



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 Guidelines'** for all Club Activities. In order to play with FCSSC and stay in good standing, the following guidelines **MUST** be followed.
- 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. Safe Return to Play Guidelines
 2. COVID-19 League Changes
 3. Self Screening Tool (done before each game).
 - Sport-Specific Rule Modifications outlined below PLUS,
 - Facility specific COVID-19 Protocols (you can find these protocols in the facility link in your schedule once live).

TEAM HEALTH AMBASSADOR (THA)

- **All teams must assign a Team Health Ambassador (THA) for the season.**
- The THA must be a registered player and identified using the "THA" label in your online roster.
- **THA Role:**
 - 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**
 - 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 pools to ensure limited contact with opponents throughout the season. Pools will be determined based on skill rankings (at registration) and past league results.

- Each pool will be confined to a limited number of facilities. You will play at consistent location(s) throughout the season.
- All leagues will have an even number of teams to avoid double-header play.
- FCSSC may stagger game times by ~10 minutes if necessary, depending on the facility, to ensure safe traffic flow.
- Players are asked to compete with a “For-Fun, Safety-First, Kindness Always” approach. Please play with the highest levels of sportsmanship, and prioritize respect for others, over competition, at all times.

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 pool.**

FCSSC Official Flag Football Rules COVID-19 Modifications in Red

GAME LENGTH, LEAGUE STRUCTURE AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> ● Indoor Turf Games are 60 minutes in length including a 5-minute halftime midway through the game (unless otherwise indicated in your schedule). ● Games start and end according to your online schedule. ● If games start late, games must finish at the scheduled time (e.g. 6:15pm-7:30pm). ● 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	<ul style="list-style-type: none"> ● Teams are required to use an NFL size Football, six (6) pylons, and a set of ten (10) flag belts (with 2 flags each) for every game. This equipment will be provided by FCSSC. ● FCSSC Game Coordinators will wash/sanitize all team equipment before and after the game. ● The game ball must be sanitized before, halfway and at the end of the game (three times throughout the game). ● Rules surrounding cleaning and sanitization cannot be waived under any circumstance. ● Teams should bring both light & dark coloured t-shirts to help distinguish opponents. Please wear shorts/pants with NO pockets. This will reduce finger injuries when trying to grab the flags. ● Plastic cleats are permitted. Metal cleats are prohibited.
PLAYERS ON THE FIELD & GENDER MINIMUMS	<p>Mandatory Roster Requirements:</p> <ul style="list-style-type: none"> ● Teams are comprised of 6 players on the field 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 are comprised of 6 players on the field. Teams must play with a minimum of 2 males and 2 females on the field at all times.

	<ul style="list-style-type: none"> • A team can play with a minimum of 5 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.
PLAYER & 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. • Please check the online SSC schedule for a specific map of the facility and field orientation (when available). • To view a diagram of a flag football field set-up, click on the pdf document in the rules section. • The field set-up includes: <ul style="list-style-type: none"> ○ Total field length (70 paces) ○ Between the end zones (50 paces) ○ End zones (10 paces) ○ Total field width (35 paces) ○ A pace is approximately 3 heel-to-toe steps. • Flags should be placed on the hips of each player at the outset of each play. The flag must be on top of all clothing and cannot be folded over such that the Velcro attachment is on the inside or hidden. • To start the game, teams can decide who gets 'first ball' by either a coin toss or playing a game of rock, paper, scissors. • Teams are responsible for keeping score & time. • A game can end in a tie during the regular season. • At half time teams can switch sides, however, must maintain a safe distance. • 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.
SCORING	<ul style="list-style-type: none"> • A point is scored when a player catches any legal pass or runs the ball into the defensive end zone prior to having one of their flags stripped. • To score a player must step over the line in the end zone (it is not enough to have the "plain of the end zone" broken by the ball). • Teams receive one (1) point for each touchdown. • There are no conversions.
GENERAL GAME RULES	<ul style="list-style-type: none"> • The kicking team will kick-off from their own end zone line. All players on the team must line-up behind the kicker and can only start to run downfield once the ball has been kicked. If the ball is kicked out of bounds, the offensive team will start their drive at the spot where the ball left the playing area – there is not an option to ask for a rekick. • From the time the ball is placed on the line of scrimmage, the offense has 30 "steamboats" to start the next play. • Running down the clock with an unnecessarily long huddle is not an acceptable strategy. • If a defending team sacks the Quarterback (or any offensive player with the ball) in the offensive end zone, the ball is turned over at midfield to the defending team. • If an interception occurs in the end-zone and the player is flagged down, a touchback will occur, and the intercepting team will gain possession on the 10-yard line. • If the ball is kicked through the end zone on either a punt or kick-off (or kicked into the end zone and the receiving team elects not to run the ball out by letting the ball go), the offensive team will start their drive 10 paces out from their end zone, in the centre of the field. If the receiving team elects to catch the ball in the end zone (or runs back into the end zone after catching the ball), the receiver is in play and runs the risk of being tackled in his/her own end zone. • After a punt/kickoff, if the ball comes in contact with a player on the receiving team before touching the ground, the ball is live (considered a fumble). • Teams may call a one (1) minute time-out per half if needed except during the last 10 minutes of play.

