



## 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 Ultimate Outdoor Rules – Coed 5-on-5 - COVID-19 MODIFICATIONS

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• Games are 90 minutes in length including a 5 minute stop for halftime (unless otherwise indicated in your schedule).</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. 6:15pm-7:30pm).</li> <li>• Games are played rain or shine.</li> <li>• If a game is stopped due to lightning, games played until half time will constitute a complete game.</li> <li>• <b>Players are required to arrive and depart directly before and after their games.</b></li> <li>• <b>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.</b></li> <li>• <b>Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game.</b></li> <li>• <b>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.</b></li> <li>• <b>Directional signage will be posted onsite when possible to ensure physical distancing is followed.</b></li> <li>• <b>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.</b></li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>• Teams are required to bring one official Ultimate disc and 6 pylons to every game.</li> <li>• <b>Teams are required to wash/sanitize the disc and cones before and after the game.</b></li> <li>• <b>Do not share your disc or cones with other teams.</b></li> <li>• <b>At halftime, teams must either sanitizing the game disc or replace with a newly sanitized disc.</b></li> <li>• <b>Teams are encouraged to swap out discs or re-sanitize discs often.</b></li> <li>• Teams should bring both light &amp; dark coloured t-shirts to help distinguish opponents.</li> <li>• Metal cleats are not allowed.</li> </ul>
<b>PLAYERS ON FIELD AND GENDER RATIO</b>	<ul style="list-style-type: none"> <li>• <b>Mandatory Roster Requirements:</b> <ul style="list-style-type: none"> <li>○ Teams are comprised of 5 players on the field.</li> <li>○ Teams are not permitted to exceed a maximum of <b>12 ‘game day’</b> 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 must play with a minimum of 2 males and 2 females on the field at all times.</li> <li>• A team can play with a minimum of 4 people, as long as the gender requirements are met.</li> <li>• Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.</li> <li>• For Individual teams – SSC will make every attempt to roster 3+ females.</li> </ul>
<b>SCORING &amp; MERCY RULE</b>	<ul style="list-style-type: none"> <li>• There is no point cap.</li> <li>• 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.</li> </ul>
<b>GAME &amp; FIELD SET-UP</b>	<ul style="list-style-type: none"> <li>• Team captains should meet before the start of the game to set-up the field with the required pylons. <b>Captains must maintain a 2-meter distance.</b></li> <li>• To view a diagram of an Ultimate field set-up, click on the pdf document in the rules section.</li> <li>• Please check the online SSC schedule for a specific map of the facility and field orientation (when available).</li> <li>• The field set-up includes:             <ul style="list-style-type: none"> <li>○ Total field length (60 paces)</li> <li>○ Between the end zones (50 paces)</li> <li>○ End zones (each 5 paces)</li> <li>○ Total field width (35 paces)</li> <li>○ A pace is approximately 3 heel-to-toe steps.</li> </ul> </li> <li>• <b>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.</b></li> <li>• <b>If a field shares a sideline with another field, neither group should use the communal sideline.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• If opposing teams must share one sideline, they are required to stay on their half of the field.</li> <li>• No handshakes or high fives between teams – All greetings and congratulations should be vocal.</li> </ul>
<p><b>GENERAL GAME RULES</b></p>	<p>In general, SSC plays by official <u>USA Ultimate</u> rules, for example:</p> <ul style="list-style-type: none"> <li>• To start the game, teams decide who gets first possession by flipping the disc <b>while maintaining physical distancing</b>.</li> <li>• Teams are responsible for keeping score &amp; time.</li> <li>• 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"> <li>○ Players on the pulling team may not cross the goal line until the disc is released by the "puller".</li> <li>○ 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.</li> <li>○ If either team fails to maintain proper positioning before the pull, the other team may audibly announce "off-side" and a re-pull ensues.</li> </ul> </li> <li>• 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. <b>Effort should be made to make this announcement and any subsequent stall counts away from the thrower's face.</b></li> <li>• <b>Instead of checking the disc, a defensive player can raise 2 hands to acknowledge a game restarting in the following situations:</b> <ul style="list-style-type: none"> <li>○ <b>After the disc travels out-of-bounds</b></li> <li>○ <b>After a foul is called or an injury occurs</b></li> <li>○ <b>After invoking the middle rule while receiving a throw-off</b></li> </ul> </li> <li>• 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.</li> <li>• 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.</li> <li>• Zone defense is permitted, though person-to-person defense is most common with SSC Ultimate leagues.</li> <li>• Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play.</li> <li>• When the game time runs out the game is considered over, and the current point is not finished.</li> <li>• A game can end in a tie during the regular season (ties are not allowed in playoffs).</li> </ul>
<p><b>SPIRIT OF THE GAME</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<p><b>VIOLATIONS &amp; MAKING CALLS</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Foot blocks, pick and screens are not permitted and are considered fouls.</li> <li>• Players not on the field at the time of the incident cannot make a call.</li> </ul>
<p><b>PLAYOFFS</b></p>	<ul style="list-style-type: none"> <li>• <b>There are no trophies or prizes this season.</b></li> <li>• Playoff games should only be 80 minutes in length in anticipation of needing the extra time to settle a tie.</li> <li>• In the playoffs when regulation time has expired, the current point should be played out until a team scores. If this point results in the score being tied, one more point is to be played in order to break the tie.</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 AND PHYSICALLY DISTANCE!**