



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. [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 "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, 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 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](#).**



Official Indoor Dodgeball Rules – Coed 4-on-4 - COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> To win a game, a team must eliminate all 6 opposing players from the court. Matches will consist of as many games that can be played in the 55-minute time period. Each game won will count for one point. If a game is still being played when time expires, the team with the most live players on the court at the time will win the game. Ties are allowed during the regular season. The final 'all-in' game that would typically be a part of regular league play and to end the night is not permitted.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<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. All players must wear a mask during your arrival/departure from the facility, and when not playing. You are not required to wear a mask while playing sport, as wearing a mask while "engaging in physical activity" is an exception to the rule. Directional signage will be posted onsite when possible 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 there may be some contact when playing sport. Due to the contact, please avoid touching your face at any time and please sanitize your hands before, during and after games.
EQUIPMENT (MANDATORY)	<ul style="list-style-type: none"> Teams are required to bring two dodgeballs (8-inch) to every game. Dodgeballs are available to rent through SSC. A \$75 refundable deposit is required, payable through online registration. Equipment is provided for the All-Sorts-of-Sports League. It is recommended that players wash/sanitize hands after the warm-up prior to game start. Teams are required to wash/sanitize Dodgeballs before the game, between each game, and after the game. Do not share your dodgeballs with other teams before or after your game. Players are not allowed to play with gloves, bare hands only. Wraps or single-sided tape for supporting recovering injuries are acceptable, however cannot be performance enhancing.
PLAYERS ON COURT, 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 court and a maximum roster of 8 players. No spectators allowed under any circumstance (this includes kids, family, etc). No substitute players allowed outside of your 8-player roster maximum (unless from the same league and tier). Teams must play with a minimum of 1 male and 1 female on the court at all times. A team can play with a minimum of 3 people, as long as 1 of the players is male and 1 is female. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
GAME SET-UP	<ul style="list-style-type: none"> To start the game, each team stands at their respective back wall with two dodgeballs each. Four dodgeballs will be used simultaneously for each game. Teams start the match by shouting, "Ready, Set, Dodgeball". Once play has started, players must remain on their own side of half. Eliminated/substitute players should stand/sit on the side of the court out of the way of play as much as possible and physically distanced at a minimum of 2 meters apart from each other. A bench area should be defined and then considered out of bounds. Live players may only enter this area to retrieve balls. Sidelines – If the gym/court requires the use of a sideline (a wall is not present) to determine the width and/or length of the playing space, the following rules apply; <ul style="list-style-type: none"> All sidelines must be confirmed by both team captains prior to the start of the game. Captains must maintain a 2-meter distance. Players cannot touch or cross a sideline (similar to the centre line), unless they are attempting to retrieve a ball and bring it back into the playing space. If a player is not retrieving a ball and any part of a player touches the sideline or past the line, that player is out. If a player is retrieving a ball, they must return back to the game playing space immediately or that player is out. If a player is retrieving a ball past the sideline, they are still considered 'live' and can be hit by a thrown

