



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.

SPIRIT POINT REPORTING

- 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. **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 tier. However, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.**

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](#).

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 Floor Hockey Rules – Coed 5-on-5 - COVID-19 MODIFICATIONS

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| OBJECTIVE | <ul style="list-style-type: none"> Floor Hockey is a team sport in which the objective is to score more goals than your opponent on their goaltender. |
| GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS | <ul style="list-style-type: none"> Games are 55 minutes in length with a 5-minute stop for halftime. 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-6:55pm). 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. |
| GAME SET-UP | <ul style="list-style-type: none"> To start the game, the winner of rock-paper-scissors will start the game with the ball. In the second half, the opposing team starts with the ball. Teams are responsible for keeping score and time. Often an SSC Game Coordinator is on-site and will keep score. If benches are present, place them on their side in the corners of the gym for substitute players. Goalie nets are set-up against the back wall with a crease line of 3 feet. Teams should bring both light and dark coloured shirts to each and every game. |
| EQUIPMENT | <ul style="list-style-type: none"> Equipment including nets, player and goalie sticks and balls will be provided and set-up each week by the SSC Game Coordinator or facility staff. Teams must bring and use their own goaltender equipment; however, they must meet the requirements below. To read and understand the goaltender equipment requirements see the sport rules tab. <ul style="list-style-type: none"> Goalies are required to: <ul style="list-style-type: none"> Wear hockey socks over shin guards with buckles. Wear a helmet/mask at all times with no exceptions (players MUST bring their own). Use the provided SSC goalie stick (players can bring their own, but must be equivalent to the league stick). Shoes / appropriate foot wear. Do not share your goalie gear with other players or teams. Goalies are permitted to wear: <ul style="list-style-type: none"> Fitted shin guards/pads (not full-width goalie pads). They must be worn underneath pants to reduce the wear and tear to the gym floor. Blocker & Trapper (any size is permitted). A chest protector (must be fitted and cannot extend to the arms). Goalies are not permitted to wear: <ul style="list-style-type: none"> Hockey pants. Shoulder pads which extend to the arms. Players: <ul style="list-style-type: none"> Must use the provided SSC hockey sticks. Exception: players may use DOM C6 Cup or DOM EL-93 Elite 54” sticks & blades (based on previous approval from the SSC). DOM EL-93 XT 60” is not permitted. Must use DOM standard blade (SB-76). All players on the same team must use the same colour blade (either red or blue). Can wear eye protection, gloves & shin guards (soccer) although not mandatory but is recommended. |

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| <p>PLAYERS ON COURT AND GENDER RATIO.</p> | <ul style="list-style-type: none"> • Mandatory Roster Requirements: <ul style="list-style-type: none"> ○ Teams are comprised of 5 players on the court (4 players and 1 goaltender) and a maximum roster of 9 players. ○ No spectators allowed under any circumstance (this includes kids, family, etc). ○ No substitute players allowed outside of your 9-player roster maximum (unless from the same league and tier). • The 4 players on the court must be 2 males and 2 females. The goaltender position is gender neutral. • Captains may agree to waive the rules regarding minimum players and gender ratio, however this must be confirmed before the game starts. Captains must maintain a 2-meter distance. |
| <p>GENERAL GAME RULES</p> | <ul style="list-style-type: none"> • The ball is always in play, regardless of height (including the ceiling and basketball hoops) until it crosses into an out of bounds area behind the benches. A ball that has gone out of play is awarded to the team that did not touch the ball last. Play commences with a player passing the ball in from the line where the ball went out of play. Please give the player 6 feet to make a pass. A player cannot score from this shot even if it hits the goalie and goes in - the ball must be touched by either an offensive or defensive player first (excluding the goalie). • To score a goal, the ball must enter the net and fully cross the 'goal-line'. If a 'goal-line' is not present, please use your best judgement. • Players cannot score by kicking the ball into the net. Any kicking motion done with the intention of directing the movement of the ball nullifies a goal. However, if a pass is made and it inadvertently deflects off a player's foot and into the net, the goal counts. • Players may make substitutions 'on-the-fly' as long as the player leaving the court is off before the new player enters the playing area. Substitute players must spread out at a minimum of 2 meters apart from each other and those on the bench. • No player (with the exception of the goalie) can slide or dive to block a shot. In other words, players must remain on their feet at all times. If in a stationary position, a defender's knee cannot touch the ground. • High sticking is not allowed at any time during play. A high sticking infraction has occurred when the stick of any player comes above their waist level. This includes incidents when the player is trying to knock the ball down, waving for a pass, before/after a shot has been taken, or anytime during play. Goals scored by a high stick do not count. If a high-stick occurs, the non-offending team retains possession with an indirect shot from where the infraction occurred. • Players and goalies are not allowed to throw their sticks. • Players cannot make a pass to a teammate by pushing or directing the ball with their hand. Players can catch the ball but they must put it straight down. • Players are not allowed to hold or grab their opponents stick at anytime. • Teams may call a 1-minute time-out per half if needed except during the final 10 minutes of play. • Teams must keep the same team bench for the duration of the game. • No handshakes or high fives between teams – all greetings and congratulations should be vocal. |
| <p>RESUMING PLAY AFTER A GOAL</p> | <p>To resume play after a goal, the following must occur:</p> <ul style="list-style-type: none"> • Players return to their designated sides of the gym and wait until both teams are ready to resume play. • The team that was scored upon carries the ball over the centre line. <ul style="list-style-type: none"> ○ Once the ball passes over the centre line, play resumes. ○ No player, whether they be offensive or defensive, can cross over the centre line before the ball does. If this occurs, the play is reset. • The team that was scored upon must make one pass to a teammate after they have crossed centre and before they can shoot on net. If a shot on net is taken before a successful pass, the play is reset. |
| <p>DEFENSIVE TACTICS</p> | <ul style="list-style-type: none"> • Players are not allowed to defend by placing their stick in between an opposing players legs - this can result in dangerous play. • A defensive player must stand 1 stick length or 6 feet (approximately) away from the crease line in order to give the goalie room to play the ball from their crease. • Slashing and pinning sticks is not allowed. Lifting a player's stick is permitted; however, you cannot lift a player's stick above waist level as this is a foul. • Players cannot turn their backs to the opponents and back their way down the court. This should be called a foul as the offensive player is backing into a defensive player who has position. • Teams are encouraged to choose zone defence to decrease unnecessary interaction. |

