play with 3 players. There are no gender requirements for curling, however we strongly encourage teams to be co-ed. Team defaults: For each 10 minutes that the offending team does not commence play from the designated start time, the non-offending team shall be granted one point. One end shall be considered to have been played and the non-offending team shall be given the choice of last rock or colour of handle in the first end played. After 30 minutes the non-offending team will be declared the winner.
GAME SET-UP	<ul style="list-style-type: none"> Each team has eight stones (each player will throw 2 stones per end). The team winning the coin toss will decide whether they will curl first or second, the losing team will decide the rock colour. Teams with more than 4 players must wait between ends to rotate in. Only 4 curlers may play per end. When the curler throws the stone, 2 teammates sweep the stone with the purpose of directionally controlling the speed and path, the 4th teammate is the Skip in this scenario. Every player should have a broom. People who are right-handed wear tape or a slider on their left foot and vice-versa for left-handed people. Put rocks away using a broom or foot, not your hands.
GENERAL GAME RULES	<ul style="list-style-type: none"> Teams are not required to declare a set 'lead' '2nd' '3rd' and 'skip' for the entire game. Players are allowed to rotate through the various positions, as long as each position is declared at the start of each end. However, it is expected that all teams still follow the correct order of "2,2,2,2" when throwing stones in each end. If a team has 3 players, it is expected to follow the order of "3,3,2". The rocks must completely cross the hog line to stay in play. Throwers must release the rock before the hog line. If a rock hits the sideboard or the sidelines, the stone is out of play.

	<ul style="list-style-type: none"> • A team can only begin to sweep the oppositions rock(s) once it has completely passed the T-line (the line that intersects the house). Only one sweeper can sweep past the T-line per rock. • Players must always physically distance during the game.
FREE GUARD ZONE RULE	<ul style="list-style-type: none"> • Until four stones have been played (two from each side), stones in the <i>free guard zone</i> (those stones left in the area between the hog and tee lines, excluding the house) may not be removed by an opponent's stone (although they can be moved as long as they are not taken out of play). These are known as <i>guard rocks</i>. If the guard rocks are removed, they are replaced to where they were before the shot was thrown, and the opponent's stone is removed from play and cannot be replayed. This rule is also known as the <i>four-rock rule</i>.
CURLING ETIQUETTE	<ul style="list-style-type: none"> • When your opponents are preparing for delivery, stand to the side of the sheet, single file and between the hog lines. Move only after the stone has been released and please remain 2-metres apart. • If you are throwing next you may stand on the backboard but remain quiet and out of sight of the opposition thrower. • Only skips and thirds may congregate behind the tee line. They do not move or hold their brooms on the ice while the opposition is preparing to deliver a stone. • Be ready to go when it's your turn to deliver a stone. • Please do not hit the ice with brooms. • Please do not crash the rocks on the ice. • Please guard the 'hack' so that rocks do not hit it and ruin the ice. • Curling is a win-win sport! Win - you get bragging rights... Lose - winning teams buy the beer!
PLAYOFFS	<ul style="list-style-type: none"> • If a playoff game ends in a tie at the end of regulation time, a tie breaker will be played to decide a winner. A draw to the button (one rock) will be used to break a tie. The team whose rock is closest to the button will be deemed winner. Each team will decide on 4 players to take part in the tie breaker with 1 person to throw, 2 sweepers and 1 skip. • The first team will throw their rock. Both teams (and a neutral player from another team) should agree on where the rock landed. The rock is then removed from play allowing the second team to shoot at an empty house. Both teams (and the same neutral player) will agree on where the second team's rock stopped. If possible, a winner will be determined. • If no rocks land in the house, the teams will repeat the steps above until a winner can be determined (rotating positions). • 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!