



## 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](#).

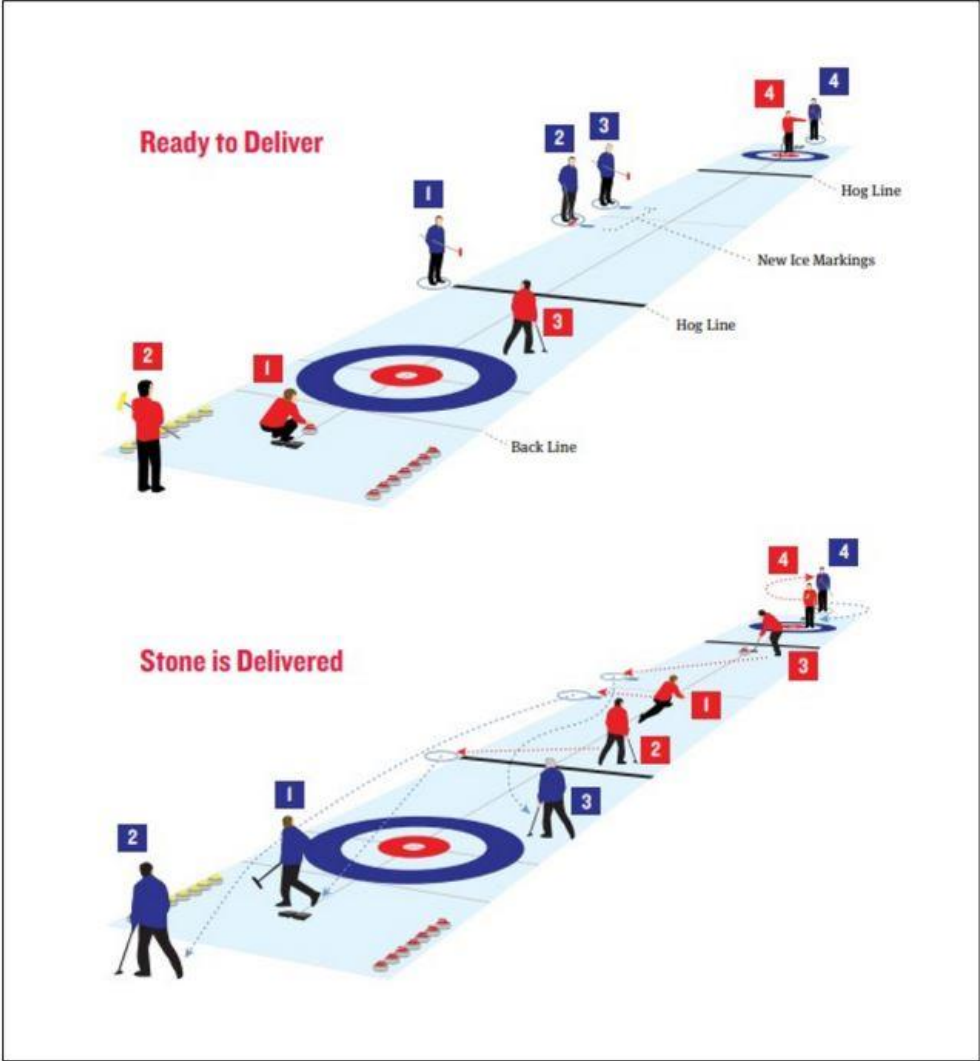
## GAME COORDINATOR (GC) ON-SITE SSC STAFF

