



### 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 Table Tennis Rules  
COVID-19 Modifications in Red**

<p><b>GAME LENGTH, LEAGUE STRUCTURE AND PHYSICAL DISTANCING REQUIREMENTS</b></p>	<ul style="list-style-type: none"> <li>● Games are 55 minutes in length.</li> <li>● Games start and end according to your online schedule.</li> <li>● If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm).</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>
<p><b>EQUIPMENT</b></p>	<ul style="list-style-type: none"> <li>● Players are required to bring clean, light-soled footwear for each game.</li> <li>● Players are required to bring their own paddle.</li> <li>● FCSSC provides the ping pong balls</li> </ul>
<p><b>PLAYERS ON THE FIELD &amp; GENDER MINIMUMS</b></p>	<p><b>Mandatory Roster Requirements:</b></p> <ul style="list-style-type: none"> <li>● <b>Teams are comprised of 2 players and a maximum of 4 of players at a table.</b></li> <li>● <b>No spectators allowed under any circumstance (this includes kids, family, etc).</b></li> <li>● <b>No substitute players allowed outside of your roster maximum (unless from the same league and pool).</b></li> <li>● Games are comprised of 4 players.</li> <li>● Players are required to find their own substitutions (please talk to the FCSSC office and/or Game Coordinator before bringing someone).</li> <li>● Teams that default more than 2 games may be asked to leave the league without refund. If you know you may not be able to field a full team, please call the other captain in advance.</li> <li>● No gender requirement for this sport. All games are self-officiated.</li> </ul>

<b>SCORING</b>	<p>Standard table tennis rules apply to all FCSSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> <li>• Games are played to 11.</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 SETUP</b>	<ul style="list-style-type: none"> <li>• Players will flip a coin or play rock-paper-scissors to determine which team will serve first. The other team will choose the side of the table they wish to play on.</li> <li>• Teams will play 4 games (each game is a best out of 3) per evening match.</li> <li>• Scores should be entered on the SSC website as follows: 2-0, 2-1, 0-2, 0-2. Do not enter the total number of points per match.</li> <li>• Match will consist of 4 Singles games. <ul style="list-style-type: none"> <li>○ Format: <ul style="list-style-type: none"> <li>▪ A1 vs. B1 (Singles) (best 2 of 3)</li> <li>▪ A2 vs. B2 (Singles) (best 2 of 3)</li> <li>▪ A1 vs. B2 (Singles) (best 2 of 3)</li> <li>▪ A2 vs. B1 (Singles) (best 2 of 3)</li> </ul> </li> </ul> </li> <li>• League standings can be viewed online by logging into your player profile.</li> <li>• <b>No handshakes or high fives between teams. All greetings and congratulations should be vocal.</b></li> </ul>
<b>GENERAL GAME RULES</b>	<p>Standard table tennis rules apply to all FCSSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> <li>• All games are played to 11 points. The scoring margin must be at least 2 points to win a game.</li> <li>• Each player on a team may serve 2 consecutive times at which time service switches to the opposing team.</li> <li>• 'Legal Service' is when the server throws the ball vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand. As the ball is falling the server hits it so that it bounces in his or her court first before going over the net. In doubles, the ball is served to the cross court to your opponent (to the right). In Singles, the ball is served over the net to either side of the table. If a serve hits the net and lands on the opponent's side it will be considered a 'let' and the serve will be repeated. There is no limit to the number of 'lets' permitted during service.</li> <li>• <b>There are no playoff games this season.</b></li> </ul>
<b>SPIRIT OF THE GAME</b>	<ul style="list-style-type: none"> <li>• Table Tennis 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 Table Tennis. 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 players 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>
<b>VIOLATION &amp; MAKING CALLS</b>	<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. <b>Absolutely no contact with an opponent, whether this be intentional or accidental.</b></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>

<b>PLAYOFFS</b>	<ul style="list-style-type: none"><li data-bbox="331 100 1498 168">• There are no playoff games, trophies or prizing this season, however, scores and standings will still appear on our website.</li></ul>
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**FUN FOR ALL. SAFETY FIRST. KINDNESS ALWAYS.**