



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 Ultimate Outdoor Rules – Coed 7-on-7 - COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> • Ultimate, often called Ultimate Frisbee, is a non-contact team sport played with a flying disc. The objective of the game is to score points by passing the disc into the opposing end zone.
GAME LENGTH	<ul style="list-style-type: none"> • Games are 60 minutes in length including a 5 minute stop for halftime (unless otherwise indicated in your schedule). • 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-7:00pm). • Games are played rain or shine. • If a game is stopped due to lightning, games played until half time will constitute a complete game. • 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. • Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game. 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.
EQUIPMENT	<ul style="list-style-type: none"> • Teams are required to bring one official Ultimate disc and 6 pylons to every game. • Teams are required to wash/sanitize the disc and cones before and after the game. • Do not share your disc or cones with other teams. • At halftime, teams must either sanitizing the game disc or replace with a newly sanitized disc. • Teams are encouraged to swap out discs or re-sanitize discs often. • Teams should bring both light & dark coloured t-shirts to help distinguish opponents. • Metal cleats are not allowed.
PLAYERS ON FIELD 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 and a maximum roster of 12 players. ○ No Spectators are allowed under any circumstance (this includes kids and pets). ○ Substitute players must practice physical distancing when on the sideline. • 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 4 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. • For Individual teams – SSC will make every attempt to roster 3+ females.
SCORING & MERCY RULE	<ul style="list-style-type: none"> • There is no point cap. • Mercy Rule: If a team is up by 15 points after 1 hour of play, the losing team has the option of calling the game or choosing to continue.
GAME & FIELD SET-UP	<ul style="list-style-type: none"> • Team captains should meet before the start of the game to set-up the field with the required pylons. Captains must maintain a 2-meter distance. • To view a diagram of an Ultimate field set-up, click on the pdf document in the rules section. • Please check the online SSC schedule for a specific map of the facility and field orientation (when available). • The field set-up includes: <ul style="list-style-type: none"> ○ Total field length (70 paces) ○ Between the end zones (60 paces) ○ End zones (each 5 paces) ○ Total field width (35 paces) ○ A pace is approximately 3 heel-to-toe steps. • If a disc from another game lands on your field, do not throw it back. Let a player from another field pick up their disc. • 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	<p>In general, SSC plays by official USA Ultimate 11th edition rules , for example:</p>

<p>RULES</p>	<ul style="list-style-type: none"> • To start the game, teams decide who gets first possession by flipping the disk while maintaining physical distancing. • Teams are responsible for keeping score & time. • Each point begins with both teams lining up behind each of their goal lines. The defense throws ("pulls") the disc to the offense. <ul style="list-style-type: none"> ○ Players on the pulling team may not cross the goal line until the disc is released by the "puller". ○ Players on the receiving team must have a foot on the goal line and can only move once the disc is released by the pulling team. ○ If either team fails to maintain proper positioning before the pull, the other team may audibly announce "off-side" and a re-pull ensues. ○ Players are required to be physically distanced at the goal line. • The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc "thrower" has ten seconds "stalls" to throw the disc. The defender guarding the thrower "marker" counts out the stall count. Effort should be made to make this announcement and any subsequent stall counts away from the thrower's face. The defender will silently count the first five (5) stalls silently rather than state them out loud. On the sixth (6) stall, the defender will count aloud until stall 10. • When stalling, maintain 2 meters from your opponent who is trying to throw the disc. • Instead of checking the disk, a defensive player can raise 2 hands to acknowledge a game restarting in the following situations: <ul style="list-style-type: none"> ○ After the disc travels out-of-bounds ○ After a foul is called or an injury occurs ○ After invoking the middle rule while receiving a throw-off • When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. • The disc may travel out of bounds and return in bounds and still be played, as long as it has not contacted anything in the out of bounds areas. • Zone defense is recommended, and players are reminded that Ultimate is a non-contact sport. • Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play. • When the game time runs out the game is considered over, and the current point is not finished. • A game can end in a tie during the regular season (ties are not allowed in playoffs).
<p>SPIRIT OF THE GAME</p>	<ul style="list-style-type: none"> • Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behaviour are contrary to the Spirit of the Game and must be avoided by all players. • It is our hope that more experienced teams will assist in the promotion and clarification of the spirit of the game and the rules. If a team or person is unclear on something, explain it to them to enhance the Ultimate experience and not to put them at a disadvantage. This will ensure that all games that are played are heading to a higher and more enjoyable level.
<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 immediately. Absolutely no contact with an opponent, whether this be intentional or accidental. • Foot blocks, pick and screens are not permitted and are considered fouls. • Players not on the field at the time of the incident cannot make a call.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • There are no playoff games, trophies or prizes this Sprummer season, however, scores and standings will still appear on our website.

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!