	<ul style="list-style-type: none"> ball and can also catch a thrown ball, etc. <ul style="list-style-type: none"> ○ Teammates who are not playing in the current game (or have been previously eliminated), should help retrieve balls and place them back into the playing space at the location they went out. ● Teams can choose to switch sides at the half-way point of the match.
<p>GENERAL GAME RULES</p>	<ul style="list-style-type: none"> ● The 4 players that start each game are the only players that can play during that particular game (i.e. for that point). Teams can alter their roster for each game as long as gender requirements are met. Injured players can be substituted midway during a game if necessary (keeping gender ratio). ● It is the responsibility of all players to make a fair and honest call as to whether or not they were hit. If a player/team accuses another player of being out, it is up to the player in question to decide whether they were hit or not. Clothing is considered a part of your body if hit by a ball. ● Players cannot remain static in areas that conceal or partially conceal their body, e.g. door entrance ways. ● Defensive players cannot lie down, kneel or crouch before a ball is thrown. ● Players cannot kick the ball at an opponent. ● It is considered unsportsmanlike to squeeze the dodgeballs before throwing them. ● When holding a ball, players should keep the ball away from their face. ● When 2 players remain on the court (1 from each team), the timekeeper should announce the two players have "one-minute" to eliminate each other. After the one-minute has expired, if the game has not yet ended, each team will return one player to the court (again, each team must abide by their order of returning players). ● No handshakes or high fives between teams – All greetings and congratulations should be vocal.
<p>PLAYER ELIMINATION AND PLAYER ADDITION</p>	<ul style="list-style-type: none"> ● To eliminate an opposing player, a 'live' ball must hit the player from the shoulders downwards. An opponent that is hit in the head is NOT eliminated but the thrower of the head ball IS eliminated. If a ball hits a player in their head at any time, the game must stop, and the ball must be sanitized. ● If a player is hit in the head at any time and in any position, the thrower is out. Players cannot purposely use their head to block a ball. ● Once a player has been hit with a ball and is out, they must raise their hand while exiting the floor. This way opponents will not intentionally strike again. Any ball that hits an 'out' player as they are heading off the court is a dead ball. Please leave the court quickly. ● A ball is considered 'dead' as soon as it hits the floor, walls, ceiling or any other obstacles around the court (e.g. basketball hoops, etc). A player is not eliminated after being hit by a dead ball. All other balls are considered 'live'. ● If a thrown ball hits an opponent and comes back across the centre line, the ball is considered to be dead and only the person who is hit is out. ● If a player catches a 'live' ball the thrower is out. In addition, the team that caught the ball can return a previously eliminated player to the court. The player that returns to the game must be the first player who was ruled 'out' during that particular game (and the order of returning players should be maintained - e.g. the third player to be eliminated will be the third player to return to the court). This player is considered a live player as soon as the ball is caught. It is recommended players line-up in order of elimination on the bench. ● If a 'live' ball hits a player then rebounds and hits another player on the court and the ball hits the ground or wall, both players are out. If the ball rebounds off a player and another player catches it (as a continuous action without touching the ground) the thrower is out and the player who had the ball rebound off them is safe. ● Players cannot cross the center line. Players may lean over the half line to retrieve a ball, but the player cannot touch the middle line or any part of their opponents half of the court. If any part of a player touches the line or other half, that person is out. If a ball is thrown by a player who steps on and/or over the line, the ball is considered dead and cannot eliminate an opponent. ● Players cannot jump from their own side of half and land on their opponent's side in the attempt of getting an opponent out. Only the thrower is out in this scenario. This is also known as the kamikaze rule.
<p>BALL POSSESSION</p>	<ul style="list-style-type: none"> ● Players cannot be in possession of a ball longer than 10 seconds. This rule applies as soon as a player touches a ball (excluding stopping the ball with a player's foot). Therefore, if a player puts the ball down on the ground or passes it to another teammate, the ball needs to be thrown within 10 seconds. If a ball is not thrown within the 10 second window, the opposing team receives the ball. ● Teams should not stockpiling the balls on their own side of the court if it causes players to be in possession of a ball for longer than 10 seconds. If all 4 balls are on one side of the court, the remaining players need to throw at least one ball within 10 seconds. Please abide by this rule as it will speed up the pace of play. ● Players can only be in possession of 1 ball at any given time. If a players catches a 2nd ball, then the thrower is not out and the catcher must immediately drop the 2nd ball. As well, the team whose player caught the 2nd ball is not allowed to bring a player back onto the court. This is considered a neutral play – no player is out. ● A player holding a ball can use it to deflect/block another ball thrown at them by an opponent. However, if the ball

	<p>being held is dropped due to the 2nd ball, the person who dropped the ball is out. A deflected ball is still considered 'live' until it hits the ground. If it hits another player before hitting the ground, the hit player is out.</p> <ul style="list-style-type: none">• If a player has caught a ball, deflects a thrown ball, places current ball down, and catches new ball, the thrower is out and the player is safe.
PLAYOFFS	<ul style="list-style-type: none">• There are no playoff games, trophies or prizes this season, however, scores and standings will still appear on our website.

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!