

## COVID-19 Ultimate Frisbee Rule Modifications

*\*These modifications are subject to update in the interest of player safety at any time and include recommendations from Ultimate Canada and Ontario Ultimate return to throwing/play protocols.\**

\*All federal, provincial and local Government Health Regulations and Health Unit orders will be adhered to at all times.\*

Teams and/or players who do not comply with the modifications to the game experience outlined below will be ejected from the league. Risking player and staff safety will not be tolerated.

These measures are being implemented by FCSSC to allow our members who love the game, the opportunity to play. It is imperative that all members/players conduct themselves in a respectful and sportsmanlike manner. Combative, ignorant or disrespectful treatment of FCSSC staff or Health Ambassadors will not be tolerated. **Fun for all. Safety first. Kindness always.**

### Personal Protection

- All members must comply with [FCSSC's Safe Return to Play guidelines](#). Please read before playing.
- Player arrival and exit will be routed separately to minimize contact during game turnover. Members must follow the post signs and specified traffic flow at the game play location.
- Please wear a mask during arrival and departure, until 2m of space from all other players is safely established in the team "beach" area. Masks are not required during play.
- Members must check in at the Check-In station and complete the Self-Screening before entering the playing area. Hand sanitizer will be available and must be used at Check-In.
- Members are asked to use the hand sanitizer that will be available field/courtside during game play.
- Members are asked to arrive on time, not early, and depart quickly after games to ensure social gathering limits are not exceeded at the play location and the risk of contact with others is minimized.
- Teams are asked to spread out along the sidelines on opposite sides of the field. All members should be 2m apart along the sidelines, unless from the same household. FCSSC strongly recommends bringing a personal lawn chair or beach towel to mark each player's spot (and store personal belongings such as towels, sanitizer, masks etc). Team benches will not be available this season.
- Each team will identify a Health Ambassador who will be named Co-Captain. Health Ambassadors will ensure that all members of their team are complying with safety regulations set out by FCSSC and the Province BEFORE, DURING & immediately AFTER play.
- Injured players should ask for assistance only as needed, first from a member of your household if present, a teammate, then the Game Coordinator. Anyone assisting an injured player must wear a mask and sanitize after contact.
- Members are asked to bring your own towel and to wipe away sweat as often as possible.
- When you arrive home, make sure you wash your hands with soap and water.
- No spectators permitted this season. Only registered players will be permitted at game play locations to ensure contact tracing accuracy (if needed) and gathering limit compliance.

## **Rule Modifications**

- A traditional game of Ultimate cannot be played because of social distance guidelines. However, ultimate games are now permitted under Phase 3 of Ontario's Re-Opening Plan, and do comply with current Ultimate Canada Restrictions.
- NO DIRECT PHYSICAL CONTACT between participants, including handshakes, high-fives, huddles, etc.
- ALL players must play zone defense and respect off-the-disc distancing to minimize close contact time while defending the player with disc possession. No man-on-man style play.
- Players are asked to take extra precautions and use provided sanitizer frequently throughout game play (provided by FCSSC, an ample supply will be available on the sidelines from on-site Game Coordinators)
- FCSSC scoreboards are not permitted to minimize avoid touch of a common surfaces. Team captains should each choose one scorekeeper per team for the game and captains will verbally confirm scores for all to hear after each TD.

## **Game Coordinator**

- All Game Coordinators will be trained on the necessary Safety procedures and protocols to minimize the risk of transmission of COVID-19 and will be enforcing compliance with the safety rules & requirements.
- All Game Coordinators will have access to and must wear a face mask while at a game location unless safely 2m away from all participants.
- Game Coordinators will sanitize equipment - discs - as often as possible without game play interruption, and at least before and after each game, as required by Phase 3 Team Sport guidelines
- Game Coordinators will have a supply of industrial grade disinfectant spray and hand sanitizer (70% alcohol) available to help teams and league play comply with disinfectant requirements.
- Game Coordinators will help each team's Health Ambassador ensure that all rule modifications and other Safe Return to Play guidelines are being followed by all team members.
- Game Coordinators will have available basic first aid equipment and ensure only they issue supplies should a team forget to bring their own kit.
- Game Coordinators who choose to bring their own stereo for the benefit of others should be the ONLY person touching the equipment and playing device.