



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.
- 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. [League Modifications](#)
 2. [Player Guidelines](#)
 3. [League Representative Guidelines](#)
 4. [Self Screening Tool](#) (done before each game).

As well as:

- [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, 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** – For further details, [click here](#).
 - 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 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.
 - All leagues will have an even number of teams to avoid double-header play.
 - Game times will be staggered by a minimum of 10 minutes across all sports leagues to ensure safe traffic flow.
 - Players are asked to compete with a "Play On" mentality. No arguing or disputing calls made during the game.

SSC Official Beach Volleyball Rules– Open Gender 2’s - COVID-19 MODIFICATIONS

<p>OBJECTIVE</p>	<ul style="list-style-type: none"> Volleyball is a team sport played by two teams on a sand court divided by a net. The objective is for each team to send the ball over the net attempting to ground it on the opponent’s court, and to prevent the ball from being grounded on its own court.
<p>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</p>	<ul style="list-style-type: none"> Games are 55 minutes in length. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-7:00pm). If a set is not complete when time runs out or a game is stopped due to lightning, then the team in the lead is considered to have won that set. A team must have at least 5 points in a set to count as a win, otherwise it is deemed a tie. Similarly, if the third set is not played, then it is considered a tie. Games are played rain or shine (please refer to our foul weather policy). 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 SSC 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. 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. 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.
<p>EQUIPMENT RENTAL</p>	<ul style="list-style-type: none"> Teams are required to bring 1 beach volleyball to every game. The game ball must be sanitized before each set (three times throughout the game), before and after each game. Do not share your game ball with other teams. Volleyballs and scoreboards are not available for rent from SSC at this time. Teams are permitted and encouraged to bring their own scoreboard.
<p>PLAYERS ON COURT, GENDER RATIO AND DEFAULTS</p>	<ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 2 players on the court and a maximum roster of 3 players. No spectators allowed under any circumstance (this includes kids, family, etc). No substitute players allowed outside of your 3-player roster maximum (unless from the same league and tier). There are no minimum gender requirements. Players participate freely with no restrictions existing as to how many players of each gender are on the court. . A default for the match (all three sets) will occur if any team cannot field a squad 15 minutes after the official start time (unless otherwise agreed by both captains).
<p>GAME SET-UP</p>	<ul style="list-style-type: none"> Volleyball nets will be set up by the SSC Game Coordinator or facility staff upon arrival to your game. To determine who serves first, teams can either choose to play a rally game (minimum 3 crosses over the net), or rock-paper- scissors. Teams are responsible for keeping score and time.
<p>GENERAL GAME RULES</p>	<ul style="list-style-type: none"> Matches are comprised of three sets which equals one match. A player may play the ball off any part of his/her body, including feet. A player may not make two consecutive hits of the ball, except where the player has contacted the ball on a block, then the player may hit the ball a second time. Tips are not allowed. (i.e. players use a closed fist instead). Players are to call balls ‘in’ or ‘out’ of bounds. If the ball touches any part of a court line, it is ‘in’. The ball must completely pass the line to be ‘out’. If there is a dispute, resume play by re-serving the ball with no point awarded. If a disagreement escalates, any disputes should be discussed amongst the two team captains only. Teams may call a 1-minute time-out per match if needed, except during the final 10 minutes of play. If a match concludes early, the teams can continue to play, but the score of the fourth game will not be recorded.

	<ul style="list-style-type: none"> • No handshakes or high fives between teams – All greetings and congratulations should be vocal.
SCORING	<ul style="list-style-type: none"> • The first team to score 25 points by a two-point margin (with a hard cap of 27 points) is awarded the set. A game consists of 3 sets. • After a set teams can switch sides, however, must maintain a safe distance.
PLAYER ROTATION AND POSITIONING	<ul style="list-style-type: none"> • Players may play from any position and do not have to rotate, however players must maintain server rotation. • Both players may spike the ball from anywhere on the court.
VIOLATIONS	<ul style="list-style-type: none"> • Players are to call their own fouls and violations. If an obvious foul is missed, a player on the opposing team may politely point this out, assuming their opponent either does not know the rule or missed their own foul. Generally, teams should not call fouls against their opponents. • Obvious fouls include - carries, double hits (allowed on serves), touching the net (see next point), going under the net and contacting another player. • Absolutely no contact with the net whether this be intentional, accidental or affect the play or not. Players at the net should begin each point three feet back from the net. • If the ball is driven into the net causing the net to touch an opponent, no fault is committed. • A player is permitted to pass his/her hand above the plane of the net in the following scenarios: <ul style="list-style-type: none"> ○ While blocking an attack. ○ If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side. ○ An infraction has occurred if a player interferes with their opponents attack (e.g. if a setter is trying to set their player, the opponent can't reach over the net and block that set). • Players are not permitted to penetrate fully into the opponent's space under the net. Player's feet must remain in contact with the 'centre line' and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, so as to avoid injury to themselves or their opponents.
SERVING	<ul style="list-style-type: none"> • A server may serve the ball from anywhere behind the baseline. • Only one toss or release of the ball is allowed per serve. • Players can open-hand volley a serve. • A player may NOT block or spike a serve. • Net serves are allowed. Meaning, if a serve hits the net but the motion of the ball carries it over, it is a live ball. • A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest). • The server does not rotate after 5 points. The same server continues to serve as long as his/her team successfully wins the point.
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.

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!