



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 Pickleball Rules
COVID-19 Modifications in Red**

<p>GAME LENGTH, LEAGUE STRUCTURE AND PHYSICAL DISTANCING REQUIREMENTS</p>	<ul style="list-style-type: none"> ● FCSSC Pickleball league format may vary by season. Fixed team or split bench (your partner and opponent may be different for each game) gameplay be used. Check registration information for confirmation. ● The courts will be reserved for a specific amount of time according to the online schedule. Players join an open game as the courts become available. ● FCSSC does not use a ranking system to indicate the different skill level of its members nor does it use a system to impose time limits on matches. Rather, FCSSC uses the "honour system" to keep track of who is next up to play. Be courteous by allowing players that have not had a chance to play or warm up to do so. ● No consecutive matches amongst teams or individuals, unless there is available court space. ● 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 FCSSC 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 engaged in “rigorous physical activity” per WHO recommendations. ● 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.
<p>EQUIPMENT</p>	<ul style="list-style-type: none"> ● Players are responsible for bringing your own Paddle. Paddles will not be available to share. Nets and balls will be provided. ● Players are required to wash/sanitize the paddle before and after the game. Do not share your paddle with other players. ● Nets are stored at the facility and are property of the facility. Absolutely no contact with the net whether this be intentional, accidental or affect the play or not. ● Sports Equipment will be sanitized between games. ● All players are responsible for bringing CLEAN indoor shoes. Boots, outdoor shoes are not acceptable - players will not be allowed to play.

<p>GENERAL GAME RULES</p>	<p>FCSSC follows standard Pickleball Canada rules.</p> <ul style="list-style-type: none"> • Games will begin with players choosing teammates at random. • Games will be played as doubles, unless there is available court space. • In case of Split Bench Format: Once a game is completed, winning teams will go to a pre-determined winning bench, and the losing teams will go to a pre-determined losing bench. When a court becomes available, the next 4 players from one of the benches begins a game. Benches are to rotate when a court becomes available. Players must spread out at a minimum of 2 meters apart from each other and those on the bench. • Two Bounce Rule: The ball must bounce twice, once on each side of the court, before players can hit the ball in the air or on the “volley”. When the ball is served, it bounces in the receivers service court, the serving team must stay back and wait for the ball to bounce again on their side before they can move up and play the ball in the air. <ul style="list-style-type: none"> ○ This rule is instrumental in providing long rallies in the game of Pickleball. The serving team cannot serve the ball deep and then run to the net and smash it down to their opponents. They must stay back and wait for the return bounce. • The point of contact where the ball meets the court is what determines if a ball is in/out. A ball is deemed out of play if the ball lands completely outside the court lines. If a ball touches an exterior court line, it is considered in. • Calling Lines - players will call the lines as honestly and fairly as they can. Players should call the lines on their side of the net and opponents will do the same on their side. Opponents should never make a call on the other side of the net unless they are asked. If a team cannot decide on a line call, then the benefit always goes to the opponent. • If a team asks for an opinion from an opponent, that decision is final.
<p>SERVING & PLAYER POSITIONING</p>	<ul style="list-style-type: none"> • At the start of each point, the server should announce the score (etiquette). • Both server’s feet must be behind the baseline when making a serve and one foot must always be on the ground. • The highest point of the paddle head must not be above the highest part of the wrist when striking the ball. • Contact with the ball must not be made above the waist level. • The server must serve to the correct service court (the court diagonally opposite the server). • The correct server and receiver and their positions are determined by the score and the players’ starting positions in the game. After each side out, service begins with the player correctly positioned on the right/even side of the court according to the team’s score. This player is referred to as “Server 1” and the partner is “Server 2.” • Each player will serve until a rally is lost or a fault is declared against the player or team. Exception: At the start of each game, when only the starting server will serve. The starting server of each game is therefore designated as “Server 2” for scoring purposes, since a side out will occur once a rally is lost or a fault is committed by the serving team and service is awarded to the opposing team. • As long as the server holds serve, after each point the server will alternate serving from the right/even and left/odd sides of the court. • The receiving team does not alternate positions when a point is scored by the serving team. The receiving team may switch positions after the return of serve, but after the rally is over, the receiving team must return back to their correct positions, which correspond to the team’s score and the players’ starting positions.
<p>THE KITCHEN (NON-VOLLEY ZONE)</p>	<ul style="list-style-type: none"> • The Kitchen is a rectangle that is 7' X 20 feet on both sides of the net. • Players cannot step into the Kitchen (or on the line) when making, or following through from, a volley shot. However, this only applies when a player is attempting to hit the ball in the air. Players can enter The Kitchen after making a ground stroke (a ball that bounces first). • Players can stand in The Kitchen, as long as they are not playing the ball in the air. It is a fault if a player steps in even after the ball is missed or hit by the opponents.

SCORING	<ul style="list-style-type: none"> • The first team to score 11 points by a two-point margin is awarded the win. • Only the serving team can win a point. The receiving team must get the 'side-down' and get the serve back before earning points. • Points are awarded when the opponents commit a fault.
FAULTS & LETS	<p>Faults</p> <ul style="list-style-type: none"> ○ Faults can occur for a wide variety of reasons, including: ○ If the serve or service return does not bounce before the ball is struck. ○ Hitting the ball into the player's side of the net without the ball crossing over to the opponent's side. Note: The play is dead and the fault occurs the moment the ball hits the ground. ○ Hitting the ball under the net or between the net and the net post. ○ A player hitting a ball that lands out of bounds or onto their own side of the court. ○ Failure to hit the ball before it bounces twice on the receiving player's court. ○ A player, a player's apparel, or a player's paddle contacting the net system or the net posts when the ball is in play. Absolutely no contact with the net please! ○ The ball in play contacts a player or anything the player is wearing or carrying, except the paddle or the player's hand(s) in contact with the paddle and below the wrist. If the player is in the process of changing hands with both hands on the paddle or is attempting a two-handed stroke and either hand is hit below the wrist, the ball is still in play. ○ A live ball that is stopped by a player before it becomes dead. (e.g., catching or stopping a ball in flight before it makes contact with the court.) ○ Violation of The Kitchen rules. ○ Once the ball is in play, a player hitting the ball before it passes the plane of the net. ○ A player deliberately touching the ball with the paddle more than once (i.e., double hit). <p>Lets</p> <ul style="list-style-type: none"> • Lets can be called for a variety of reasons, and there is no limit to the number of lets a server may server. The server is a let and will be replayed if: <ul style="list-style-type: none"> ○ The serve touches the net, strap, or band and is otherwise good and lands in the service court, ○ If a player is unready for a serve, ○ If a ball is broken

FUN FOR ALL. SAFETY FIRST. KINDNESS ALWAYS.