	<ul style="list-style-type: none"> Ending the Half or Game - With three minutes to go in the half (game), there are 5 plays left in the half (game). A kick-off after a touchdown is not considered a play.
OFFENSE, QUARTERBACK AND RECEIVING	<ul style="list-style-type: none"> The offensive team has four (4) downs to cover the entire field. If the offensive team fails to score on the 4th down, the ball is turned over and the new offensive team starts their drive from the position where the last play ended. The offensive team may punt on the 4th down, and does not need to notify the defense of their intentions to do so. The Quarterback may only run the football past the line of scrimmage when/if any defensive player crosses the line of scrimmage at the end of the 5 “steamboats”. If a defensive player does not cross the line of scrimmage, the Quarterback cannot run the ball. To start an offensive play, the ball must be self-snapped by the Quarterback. There is no minimal distance required by the Quarterback who can be either up close to the Center or in a shot-gun. Spinning - An offensive player CAN turn their bodies from side to side, but cannot spin 360 degrees. This prevents defensive players from injuring their fingers. If a player spins, the ball is dead at the point where the spin occurred. Offensive players may not block or otherwise obstruct any defensive players. Offensive players cannot protect/cover/hide/block his/her flag. If the person with the ball blocks the defenders hand from grabbing their flag, the play is dead where the block occurred. An offensive player can dive or jump to catch a ball, but once in possession he/she cannot leave their feet at anytime. This includes all forms of jumping and diving. If the ball carrier breaks this rule, the play is dead at the point where the player stood before the infraction. If a flag inadvertently falls off the ball carrier, or if a player attempts to grab a flag and there is not one on the hip of the offensive player, the play is stopped at that location. First point of contact: A receiver is determined to be "in" or "out" based on their first point of contact with the ground. If a player lands first with one foot in-bounds, and then the other foot touches down out-of-bounds, it IS a legal catch, but the play ends where they touched the out of bounds line. If a player catches the ball, but is straddling or lands straddling the sideline, it is NOT a catch. Only a one foot landing is needed - as long as that foot touches down in-bounds. Lateral passes and 'flea flicker' plays are permitted.
DEFENSE	<ul style="list-style-type: none"> The defense must loudly count five (5) "steamboats" before rushing the Quarterback. While counting, the defense must line up at or behind the line of scrimmage. Steamboats should be counted as follows: "one...steam...boat". Once the ball has come in contact with a 2nd offensive player (Quarterback hand-off or throw to receiver), the defending players can cross over the line of scrimmage before the end of the 5 “steamboats” and engage with the offensive players. A defender may not step in front of the ball carrier or block a running lane if it has the potential to create an unsafe play. Likewise an offensive player should not run with their head down, in an attempt to run through the defenders. In other words, incidental contact is inevitable, but players should not be run over. Please use your best judgment. When pulling a flag from an offensive player, it must be pulled and dropped on the ground immediately. Defensive players cannot hold the flag or hand it back to the offensive player directly.
DEAD PLAY	<ul style="list-style-type: none"> If a player carrying the ball slips/falls and one knee touches the ground, the play is dead and the defense does not have to remove a flag for the play to stop. Please observe this rule carefully as it helps to promote safer play. If the football touches the ground for any reason (kick-offs, fumbles, handoffs, etc) the ball is dead and the play is over. The next play is started at the spot where the ball hit the ground.
VIOLATIONS & MAKING CALLS	<ul style="list-style-type: none"> Prolonged or deliberate contact while playing is not permitted. The offending player should call their own infractions, however any players involved with the infraction can also make a call. Players not on the field at the time of any incident cannot make a call at any time.

	<ul style="list-style-type: none">• Fouls (including picks) that are called by the offence or defence will lead to a re-down (the play starting over from the line of scrimmage). Once a foul is called, the play must stop and the play is started over. If the offence/defence is fouled, they can choose not to call a foul if it is an advantage to do so. Example - A receiver is fouled as they catch the ball and continues to run the ball in for a touchdown.• All games are self-refereed. Disputes about a possible infraction are to be discussed amongst the people involved in the play. If an agreement cannot be reached, simply redo the down. Please play safely and with good spirit.
PLAYOFFS	<ul style="list-style-type: none">• There are no playoff games, trophies or prizing this season, however, scores and standings will still appear on our website.

FUN FOR ALL. SAFETY FIRST. KINDNESS ALWAYS.