



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 Ultimate Frisbee Rules
COVID-19 Modifications in Red**

<p>GAME LENGTH, LEAGUE STRUCTURE AND PHYSICAL DISTANCING REQUIREMENTS</p>	<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 still finish at the scheduled time. ● 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. ● Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, 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.
<p>EQUIPMENT</p>	<ul style="list-style-type: none"> ● FCSSC will provide all game equipment. Teams are encouraged to bring their own discs for warm up. ● Teams are required to wash/sanitize the (practice) discs before and after the game. ● Do not share your disc or cones with other teams. ● On-site Game Coordinators will sanitize the game disc or replace with a newly sanitized disc at regular intervals throughout the game. ● Teams should wear team jerseys and/or bring both light & dark coloured t-shirts to help distinguish opponents. ● Plastic cleats are permitted. Metal cleats are prohibited.
<p>PLAYERS ON THE FIELD & GENDER MINIMUMS</p>	<p>Mandatory Roster Requirements:</p> <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 kids, family, etc). ● No substitute players allowed outside of your roster maximum (unless from the same league and pool). ● Teams must play with a minimum of 2 males and 2 females on the field at all times. ● A team can play with a minimum of 4 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. ● For Individual teams – FCSSC will make every attempt to roster 3+ females.

<p>SCORING</p>	<ul style="list-style-type: none"> • There is no point cap. • 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.
<p>GAME & FIELD SETUP</p>	<ul style="list-style-type: none"> • An On-site Game Coordinator will set up the field. The field set up is as follows: <ul style="list-style-type: none"> • Total field length (60 paces) • Between the end zones (50 paces) • End zones (each 5 paces) • Total field width (35 paces) • A pace is approximately 3 heel-to-toe steps. • If a disc from another game lands on your field, do not throw it back. Let a player from another field pick up their disc. • 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.
<p>GENERAL GAME RULES</p>	<ul style="list-style-type: none"> • In general, FCSSC plays by official USA Ultimate 11th edition rules, for example: • To start the game, teams decide who gets first possession by flipping the disc while maintaining physical distancing. • Teams are responsible for keeping score & time. • Each point begins with both teams lining up behind each of their goal lines. The defense throws ("pulls") the disc to the offense. <ul style="list-style-type: none"> • Players on the pulling team may not cross the goal line until the disc is released by the "puller". • Players on the receiving team must have a foot on the goal line and can only move once the disc is released by the pulling team. • If either team fails to maintain proper positioning before the pull, the other team may audibly announce "off-side" and a re-pull ensues. • Players are required to be physically distanced at the goal line. • The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc "thrower" has ten seconds "stalls" to throw the disc. The defender guarding the thrower "marker" counts out the stall count. Every effort should be made to make this announcement and any subsequent stall counts away from the thrower's face. The defender will silently count the first five (5) stalls silently rather than state them out loud. • On the six (6) stall, the defender will count aloud until stall 10. • When stalling, maintain 2 meters from your opponent who is trying to throw the disc. • Instead of checking the disc, a defensive player can raise 2 hands to acknowledge a game restarting in the following situations: <ul style="list-style-type: none"> • After the disc travels out-of-bounds • After a foul is called or an injury occurs • After invoking the middle rule while receiving a throw-off • When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. • The disc may travel out of bounds and return in bounds and still be played, as long as it has not contacted anything in the out of bounds areas. • Players are asked to play zone defense. Remember, Ultimate is a non-contact sport. • Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play. • When the game time runs out the game is considered over, and the current point is not finished. • A game can end in a tie during the regular season (ties are not allowed in playoffs).
<p>SPIRIT OF THE GAME</p>	<ul style="list-style-type: none"> • Ultimate relies 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

	<p>these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. 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.</p> <ul style="list-style-type: none"> • It is our hope that more experienced teams 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.
VIOLATION & MAKING CALLS	<ul style="list-style-type: none"> • 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. Absolutely no contact with an opponent, whether this be intentional or accidental. • Foot blocks, pick and screens are not permitted and are considered fouls. • Players not on the field at the time of the incident cannot make a call.
PLAYOFFS	<ul style="list-style-type: none"> • There are no playoff games, trophies or prizes this season, however, scores and standings will still appear on our website.

FUN FOR ALL. SAFETY FIRST. KINDNESS ALWAYS.