



COVID-19 RETURN TO PLAY PROTOCOLS & GUIDELINES

- We're 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).
 4. Sport-Specific Rule Modifications outlined below PLUS,
 5. 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.**

Indoor Turf Soccer (5-on-5) COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> ● Soccer is a team sport in which the objective is to score more goals than your opponent on their goaltender.
GAME LENGTH	<ul style="list-style-type: none"> ● Games are 55 minutes in length with a 5-minute stop for halftime (unless otherwise indicated in your schedule). Please arrive dressed to play and exit facility immediately after your game. ● Games start and end according to your online SSC schedule. ● If games start late, games must finish at the scheduled time (e.g. 15 min delay start becomes a 40 min game 6:15pm-6:55pm). ● 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. ● All players are asked wear a mask during your arrival/departure from the facility, whenever not playing (ie. Rest/Sideline/Bench), and any time that 6 feet distance between yourself and others is difficult or impossible to maintain. ● Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines (unless from same bubble), 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. Play zone defense and eliminate desire to slide tackle or making contact with the goalie on a rush.
EQUIPMENT (MANDATORY)	<ul style="list-style-type: none"> ● Teams are required to bring one size 5 Soccer ball to every game for team warm up. FCSSC will provide the game ball and disinfect regularly. ● Teams are required to wash/sanitize personal team soccer balls before and after the game. ● Do not share your personal soccer balls and equipment with other teams. ● The on-site Game Coordinator will re-sanitize the game ball at half time. ● The on-site Game Coordinator will setup the nets. ● Teams should come dressed to play and wear team jerseys or bring both light & dark coloured t-shirts to help distinguish opponents. ● Plastic cleats are permitted. 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 5 players on the field and a maximum roster of 8 players. ○ No spectators allowed under any circumstance (this includes partners, children, friends, etc) to ensure maximum gathering size is respected and contact tracing is simplified, if needed. ○ Resting players must practice physical distancing when not on the field.

	<ul style="list-style-type: none"> Teams must attempt to play with a minimum of 2 males and 1 females on the field at all times. A team can field and play with a minimum of 4 people, as long as the gender requirements are met. Captains will agree to waive the rules regarding minimum players and gender ratio before the game starts in the spirit of RECREATIONAL PLAY in times of Covid-19.
GAME & FIELD SET-UP	<ul style="list-style-type: none"> Please check the online FCSSC schedule for a specific map of the facility and field orientation (when available). The game begins with one team initiating play by making a pass back from centre field. At half time teams can switch sides, however, must maintain a safe distance. If opposing teams must share one sideline, they are required to stay on their half of the field and distance accordingly. No handshakes or high fives between teams – All greetings and congratulations should be vocal. Game Coordinator is responsible for keeping time.
GENERAL GAME RULES	<p>In general, standard soccer rules apply to all FCSSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> Heading the ball is NOT Permitted. Do NOT make contact with any goaltender. Ease off please, this is recreational soccer. No spitting or nose clearing permitted. To score a goal, the entire ball must pass over the goal line and into the net. If a discrepancy arises as to whether the ball was in or not, the person deemed to have the "best perspective" will ultimately make the call. Please remember that you are playing in a self-officiated, co-ed, social league, so any disputes should be kept to a minimum. There are no off-sides. However, a strategy of consistently "cherry-picking" is considered to be unsportsmanlike. Player substitutions can be made at any time (i.e. changing on the fly is allowed). However, please ensure that the player coming off has completely left the field before the new player joins the action and the change does not disrupt the flow of the game. Keepers cannot change on the fly - please wait for a stoppage in play before substituting goalies. Players should attempt to never touch the ball with their hands. A traditional handball infraction occurs when the ball hits a player's arm from the ELBOW down (as opposed to the shoulder). In addition players traditionally could use their arms to block the ball from hitting their groin area, and women could also use their arms to block the ball from hitting their chest. This rule will reduce the number of stoppages in play. Please don't abuse this rule. 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. If a ball is kicked out of bounds along the sidelines, an indirect kick-in is awarded to the opposite team. Players will take kick-ins, instead of throw-ins. The ball should be placed on the sideline where it left the field. The player must have both feet on or outside the sideline. If a kick-in attempt results with the ball never entering the field, the play is retaken. 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. 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 to be played like 'free kick', it must be indirect, therefore a goal cannot be scored on a corner kick. Defensive players cannot be within 8 feet of the ball when any indirect kick, corner-kick, or goal kick is being taken. Slide tackling is not allowed. No players (with the exception of the goalie) can slide to block a shot or pass at any time. When placing the ball for a free-kick, corner or sideline kick in, please use your feet to place the ball.

	<ul style="list-style-type: none"> • Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play. • A game can end in a tie during the regular season.
GOAL CREASE & GOALKEEPER	<ul style="list-style-type: none"> • The goal crease is considered to be approximately a 10 foot semi-circle around the net. Due to the format of the field, there will not be a lined goal crease – teams should use their best judgment. • Goalies can: <ul style="list-style-type: none"> ○ Use their hands when they are within the "goal crease" as long as they are wearing goalie gloves. ○ Roam as far from their goal as they wish. • Goalies cannot: <ul style="list-style-type: none"> ○ Use their hands outside of the crease. If this occurs, a penalty kick is awarded to the opposing team. ○ When inside the goal crease, pick up a ball with his/her hands if the ball has been played back on purpose to the keeper by a player on his/her team. This includes all forms of passing and kick-ins. The only exception is if the player directs the ball back to the keeper with their head - in this case the keeper can pick the ball up with his/her hands. A violation of this rule results in an indirect free kick for the other team at the spot where the keeper inappropriately used their hands.
VIOLATIONS & MAKING CALLS	<ul style="list-style-type: none"> • Concerns over safety (repetitive breach of distancing or incidental contact, spitting) should be raised by the TEAM HEALTH AMBASSADOR (THA) to the Game Coordinator and alternate team's THA. • The offending player should always call their own infractions, however any players involved with the infraction can also make a call. When a foul is called, play must stop as there is no "advantage" in FCSSC soccer. • Players not on the field at the time of any incident cannot interject and make a call at ANY TIME.
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.