- 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](#).**



## SSC Official Rideau Curling Rules – COVID-19 MODIFICATIONS

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>The team that scores the most amount of points during the 2 hours or 8 ends, wins the match.</li> <li>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.</li> </ul>
<b>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>Games are maximum 1 hour 55 minutes in length, and 8 ends are to be played in that time.</li> <li>Time Rule: No new end may begin after 25 minutes to the start of the next scheduled draw. This is to ensure all teams complete their game and exit together in a single file, following facility's exit procedures.             <ul style="list-style-type: none"> <li>For example, for a 7:00 PM draw, no new end may begin after 8:35 PM as the next draw starts at 9:00 PM.</li> </ul> </li> <li>Games start and end according to your online SSC schedule.</li> <li>Teams are responsible for keeping time.</li> <li>Players are required to arrive and depart directly before and after their games.</li> <li>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.</li> <li>Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game.</li> <li>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.</li> <li>Directional signage will be posted onsite when possible to ensure physical distancing is followed.</li> <li>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.</li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>Players are encouraged to bring their own brooms and sliders, however, equipment (brooms and sliders) are available to use at the Curling Club. Please ask the bartender at the main floor bar. Equipment will need to be signed out. After use, please return it to the main floor bartender.</li> <li>All curlers are required to wear clean shoes on the ice.</li> <li>Players will not be allowed on the ice with outdoor footwear (very important).</li> <li>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!</li> <li>All players should arrive dressed to play.</li> <li>Players are to keep score on their phones and not use the score cards.</li> <li>At the end of the game, one player will be responsible for sanitizing the rock handles for both teams (all 16 rocks).</li> </ul>
<b>PLAYERS ON ICE, GENDER RATIO AND DEFAULTS.</b>	<ul style="list-style-type: none"> <li><b>Mandatory Roster Requirements:</b> <ul style="list-style-type: none"> <li>Teams are comprised of 4 players on the ice and a maximum roster of 5 players.</li> <li>No spectators allowed under any circumstance (this includes kids, family, etc).</li> <li>No substitute players allowed outside of your 5-player roster maximum (unless from the same league and tier).</li> </ul> </li> <li>Teams are comprised of 4 players; however, a team can play with 3 players.</li> <li>There are no gender requirements for curling, however we strongly encourage teams to be co-ed.</li> <li>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.</li> </ul>
<b>GAME SET-UP</b>	<ul style="list-style-type: none"> <li>Teams will alternate starting from opposite ends of the ice. Even sheet numbered teams will start from one end, odd sheet numbered teams will start at the other end.</li> <li>Each team has eight stones (each player will throw 2 stones per end).</li> <li>The team winning <b>rock-paper-scissors</b> will decide whether they will curl first or second, the losing team will decide the rock colour.</li> <li>Teams with more than 4 players must wait between ends to rotate in. Only 4 curlers may play per end.</li> <li>When the curler throws the stone, <b>1 teammate</b> can sweep the stone with the purpose of directionally controlling the speed and path, the 4<sup>th</sup> teammate is the Skip in this scenario.</li> <li>Every player should have a broom.</li> <li>People who are right-handed wear tape or a slider on their left foot and vice-versa for left-handed people.</li> </ul>

	<ul style="list-style-type: none"> <li>Put rocks away using a broom or foot, not your hands.</li> </ul>
<p><b>GENERAL GAME RULES</b></p>	<ul style="list-style-type: none"> <li>Teams are required to declare a set 'lead' '2nd' '3rd' and 'skip' positions for the entire game. Players are not allowed to rotate through the various positions. This process ensures only 1 player touches the same rocks for the entirety of the game.</li> <li>The rocks must completely cross the hog line to stay in play.</li> <li>Throwers must release the rock before the hog line.</li> <li>If a rock hits the sideboard or the sidelines, the stone is out of play.</li> <li>Only one (1) sweeper can be used from start to finish - you are not allowed to switch sweepers during the delivery of the rock.</li> <li>Skips will not sweep at all and there will be no sweeping of opposition rocks.</li> <li>Players must always physically distance during the game. Please follow the below diagram to ensure safe movement of players when a stone is delivered:</li> </ul> 
<p><b>FREE GUARD ZONE RULE</b></p>	<ul style="list-style-type: none"> <li>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>.</li> </ul>
<p><b>CURLING ETIQUETTE</b></p>	<ul style="list-style-type: none"> <li>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 <b>please remain 2-metres apart</b>.</li> <li>If you are throwing next you may stand on the backboard but remain quiet and out of sight of the opposition thrower.</li> <li>Only skips and thirds may congregate behind the tee line. They do not move or hold their brooms on the ice while</li> </ul>

	<p>the opposition is preparing to deliver a stone.</p> <ul style="list-style-type: none"><li>• Be ready to go when it's your turn to deliver a stone.</li><li>• Please do not hit the ice with brooms.</li><li>• Please do not crash the rocks on the ice.</li><li>• Please guard the 'hack' so that rocks do not hit it and ruin the ice.</li><li>• Curling is a win-win sport! Win - you get bragging rights... Lose - winning teams buy the beer!</li></ul>
<b>PLAYOFFS</b>	<ul style="list-style-type: none"><li>• There are no playoff games, trophies or prizes this season, however, scores and standings will still appear on our website.</li></ul>

**REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!**