



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.**

SSC Official Spikeball Rules COVID-19 Rule Modifications

OBJECTIVE	The team that scores the most amount of wins during the allotted time, wins the match.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> ● Teams are allotted one hour to fit in as many games as they can, should be able to get a minimum of 3 or 4 games in each hour. ● 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. Consistent with the recommendations from the World Health Organization, you are not required to wear a mask while “engaging in rigorous physical activity”. ● 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.
EQUIPMENT	<ul style="list-style-type: none"> ● All players should bring their own refreshments. ● All players should arrive dressed to play. ● All sports equipment will be provided by FCSSC
PLAYERS ON EACH TEAM, AND DEFAULTS.	<ul style="list-style-type: none"> ● Mandatory Roster Requirements: <ul style="list-style-type: none"> ○ Teams are comprised of 2 players and a maximum roster of 2 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. ○ No substitute players allowed outside of your 2-player roster maximum (unless from the same league and tier). ● Team defaults: For each 10 minutes that the offending team does not commence play from the designated start time, the non-offending team shall be granted one point. One end shall

	<p>be considered to have been played and the non-offending team shall be given the choice of last rock or colour of handle in the first end played. After 30 minutes the non-offending team will be declared the winner.</p>
GENERAL GAME RULES	<ul style="list-style-type: none"> • All players except the receiver must begin the point at least 6 feet from the net. • The receiver may stand at any desired distance • Once the server strikes the ball, players may go anywhere they choose. • Possession changes when the ball contacts the net. • Each team has up to 3 touches per possession. • Determine a serving order which alternates players from the two teams (e.g. Player 3 follows Player 1, etc.). • To equalize sun and wind effects, rotate starting positions 90 degrees counter-clockwise every 5 points if desired.
SCORING	<ul style="list-style-type: none"> • Spikeball is played using rally scoring; points can be won by the serving or receiving team. • Games are typically played to 15, or 21. • Games must be won by two points unless otherwise agreed upon or specified. • The rally ends and a point is awarded when: <ul style="list-style-type: none"> • The ball contacts the ground or otherwise isn't returned onto the net within 3 touches. • The ball is hit directly into the rim at any time, unless it's the first serve. • The ball bounces and falls back onto the net or rim. • The ball clearly rolls across the net
SERVING	<ul style="list-style-type: none"> • If the receiving team wins the point, the next designated player serves according to the initial sequence. Otherwise, the server switches places with his/her partner and serves to the other receiving team member. • The receiving team sets their position first. The server stands 180 degrees across the designated receiver--the only player allowed to field the serve. • Serves may be struck with any amount of force; short serves are allowed. • If a server serves two faults, the receiving team wins the point. Violation of ANY of the following rules is a fault: <ul style="list-style-type: none"> • The server must toss the ball upward at least 4 inches. • If the server tosses the ball, he/she must hit it. Dropping, catching, or swinging at and missing a toss all count as a fault.
RALLIES	<ul style="list-style-type: none"> • Touches must alternate between teammates. Consecutive touches by one player result in a loss of a point. • The ball must be contacted cleanly, not caught, lifted, or thrown. Players may not hit the ball with two hands, even if placed together "volleyball style". • Players may use any individual part of their body to hit the ball. • After the serve, any unusual bounce (i.e. pocket) that does not contact the rim is legal and playable. • A shot which lands on the net, rolls into the rim and then off the net (i.e. roll-up) is played as a pocket, not a direct rim hit. • If teams cannot determine the legality of a hit, replay the point.
INFRACTIONS	<ul style="list-style-type: none"> • Remember: Player safety is paramount • Defending players must make an effort not to impede the offending team's possession or play on the ball.

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| | <ul style="list-style-type: none">• If an offender collides with a defender, or a defender's position prevents a makeable offensive play on the ball, the infringed player may call "hinder" to force a replay of the point. |
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Fun for All. Safety First. Kindness Always.