



## 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:
  - [League Modifications](#)
  - [Player Guidelines](#)
  - [League Representative Guidelines](#)
  - [Self Screening Tool](#) (done before each game).
  - [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, resting/sitting on the sidelines, and departing the game.
  - 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 will not be trophies or prizing this season, however, leagues will have playoffs, scores and standings.
  - When possible, 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.
  - Depending on facility requirements, game times may be staggered to ensure safe traffic flow.
  - Players are asked to compete with a "Play On" mentality. No arguing or disputing calls made during the game.
  - If provincial public health regulations are updated, league modifications may adjust accordingly.



## SSC Official Spikeball Rules - COVID-19 MODIFICATIONS

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| <p><b>OBJECTIVE</b></p>   | <ul style="list-style-type: none"> <li>Spikeball (aka 'Roundnet') is a two-player team sport. The objective is to hit the ball off the net in such a way that the opposing team cannot successfully return it.</li> </ul>   |
| <p><b>GAME LENGTH, FOUL WEATHER GUIDELINES AND PHYSICAL DISTANCING REQUIREMENTS</b></p> | <ul style="list-style-type: none"> <li>Games are 45 minutes in length.</li> <li>Games start and end according to your online SSC schedule.</li> <li>If games start late, games must finish at the scheduled time (e.g. 6:10pm-6:45pm).</li> <li>Teams play two games (1 game = 3 sets) each evening against different opponents.</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> |
| <p><b>EQUIPMENT &amp; GAME SETUP-UP</b></p>   | <ul style="list-style-type: none"> <li>Spikeball nets will be provided by the SSC Game Coordinator upon arrival to your game.</li> <li>Teams are required to setup/takedown the nets.</li> <li>Two balls will be provided for the game. The ball should be inflated to 12 inches in circumference.</li> <li>Net tension should be consistent throughout. A ball dropped from a height of 5 feet from the ground should bounce up approximately 20 inches from the net (measuring from the bottom of the ball).</li> <li>To determine who serves first, teams can either choose to play a rally game (minimum 3 hits into the net), or rock-paper-scissors.</li> <li>Players may wear sneakers or play barefoot. Cleats are not permitted.</li> <li>Teams are responsible for keeping score and time.</li> <li>If time runs out in the middle of a set, whichever team is winning at that moment is considered the winner. However, a team must win at least 5 points in a set, in order for it to count as a win/loss. If neither team gets at least 5 points, the set is deemed a tie.</li> <li>Players must clean and sanitize the game balls after each game.</li> </ul>   |
| <p><b>PLAYERS ON COURT, GENDER RATIO AND DEFAULTS</b></p>                               | <ul style="list-style-type: none"> <li><b>Mandatory Roster Requirements:</b> <ul style="list-style-type: none"> <li>Teams are comprised of 2 players on the field.</li> <li>Teams are not permitted to exceed a maximum of 3 'game day' players at each game. This is to ensure teams do not exceed public health gathering limits.</li> <li>Substitute players are permitted; however, must be added to the online team roster.</li> <li>Spectators are permitted at most game locations; however, please follow onsite regulations. Spectators must remain away from the field of play and must maintain a 3m distance between other spectators.</li> </ul> </li> <li>Teams are comprised of 2 players on the court.</li> <li>There are no gender requirements.</li> <li>A default for the match will occur if a team is not present 15 minutes after the official start time (unless otherwise agreed by both captains).</li> <li>If a team has 3 or more players, they can only rotate players for each set (not in the middle of a set). The two players that start the set, play the complete set. If a player is injured and cannot continue to play, a player can take their place in the game.</li> </ul>  |
| <p><b>GENERAL GAME RULES</b></p>  | <ul style="list-style-type: none"> <li>To begin, the four players setup in positions around the net, 90 degrees apart and must have their entire body at least 6-feet from the net. Teammates are located next to each other. Once the ball is served players can move anywhere they want.</li> <li>The serving team hits the ball into the net towards the opposing team. The goal on the serve is to hit the ball towards the opposing team in a manner where they cannot return it. If they cannot return the serve, then the serving team gets a point.</li> <li>Each team is allowed up to 3 touches (alternating between teammates) in order to return the ball into the net. It is not required that you hit the ball all 3 times. If teammates touch the ball simultaneously it is counted as two hits. Either teammate may take the next hit provided they have not already used all three hits.</li> </ul>  |

