



## Sport & Social Club General Rules

### 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 Protocol & Guidelines**' for all Club Activities. In order to play with SSC and stay in good standing, the following guidelines MUST be followed. A zero-tolerance policy is in place for those who challenge these decisions.
- Provincial Health Orders and/or facility regulations regarding proof of vaccination status must be followed by all players (where applicable).
- 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:
  - [League Modifications](#)
  - [Player Guidelines](#)
  - [League Representative Guidelines](#)
  - [Self Screening Tool](#) (done before each game).
  - [Sport Specific COVID-19 Protocols](#) and modifications to the game, class or activity.
  - Facility specific COVID-19 Protocols (you can find these protocols in the facility link in your schedule once live).

### TEAM SAFETY AMBASSADOR (TSA)

- **All teams must assign a Team Safety Ambassador (TSA) for the season.**
- The TSA must be a registered player and identified using the "TSA" label in your online roster.
- **TSA Role:**
  - Watch a pre-season Safe Return to Play training video.
  - 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, resting/sitting on the sidelines, and departing the game.
  - 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** – For further details, [click here](#).
  - When possible, leagues will be played in smaller Tiers to ensure limited contact with opponents throughout the season. Tiers will be determined based on skill rankings (at registration) and past league results.
  - Each Tier will be confined to a limited number of facilities. You will play at consistent location(s) throughout the season. Please note, we are unable to accommodate or make facility changes based on individual requests this season.
  - Depending on facility requirements, game times may be staggered to ensure safe traffic flow.
  - Players are asked to compete with a "Play On" mentality. No arguing or disputing calls made during the game.
  - If provincial public health regulations are updated, league modifications may adjust accordingly.

## SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the spirit scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48-hour window to report scores after the completion of the game.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

## 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.
- All sports have a maximum 'game-day' roster size shown in the sport-specific rules below. Teams are not permitted to exceed this specific number of players at each game.
- Teams are permitted to carry more players on their online rosters.
- Substitute players are permitted; however, must be added to the online team roster.
- For a player to be eligible for a playoff game, the following criteria must be met, or the team will default the game:
  - Be on the SSC online team roster.
  - Play a minimum of two regular season games in a 6–10-week season, or three regular season games in an 11–14-week season.
  - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

## DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute, and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow the sport specific instruction below. To view our general SSC foul weather policy [click here](#).

## ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

## GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct, or a general violation of the rules of the game.
- As players, we believe that it is important you understand our expectations of those representing our leagues. Many of the guidelines that our League Representatives are held to impact you. If a League Representative asks you to comply to one of these guidelines, please know this is a mandatory condition of play. Please review our [Safe Return to Play Guidelines – League Representative](#).



