



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 Indoor Turf Soccer – Coed 7-on-7 (90-minutes)

COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> Soccer is a team sport in which the objective is to score more goals than your opponent on their goaltender.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> Games are 90 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-7:25pm). 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 1 soccer ball (Size 5) to every game. Teams are required to wash/sanitize all team equipment before and after the game. Do not share your game ball and equipment with other teams. Teams must sanitize the game ball at half time. Soccer balls and scoreboards are not available for rent from SSC at this time. Captains are responsible for ensuring that nets are placed appropriately in the goal area. Teams should bring both light & dark coloured t-shirts to help distinguish opponents.
PLAYERS ON COURT AND GENDER RATIO.	<ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 7 players on the field (6 players and 1 keeper) and a maximum roster of 12 players. No spectators allowed under any circumstance (this includes kids, family, etc). No substitute players allowed outside of your 12-player roster maximum (unless from the same league and tier). Teams must play with a minimum of 2 males and 2 females on the field at all times. A team can play with a minimum of 6 people, as long as the gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
GAME & FIELD SETUP	<ul style="list-style-type: none"> Nets will be set up by facility staff upon the arrival to your game. Team captains should meet before the start of the game to go over the field lines as well as defining the goal crease. In most instances, these lines will already be obvious on the field. Captains must maintain a 2-meter distance. Teams are responsible for keeping score & time. To start the game, teams should decide who gets ‘first ball’ by playing a game of rock-paper-scissors. The game begins with one team initiating play by making a pass from the centre of the court, back to a teammate. Teams must keep the same team bench/side for the duration of the game. If a field shares a sideline with another field, neither group should use the communal sideline. If opposing teams must share one sideline, they are required to stay on their half of the field. No handshakes or high fives between teams – all greetings and congratulations should be vocal.
GENERAL GAME RULES	<p>In general, standard soccer rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> To score a goal, the entire ball must pass over the goal line and into the net. If a discrepancy arises as to whether the ball was in or not, the person deemed to have the "best perspective" will ultimately make the call. Please remember that you are playing in a self-officiated, co-ed, social league, so any arguments or disputes should be kept to a minimum.

	<ul style="list-style-type: none"> • There are NO off-sides. However, a strategy of consistently "cherry-picking" is considered to be unsportsmanlike. • Player substitutions can be made at any time (i.e. changing on the fly is allowed). However, please ensure that the player coming off has completely entered the team area before the new player joins the action and the change does not disrupt the flow of the game. Keepers cannot change on the fly - please wait for a stoppage in play before substituting goalies. • A handball infraction occurs when the ball hits a player's arm from the ELBOW down (as opposed to the shoulder). In addition players may use their arms to block the ball from hitting their groin area, and women can also use their arms to block the ball from hitting their chest. This rule will reduce the number of stoppages in play. Please don't abuse this rule. Players should never touch the ball with their hand at any time. • All free kicks and side kick-ins are indirect. To score off an indirect kick, the ball must be touched by another player (offense or defense, but not the keeper). This is a modification of the original rule to deter players from blasting the ball at the goal in an attempt to hit the ball off the goalie and into the net. • If a ball is kicked out of bounds along the sidelines, an indirect kick-in is awarded to the opposite team. Players will take kick-ins, instead of throw-ins. The ball should be placed on the sideline where it left the field. The player must have both feet on or outside the sideline. If a kick-in attempt results with the ball never entering the field, the play is retaken. • If a ball is kicked out of bounds along the goal line by the offence, an indirect goal kick is awarded to the defending team. • If a ball is kicked out of bounds along the goal line by the defense, a corner kick is awarded to the attacking team. A corner kick is not a 'free kick', therefore a goal can be scored directly from a corner-kick. • If a ball hits the top or sides of the dome, an indirect kick is awarded to the opposite team. The ball should be placed at the spot on the field that is closest to where the ball made contact with the dome. i.e. directly underneath the point at which the ball hit the ceiling and on the sidelines for balls that hit the side of the dome. • Defensive players cannot be within 8 feet of the ball when any indirect kick, corner-kick, or goal kick is being taken. • Slide tackling is not allowed under any circumstances. As well, no players (with the exception of the goalie) can slide to block a shot or pass at any time. • When placing the ball for a free-kick, corner or sideline kick in, please use your feet to place the ball. • Players should limit handling the ball if at all. • If a ball from another game lands on your field, do not throw it back. Let a player from another field pick it up. • Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play. • A game can end in a tie during the regular season (ties are not allowed in playoffs, see below). • No metal cleats allowed. • Currently, headers are still permitted.
<p>GOAL CREASE & GOALKEEPER</p>	<ul style="list-style-type: none"> • Goalies can: <ul style="list-style-type: none"> ○ Use their hands when they are inside the lined goal crease, as long as they are wearing goalie gloves. ○ A keeper can "roam" as far from their goal as they want. • Goalies cannot: <ul style="list-style-type: none"> ○ Use their hands outside of the crease. If this occurs, a penalty kick is awarded to the opposing team. ○ When inside the goal crease, a keeper CANNOT pick up a ball with his/her hands if the ball has been played back on purpose to the keeper by a player on his/her team. This includes all forms of passing and kick-ins. The only exception is if the player directs the ball back to the keeper with their head - in this case the keeper CAN pick the ball up with his/her hands. A violation of this rule results in an indirect free kick for the other team at the spot where the keeper inappropriately used their hands.
<p>VIOLATIONS & MAKING CALLS</p>	<ul style="list-style-type: none"> • The offending player should call their own infractions, however any players involved with the infraction can also make a call. When a foul is called, play must stop as there is no "advantage" in SSC soccer. • Players not on the field at the time of any incident CANNOT make a call at any time.
<p>PLAYOFFS</p>	<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!