

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. [Sprummer 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 "Co-Captain" label in your online roster.
- Teams must email the SSC office to confirm the TSA prior to your first game. Failure to comply will suspend a team from game play.
- **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 Sprummer 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 Pickleball Rules – Split Bench Format - COVID-19 MODIFICATIONS

| | |
|---|---|
| OBJECTIVE | <ul style="list-style-type: none"> The overall objective of the game is to win the match by winning more points than your opponent. |
| GAME LENGTH & LEAGUE STRUCTURE | <ul style="list-style-type: none"> SSC Pickleball league is based on a split bench format of gameplay. Your partner and opponent may be different for each game. The courts will be reserved for a specific amount of time according to the online schedule. Players join an open game as the courts become available. You can stay and play the full amount of time, or 'drop-in' at your leisure. SSC does not use a ranking system to indicate the different skill level of its members nor does it use a system to impose time limits on matches. Rather, SSC uses the "honour system" to keep track of who is next up to play. Be courteous by allowing players that have not had a chance to play or warm up to do so. No consecutive matches amongst teams or individuals, unless there is available court space. Players are required to arrive and depart directly before and after their games to avoid larger groups of people. Remain in your vehicle until the playing space has been vacated by the previous teams. Do not loiter or linger unnecessarily. 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. Directional signage will be posted onsite when possible to ensure physical distancing is followed. No handshakes or high fives between teams – All greetings and congratulations should be vocal. |
| EQUIPMENT | <ul style="list-style-type: none"> All Pickleball equipment will be provided at the Curling Club (pickleballs, paddles, nets). Players are permitted to bring their own paddles. If a player chooses to bring their own paddle, they are required to wash/sanitize the paddle before and after the game. Do not share your paddle with other players. Nets are stored at the facility and are property of the facility. Absolutely no contact with the net whether this be intentional, accidental or affect the play or not. Sports Equipment will be sanitized between games. All players are responsible for bringing CLEAN indoor shoes. Boots, outdoor shoes are not acceptable - players will not be allowed to play. |
| SKILL LEVELS | <ul style="list-style-type: none"> All skill levels are welcome; however, this program is targeted towards beginner-intermediate players. |
| GENERAL GAME RULES | <p>SSC follows standard Pickleball Canada rules.</p> <ul style="list-style-type: none"> Games will begin with players choosing teammates at random. Games will be played as doubles, unless there is available court space. Once a game is completed, winning teams will go to a pre-determined winning bench, and the losing teams will go to a pre-determined losing bench. When a court becomes available, the next 4 players from one of the benches begins a game. Benches are to rotate when a court becomes available. Players must spread out at a minimum of 2 meters apart from each other and those on the bench. Two Bounce Rule: The ball must bounce twice, once on each side of the court, before players can hit the ball in the air or on the "volley". When the ball is served, it bounces in the receivers service court, the serving team must stay back and wait for the ball to bounce again on their side before they can move up and play the ball in the air. This rule is instrumental in providing long rallies in the game of Pickleball. The serving team cannot serve the ball deep and then run to the net and smash it down to their opponents. They must stay back and wait for the return bounce. The point of contact where the ball meets the court is what determines if a ball is in/out. A ball is deemed out of play if the ball lands completely outside the court lines. If a ball touches an exterior court line, it is considered in. Calling Lines - players will call the lines as honestly and fairly as they can. Players should call the lines on their side of the net and opponents will do the same on their side. Opponents should never make a call on the other side of the net unless they are asked. If a team cannot decide on a line call, then the benefit always goes to the opponent. If a team asks for an opinion from an opponent, that decision is final. |
| SERVING & PLAYER POSITIONING | <ul style="list-style-type: none"> At the start of each point, the server should announce the score (etiquette). Both server's feet must be behind the baseline when making a serve and one foot must always be on the ground. The highest point of the paddle head must not be above the highest part of the wrist when striking the ball. Contact with the ball must not be made above the waist level. The server must serve to the correct service court (the court diagonally opposite the server). The correct server and receiver and their positions are determined by the score and the players' starting positions |

| | |
|---|---|
| | <p>in the game. After each side out, service begins with the player correctly positioned on the right/even side of the court according to the team's score. This player is referred to as "Server 1" and the partner is "Server 2."</p> <ul style="list-style-type: none"> • Each player will serve until a rally is lost or a fault is declared against the player or team. <i>Exception:</i> At the start of each game, when only the starting server will serve. The starting server of each game is therefore designated as "Server 2" for scoring purposes, since a side out will occur once a rally is lost or a fault is committed by the serving team and service is awarded to the opposing team. • As long as the server holds serve, after each point the server will alternate serving from the right/even and left/odd sides of the court. • The receiving team does not alternate positions when a point is scored by the serving team. The receiving team may switch positions after the return of serve, but after the rally is over, the receiving team must return back to their correct positions, which correspond to the team's score and the players' starting positions. |
| <p>THE KITCHEN (THE NON-VOLLEY ZONE)</p> | <ul style="list-style-type: none"> • The Kitchen is a rectangle that is 7' X 20 feet on both sides of the net. • Players cannot step into the Kitchen (or on the line) when making, or following through from, a volley shot. However, this only applies when a player is attempting to hit the ball in the air. Players can enter The Kitchen after making a ground stroke (a ball that bounces first). • Players can stand in The Kitchen, as long as they are not playing the ball in the air. It is a fault if a player steps in even after the ball is missed or hit by the opponents. |
| <p>SCORING</p> | <ul style="list-style-type: none"> • The first team to score 11 points by a two-point margin is awarded the win. • Only the serving team can win a point. The receiving team must get the 'side-down' and get the serve back before earning points. • Points are awarded when the opponents commit a fault. |
| <p>FAULTS AND LETS</p> | <p>Faults</p> <ul style="list-style-type: none"> • Faults can occur for a wide variety of reasons, including: <ul style="list-style-type: none"> ○ If the serve or service return does not bounce before the ball is struck. ○ Hitting the ball into the player's side of the net without the ball crossing over to the opponent's side. Note: The play is dead and the fault occurs the moment the ball hits the ground. ○ Hitting the ball under the net or between the net and the net post. ○ A player hitting a ball that lands out of bounds or onto their own side of the court. ○ Failure to hit the ball before it bounces twice on the receiving player's court. ○ A player, a player's apparel, or a player's paddle contacting the net system or the net posts when the ball is in play. Absolutely no contact with the net please! ○ The ball in play contacts a player or anything the player is wearing or carrying, except the paddle or the player's hand(s) in contact with the paddle and below the wrist. If the player is in the process of changing hands with both hands on the paddle or is attempting a two-handed stroke and either hand is hit below the wrist, the ball is still in play. ○ A live ball that is stopped by a player before it becomes dead. (e.g., catching or stopping a ball in flight before it makes contact with the court.) ○ Violation of The Kitchen rules. ○ Once the ball is in play, a player hitting the ball before it passes the plane of the net. ○ A player deliberately touching the ball with the paddle more than once (i.e., double hit). <p>Lets</p> <ul style="list-style-type: none"> • Lets can be called for a variety of reasons, and there is no limit to the number of lets a server may server. The server is a let and will be replayed if: <ul style="list-style-type: none"> ○ The serve touches the net, strap, or band and is otherwise good and lands in the service court, ○ If a player is unready for a serve, ○ If a ball is broken |

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!