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| <p>GOAL CREASE</p> | <ul style="list-style-type: none"> • No sticks or feet (offense or defense) may enter the lined or taped crease in front of the net at any time. • Only the goalie may occupy this space. • If an offensive player enters the crease with either their stick or feet, it is the goalie's ball. It is up to the goalie, or nearby players to make this call. If a defensive player disrupts/affects the play by entering his/her own crease, the offensive team is awarded an indirect ball two paces out from the edge of the crease. If a defensive player stops a ball in the crease from going in the net, a goal is awarded. • Goalies cannot leave their crease and must have at least one foot in their crease at all times. |
| <p>*NEW* 3 SECONDS IN THE KEY RULE</p> | <ul style="list-style-type: none"> • A three second in the key rule will be implemented (similar to Basketball). This will minimize the contact in front of the goaltender. The key should be approximately double the distance of the goal crease reaching outwards. • Offensive players cannot stand within the 'key' for more than 3 seconds. A violation of this rule will result in the ball turning over to the defensive team's goaltender. |
| <p>GOALTENDER GOOD TO KNOWS</p> | <ul style="list-style-type: none"> • Goalies can toss/kick the ball to a player on their own side of the court, but cannot toss/kick the ball over the centre line (first point of contact must be on their own side of court). A goalie can pass the ball anywhere on the court with his/her stick. • Goalies cannot remove a blocker/trapper and use their bare hand to toss/pass a ball. This is considered a hand pass. • Goalies cannot be 'pulled' in an attempt to utilize an extra attacker at any point during the game. • Goalies cannot score when clearing the ball from their crease. The ball must be touched by a teammate first. |
| <p>VIOLATIONS & MAKING CALLS</p> | <ul style="list-style-type: none"> • This is a no contact league. Contact in any way between players is NOT permitted. • It is inevitable incidental contact may occur among players. However, 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). • It is extremely important players (especially team captains) make the appropriate calls for infractions and illegal plays. Every high-stick, goal crease violation, roughing, pushing, etc, must be called and play must be stopped. Only players who are currently on the court at the time of an infraction may make a call. • If a disagreement cannot quickly be resolved, the two team captains should meet at the middle of the court (without any other players and physically distanced) and discuss a resolution. • Stopped Games: A Game Coordinator 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. This decision is solely at the discretion of the Game Coordinator. If the decision is made to stop the game early, the score will be recorded as a loss for both teams. In addition, both teams will be given an automatic warning (refer to the SSC Policy sheet for specific details on warnings and discipline). The exception to this rule is if the Game Coordinator has stopped the game because of the inappropriate play of only one team. The non-offending team will receive the win, regardless of the score at the time the game was stopped. This is also at the discretion of the Game Coordinator. |
| <p>PLAYOFFS</p> | <ul style="list-style-type: none"> • There are no playoff games, trophies or prizing this season, however, scores and standings will still appear on our website. |

Remember... Always have fun and physically distance!