



## 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.
- Provincial Health Orders and/or facility regulations regarding proof of vaccination status must be followed by all players (where applicable).
- 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](#).
  - 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 Futsal Rules – Coed 5-on-5 - COVID-19 MODIFICATIONS

<p><b>OBJECTIVE</b></p>	<ul style="list-style-type: none"> <li>Futsal is a five-a-side game, played on an indoor court with soccer nets/bownets using a size 4 ball (reduced bounce). Futsal is played to the outside court lines (walls are not used). A ball that goes outside the court lines or hits the wall / ceiling / obstacles is considered out of bounds and responded to with a kick in.</li> <li>The objective is to score on the opposing net.</li> </ul>
<p><b>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</b></p>	<ul style="list-style-type: none"> <li>Games are 55 minutes in length with a 5-minute stop for halftime.</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-6:55pm).</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>Players, spectators, and SSC league representatives must follow provincial mask mandates and/or local facility mask protocols when attending SSC activities.</li> <li>If required, directional signage will be posted onsite 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 accidental contact may occur while playing the 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 (MANDATORY)</b></p>	<ul style="list-style-type: none"> <li>Teams are required to bring a size 4 Futsal ball to every game. <ul style="list-style-type: none"> <li>A refundable deposit is required and payable through online registration at the time of league registration and in your shopping cart.</li> </ul> </li> <li>Teams are responsible for sanitizing the game ball before, at half time and after the game.</li> <li>Do not share your game ball and equipment with other teams.</li> <li>Scoreboards are not available for rent from SSC at this time. Teams are permitted and encouraged to bring their own scoreboard and sanitize before and after the game.</li> <li>The same player on each team should manage the scoreboard, or teams can choose to verbally announce the score prior after each goal.</li> <li>Teams are responsible for ensuring that nets are placed appropriately in the goal area.</li> <li>Teams should bring both light &amp; dark coloured t-shirts to help distinguish opponents.</li> <li>Players must wear non marking soled shoes and are encouraged to wear shin pads covered by soccer socks.</li> </ul>
<p><b>PLAYERS ON COURT &amp; GENDER RATIO.</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 5 players on the court.</li> <li>Teams are not permitted to exceed a maximum of 9 'game day' players at each game.</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.</li> </ul> </li> <li>Teams are comprised of 5 players on the court (4 players and 1 goalkeeper).</li> <li>Teams must play with a minimum of 2 males and 2 females on the court 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> </ul>
<p><b>GAME &amp; COURT SET-UP</b></p>	<ul style="list-style-type: none"> <li>Futsal nets will be set up by SSC or facility staff upon the arrival to your game.</li> <li>Team captains should meet before the start of the game to review court lines as well as defining the goal crease. Captains must maintain a 2-meter distance.</li> <li>To start the game, teams should decide who is awarded the kick-off. The opposing team will then start the second half with the ball.</li> <li>Teams are responsible for keeping score and time.</li> <li>The game begins with the ball being passed back to a teammate before crossing centre line.</li> <li>For the duration of the match, players must stay on the same side of the court (no switching at half time).</li> <li>If the playing surface shares a sideline with another court, neither group should use the communal sideline.</li> <li>If opposing teams must share one sideline, they are required to stay on their half of the court.</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>Standard futsal rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> <li>• There are no restrictions (apart from the ceiling of the gym) as to how high the ball can be kicked in Futsal.</li> <li>• Player substitutions can be made at any time and ensuring the player has left the court before a new player joins the play. Keepers must wait for a stoppage in play before substituting for an alternate keeper.</li> <li>• 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.</li> <li>• If a ball is kicked out of bounds along the sidelines, an indirect kick-in is awarded to the opposite team. The ball should be placed on sideline where it left the court. The player must have both feet on or outside the sideline. If a kick-in attempt results with the ball never entering the court, the play is retaken.</li> <li>• 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.</li> <li>• 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.</li> <li>• There is a 4 second time limit placed on all set plays (corners, free kicks, etc).</li> <li>• Players must retreat 3 metres from the ball at all 'set' plays.</li> <li>• <b>When placing the ball for a free-kick, corner or sideline kick in, please use your feet to place the ball (not your hands)</b></li> <li>• <b>Players should limit handling the ball if at all.</b></li> <li>• The whole of the ball must cross the whole of the line for it to be deemed a corner, goal, sideline kick or goal clearance etc.</li> <li>• There are no offsides.</li> <li>• Slide tackling is not allowed under any circumstances.</li> <li>• Teams may call a 1-minute time-out if needed, except in the final 10 minutes of play.</li> <li>• <b>Currently, headers are still permitted.</b></li> </ul>
<p><b>GOALIE CREASE &amp; GOALKEEPER</b></p>	<ul style="list-style-type: none"> <li>• In most cases, the 'three-point' line on the basketball court will be used to define the goalkeeper's crease.</li> <li>• On a goal kick, the goalie must place the ball 5 steps out from the centre of their net. If the court has basketball key lines the ball is placed within this zone.</li> <li>• Goalies: <ul style="list-style-type: none"> <li>○ May only use their hands to touch the ball within their own crease in front of the net <b>as long as they are wearing goalie gloves.</b></li> <li>○ Cannot control the ball with their hands for more than 4 seconds before releasing.</li> <li>○ Are allowed to handle the ball from a pass back or kick in; however, must only use their feet.</li> <li>○ Can only slide within the confines of their own penalty area. Sliding feet first toward an opponent is illegal and considered a dangerous play.</li> <li>○ May not score a goal by throwing the ball.</li> </ul> </li> <li>• If goalie handles the ball outside of the crease, a penalty kick (direct) is awarded to the opposing team. The penalty kick is taken from the top of the crease, and the goalie must remain on the goal line.</li> </ul>
<p><b>VIOLATIONS &amp; MAKING CALLS</b></p>	<ul style="list-style-type: none"> <li>• It is inevitable incidental contact may occur among players. However, any aggressive contact such as pushing and shoving is not allowed <b>(you should not touch any other player with your body at any time on purpose, and should do your best to avoid unnecessary contact).</b></li> <li>• A handball infraction occurs when the ball hits a player's arm from the elbow down (as opposed to the shoulder). <b>Players should never touch the ball with their hand at any time.</b></li> <li>• It is extremely important that all players make the appropriate calls for infractions and illegal plays. The offending player should call their own infractions, however any player that is currently on the court can make a call.</li> <li>• When a foul is called, play must stop as there is no 'advantage'.</li> <li>• If an infraction is called, the non-offending team receives an indirect kick where the infraction occurred.</li> <li>• If a disagreement cannot quickly be resolved, the two team captains should meet at the middle of the court (without any other players) and discuss a resolution. <b>This is done at a 2-meter distance.</b></li> </ul>
<p><b>PLAYOFFS</b></p>	<ul style="list-style-type: none"> <li>• A game can end in a tie during the regular season. In the playoffs, a game that is tied at the end of regulation time is decided by best of 3 penalty kicks. <ul style="list-style-type: none"> <li>○ Three players from each team will take one shot each at the distance of ten paces.</li> <li>○ Only the players on the field at the end of the game can participate + the goalie that finished the game. The order of shooters must be maintained.</li> <li>○ After three shots, if it is a tied result, teams continue taking single shots until one team has scored (and the other team does not).</li> </ul> </li> </ul>

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|  | <ul style="list-style-type: none"><li>• Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a 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> |
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**REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!**