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|                    | <ul style="list-style-type: none"> <li>• The ball must be hit, not caught, lifted or thrown.</li> <li>• A player can use any part of their body to hit the ball and it counts as a hit.</li> <li>• Each time the ball hits the net possession switches to the other team.</li> <li>• The rally or volley continues until one team cannot return the ball into the net.</li> <li>• There are no sides or boundaries.</li> <li>• Players may move as they wish during a point, so long as they don't physically impede the opponent's play on the ball.</li> <li>• <b>No handshakes or high fives between teams – All greetings and congratulations should be vocal.</b></li> </ul>   |
| SERVING            | <ul style="list-style-type: none"> <li>• The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team.</li> <li>• The receiving team sets their position first. The server stands 180 degrees across the designated receiver--the only player allowed to field the serve.</li> <li>• Server's feet must be behind the service line (at least 6 feet away from the net) when the ball is hit. They can lean over the service line, but their feet may not cross the service line until after the ball is hit. The server is allowed to take a pivot step or approach steps but is not allowed to move laterally beyond a pivot.</li> <li>• Serves may be struck with any amount of force; short serves are allowed.</li> <li>• The ball must be tossed up from the server's hand before it is hit.</li> <li>• If a server serves two faults, the receiving team wins the point. Violation of ANY of the following rules is a fault: <ul style="list-style-type: none"> <li>○ The server must toss the ball upward at least 4 inches.</li> <li>○ If the server tosses the ball, he/she must hit it. Dropping, catching, or swinging at and missing a toss all count as a fault.</li> </ul> </li> <li>• Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it has to be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.</li> <li>• The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.</li> <li>• If the ball takes an unpredicted bounce, and lands back on the net or the rim, it's the other teams point and a change of possession.</li> <li>• If the ball contacts the rim at any time, it is a point for the other team and a change of possession.</li> <li>• After a server wins the point, they change positions with their teammate, so they are directly across from the other member of the receiving team.</li> </ul> |
| FOULS & VIOLATIONS | <ul style="list-style-type: none"> <li>• Defensive players must make an effort to get out of the offensive team's way. If a member of the defensive team is in the way of a play on the ball, the player being blocked must call "hinder" and replay the point. The offensive team must have a legitimate play on the ball to call "hinder."</li> <li>• If the defensive team gets hit with the ball, call "hinder" and replay the point. The offensive team must have a legitimate play on the pass to call "hinder."</li> <li>• If a defensive player attempts to play a ball when it is not their turn, they lose the point.</li> <li>• If a player hits a shot off the net then the ball hits their teammate, they lose the point. If a player hits a shot off the net then the ball hits himself/herself, they lose the point.</li> <li>• If any player makes contact with the Spikeball net that moves the net or affects the trajectory of the ball, they lose the point. If the contact with the Spikeball set does not move the set or affect the trajectory of the ball, play on.</li> <li>• Infractions on playing the ball; <ul style="list-style-type: none"> <li>○ Four hits – A team hits the ball more than three times before returning it to the net.</li> <li>○ Non-Strike – The ball is carried, caught or thrown.</li> <li>○ Two-handed hit – A player hits the ball with both hands simultaneously.</li> <li>○ Double-contact – A player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.</li> </ul> </li> <li>• <b>Player meetings regarding rules, scores, etc. must be conducted at a minimum 2 meters distance.</b></li> </ul>   |
| SCORING            | <ul style="list-style-type: none"> <li>• The first team to score 21 points by a two-point margin wins the game.</li> <li>• All three sets count towards each teams' overall standings (e.g. – if a team wins the first two sets, the 3<sup>rd</sup> set still counts as it is not best out of three).</li> <li>• Games are played using rally scoring; points can be won by serving or receiving team.</li> <li>• A team scores a point when: <ul style="list-style-type: none"> <li>○ The ball contacts the ground or otherwise isn't returned onto the net within 3 touches.</li> <li>○ The ball is hit directly into the rim at any time, including on a serve.</li> </ul> </li> </ul>   |

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|          | <ul style="list-style-type: none"> <li>○ The ball bounces and falls back onto the net or rim.</li> <li>○ The ball clearly rolls across the net.</li> <li>○ The opposing team commits an infraction.</li> <li>○ The opposing team's server has two successive faults.</li> <li>● Replay – a point is replayed when: <ul style="list-style-type: none"> <li>○ Teams disagree on an infraction or a legality of a hit.</li> <li>○ Teams disagree on an infraction</li> <li>○ There is an outside interference (ie a player, ball or other object from outside the match impedes the game).</li> </ul> </li> <li>● If the serving team wins a rally, they score a point and continue to serve. If the receiving team wins a rally, they score a point and must serve next.</li> </ul> |
| PLAYOFFS | <ul style="list-style-type: none"> <li>● There are no trophies or prizes this season.</li> <li>● Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order.</li> <li>● The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.</li> </ul>   |

**REMEMBER... ALWAYS HAVE FUN!**