



## 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.
- 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:
  1. [Sprummer League Modifications](#)
  2. [Player Guidelines](#)
  3. [League Representative Guidelines](#)
  4. [Self Screening Tool](#) (done before each game).

As well as:

- [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 "Co-Captain" label in your online roster.
- Teams must email the SSC office to confirm the TSA prior to your first game. Failure to comply will suspend a team from game play.
- **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, playing the sport, resting/sitting on the sidelines, and departing the game.
  - Sport-specific rules may adjust physical distancing measures taken on the playing surface.
  - 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](#).
  - There are no playoff games, trophies or prizing this Sprummer season, however, scores and standings will still appear on our website.
  - 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.
  - All leagues will have an even number of teams to avoid double-header play.
  - Game times will be staggered by a minimum of 10 minutes across all sports leagues to ensure safe traffic flow.
  - Players are asked to compete with a "Play On" mentality. No arguing or disputing calls made during the game.

## SPIRIT POINT REPORTING

- 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. **Teams are not permitted to exceed the maximum roster size. See Mandatory Roster Requirements in the sport specific rules.**
- **Substitute players are not permitted unless the substitute player is a player from another team's official roster in the same league and tier. However, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.**

## 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](#).

## 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 AirBadminton Rules – Adjusted for COVID-19

<b>GAME LENGTH &amp; LEAGUE STRUCTURE</b>	<ul style="list-style-type: none"> <li>• SSC AirBadminton league is based on a casual gameplay format and will not have standings. Your opponent will be different for each game. The courts will be reserved for a specific amount of time according to the online schedule. Players join an open game as the courts become available.</li> <li>• You can stay and play the full amount of time, or ‘drop-in’ at your leisure.</li> <li>• 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.</li> <li>• No consecutive matches amongst teams or individuals.</li> <li>• <b>Players are required to arrive and depart directly before and after their games to avoid larger groups of people. Remain in your vehicle until the playing space has been vacated by the previous teams. Do not loiter or linger unnecessarily.</b></li> <li>• <b>Physical distancing of two meters is mandatory when players are arriving on-site, playing the sport, resting/sitting on the sidelines, and departing the game. Directional signage will be posted onsite when possible to ensure physical distancing is followed.</b></li> <li>• Spectators are not permitted (including kids and pets).</li> <li>• There is no warm-up time allocated on court (players may warm up off court from a safe distance).</li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>• Players are responsible for bringing their own racquets.</li> <li>• Do not share your racquet with other players.</li> <li>• Outdoor shuttles will be provided on-site. <b>Shuttles must be sanitized between each game.</b></li> <li>• Nets are setup by the onsite SSC Game Coordinator.</li> <li>• <b>Players are strongly encouraged to bring their own lawn chair as most locations do not have benches.</b></li> </ul>
<b>SKILL LEVELS</b>	<ul style="list-style-type: none"> <li>• All skill levels are welcome (beginner to advanced).</li> </ul>
<b>GENERAL GAME RULES</b>	<p><b>SSC Air Badminton plays an 11 Rally Point Scoring System and Best out of 5 Games (which equals 1 match).</b></p> <ul style="list-style-type: none"> <li>• To determine first serve or side of court, players should participate in rock-paper-scissors.</li> <li>• The victors of the first game of the match serves first in the subsequent game and so forth.</li> <li>• There is a 3-meter serving marker (or pylon) clearly visible on the sideline. The player shall serve from anywhere behind this marker within the court, with both feet stationary. The server may direct the AirShuttle anywhere into the opposition’s playing area beyond the 2-meter dead zone line.</li> <li>• Dead zone: There is a 2-meter zone marked out at the front of the court if the shuttle lands in this zone it is considered a fault. Players are also not permitted to step inside the dead zone to hit the AirShuttle, after the hit, the player can step or land inside the dead zone.</li> <li>• There is no centre line that divides the court into equal left or right service courts.</li> <li>• If the serving side wins a rally, the serving side scores a point.</li> <li>• If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.</li> <li>• <b>For the duration of the match, players must stay on the same side of the court.</b></li> <li>• <b>No handshakes or high fives between teams – All greetings and congratulations should be vocal.</b></li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• A winning score in AirBadminton is 11. A player must win by two points unless the score is 12-12, the 13<sup>th</sup> point would then win.</li> <li>• A winner of an AirBadminton match is the one who wins the best of 5 games.</li> </ul>
<b>FAULTS AND LETS</b>	<p><b>Faults</b></p> <p>Faults can occur for a wide variety of reasons, including:</p> <ul style="list-style-type: none"> <li>○ Improper shuttle contact, improper shuttle landing, improper player contact, player misconduct, or double hits.</li> <li>○ A player touches the net or poles with their body, racquet or clothing.</li> </ul>

	<ul style="list-style-type: none"><li>○ Crosses under/over the plane of the net with their body, racquet or clothing.</li><li>• Hard smashing is discouraged in the game of AirBadminton. Please respect the level of your opponents.</li></ul> <p><b>Lets</b></p> <ul style="list-style-type: none"><li>• 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.</li></ul>
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**REMEMBER... ALWAYS HAVE FUN & PHYSICALLY DISTANCE!**