## SSC Official Basketball Rules – Coed 4-on-4 - COVID-19 MODIFICATIONS

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>• The objective of the weekly match is to win 3 games out of a possible 5 games.</li> <li>• All games will last a maximum of 10 minutes.</li> <li>• A win is dependent on the game played.</li> <li>• Games may include, but are not limited to:             <ul style="list-style-type: none"> <li>○ Team Elimination: all members of a team must be eliminated.</li> <li>○ Double Domination: a team must win control of both domination points to win</li> <li>○ Capture the Flag: a team must capture both flags before the opposing team.</li> <li>○ Domination: first team to “0” wins</li> </ul> </li> </ul>
<b>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• Matches are 60 minutes in length and are comprised of 4 to 5 ten minute games.</li> <li>• Games start and end according to your online SSC schedule.</li> <li>• If games start late, games must finish at the scheduled time.</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>Players, spectators, and SSC league representatives must follow provincial mask mandates and/or local facility mask protocols when attending SSC activities.</b></li> <li>• <b>If required, directional signage will be posted onsite 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 accidental contact may occur while playing the 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>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>• Action Laser Tag will provide each player with Laser Tag equipment to use for each match.</li> <li>• Action Laser Tag will sanitize all team equipment before each match.</li> <li>• Equipment should not be shared with other teams.</li> <li>• All equipment settings will be the same for every player.</li> </ul>
<b>PLAYERS ON COURT, GENDER RATIO AND DEFAULTS</b>	<ul style="list-style-type: none"> <li>• <b>Mandatory Roster Requirements:</b> <ul style="list-style-type: none"> <li>○ Teams are comprised of 5 players per game.</li> <li>○ Teams are not permitted to exceed a maximum of 10 ‘game day’ players at each game.</li> <li>○ Substitute players are permitted; however, must be added to the online team roster.</li> <li>○ Spectators are not permitted in the arena under any circumstance (this includes kids, family, etc).</li> </ul> </li> <li>• Teams must play with a minimum of 1 male and 1 female on the court at all times.</li> <li>• A team can play with a minimum of 4 people, as long as the gender requirements are met.</li> <li>• Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.</li> </ul>
<b>MATCH SET-UP</b>	<ul style="list-style-type: none"> <li>• <b>To determine who starts, teams are encouraged to play rock-paper-scissors or flip a coin.</b></li> <li>• <b>Teams must keep the same team bench for the duration of the game.</b></li> <li>• <b>No handshakes or high fives between teams – all greetings and congratulations should be vocal.</b></li> </ul>
<b>GENERAL MATCH RULES</b>	<ul style="list-style-type: none"> <li>• The general objective is to tag or shoot the sensors of the opposing team. There are 3 sensors on the head and 1 sensor on the tagger.</li> <li>• Each weekly match will consist of a variety of games with different objectives to win.</li> <li>• Games may include, but are not limited to:             <ul style="list-style-type: none"> <li>○ Team Elimination:                 <ul style="list-style-type: none"> <li>▪ All members of a team must be eliminated before 10 minutes has elapsed to win.</li> <li>▪ The objective is to tag or shoot the sensors of the opposing team. There are 3 sensors on the head and 1 sensor on the tagger.</li> <li>▪ To start, teams will be staggered across the arena.</li> <li>▪ Taggers will be shooting on semi-auto or single shot.</li> <li>▪ Once a player has been tagged 75 times, their tagger will shut down and that player is eliminated from the game.</li> <li>▪ If time runs out and there are team members alive on both sides, it is considered a tie.</li> </ul> </li> <li>○ Double Domination:                 <ul style="list-style-type: none"> <li>▪ A team must win control of both domination tubes to win within 10 minutes.</li> <li>▪ A domination tube will be set up at each end of the arena.</li> <li>▪ Each team will start at opposing ends of the arena at a designated start point.</li> <li>▪ A player shoots into a domination tube to take control. (e.g. turns it to their team colour)</li> <li>▪ Players cannot be physically blocked from shooting into the tube.</li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>▪ The tube will flash the winning team’s color. (e.g. the team who has dominated the tube the longest)</li> <li>▪ One tube can be dominated (e.g. decided) before the second tube depending on play.</li> <li>▪ Team members will have 10 life points and unlimited lives.</li> <li>▪ After a team member has been tagged 10 times, they must respawn at a designated respawn point in the arena.</li> <li>▪ Taggers will be shooting on burst or 3 rounds per trigger pull.</li> <li>▪ If teams fail to dominate both tubes, the game is considered a tie.</li> </ul> <ul style="list-style-type: none"> <li>○ Capture the Flag: <ul style="list-style-type: none"> <li>▪ A team must be first to capture both flags.</li> <li>▪ An electronic flag box will be set up at each end of the arena.</li> <li>▪ Each team will start at opposing ends of the arena at a designated start point</li> <li>▪ Team members will have 5 life points and unlimited lives.</li> <li>▪ After a team member has been tagged 5 times, they must respawn at a designated respawn point in the arena.</li> <li>▪ Taggers will be shooting on burst or 3 rounds per trigger pull.</li> <li>▪ Teams must electronically capture the opposing team’s flag first, then return to their home base and electronically capture their own flag.</li> <li>▪ Players cannot be physically blocked from capturing a flag.</li> <li>▪ If a team member is tagged out while carrying a flag back to their home base, they electronically drop the flag.</li> <li>▪ More than one team member can electronically download the opposing team’s flag.</li> <li>▪ If teams fail to capture both flags, the game is considered a tie.</li> </ul> </li> <li>○ Domination: <ul style="list-style-type: none"> <li>▪ The first team to “0” on the domination cube wins.</li> <li>▪ A domination cube is set up at centre and each team is given 5 minutes on their clock.</li> <li>▪ Each team will start at opposing ends of the arena at a designated start point.</li> <li>▪ Team members will have 10 life points and unlimited lives.</li> <li>▪ After a team member has been tagged 10 times, they must respawn at a designated respawn point in the arena.</li> <li>▪ Taggers will be shooting on burst or 3 rounds per trigger pull.</li> <li>▪ Team members will take turns pressing and holding their team button on the domination cube to turn the cube to their team color and start their clock counting down. This stops the clock for the opposing team.</li> <li>▪ Once a clock reaches zero, the cube will flash the winning team color.</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• The team that has won the best of 5 games will be considered the winner of the match.</li> <li>• Tied Matches: Where a tie occurs in a match, 1 game of Domination will be played. The winner of the game will be determined as the winner of the match.</li> </ul>
<p><b>FOULS &amp; VIOLATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Players should make all efforts to reduce contact among players. Any aggressive contact such as pushing and shoving is not allowed (you should not touch any other player with your body at any time on purpose and should do your best to avoid unnecessary contact).</b></li> <li>• The laser tagger and sensors must always be visible. No piece of a player’s wardrobe or body may cover any part of the tagger or sensors at any time.</li> <li>• Referees are responsible for checking the equipment of all players before and during the game to ensure it is working properly.</li> <li>• Any equipment malfunction will be dealt with in match or if more time is required the match will be paused by the referee to allow for correction or replacement.</li> <li>• All Referee rulings made within the scope of The Competition Rulebook are final.</li> <li>• Team Captains should register concerns over a ruling with Game Coordinator. This feedback will be used to resolve any ambiguity over the ruling and prevent future issues from arising.</li> </ul>
<p><b>INJURIES</b></p>	<ul style="list-style-type: none"> <li>• In the event that a Player suffers an injury requiring immediate treatment, they should exit the arena if they are able and it is safe for them to do so.</li> <li>• A Player must not continue playing if they have lost consciousness for any period of time or are bleeding</li> <li>• If an Injured Player has had treatment applied before the game ends and it is safe for them to continue playing, the Player may re-enter the game.</li> <li>• A Substitute Player may take the place of an Injured Player during an active game or if a game is replayed.</li> <li>• If an Injured Player affects the outcome of the game, the Competition Coordinator will decide if a game will stand or be replayed.</li> </ul>

**PLAYOFFS**

- Action Laser Tag will provide prizes to the members of the winning team.
- Playoffs will be held in week 5 and 6.
- Playoff matches will follow the same format as regular play, with Domination used for any tie breakers.
- The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted.

**REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!**