



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 Turf Flag Football Indoor Rules – Coed 7-on-7

COVID-19 MODIFICATIONS

<p>OBJECTIVE</p>	<ul style="list-style-type: none"> Flag football is a version of Canadian football where the basic rules of the game are similar to those of the mainstream game (often called "tackle football" for contrast), but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down.
<p>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</p>	<ul style="list-style-type: none"> Games are 55 minutes in length without a 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-7:00pm). 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 (MANDATORY)</p>	<ul style="list-style-type: none"> Teams are required to bring an NFL sized Football, six (6) pylons, and a set of ten (10) flag belts (with 2 flags each) for every game. This equipment is available to rent through SSC. A \$75 refundable deposit is required for the equipment, payable through online registration. Teams are required to wash/sanitize all team equipment before and after the game. Do not share your game ball and equipment with other teams. The game ball must be sanitized before, at halftime and at the end of the game (three times throughout the game). Rules surrounding cleaning and sanitization cannot be waived under any circumstance. Please ensure each flag is wiped down before each game, as well as at half time. Teams should bring both light & dark coloured t-shirts to help distinguish opponents. Please wear shorts/pants with NO pockets. This will reduce finger injuries when trying to grab the flags. Only flags with Velcro attachments to the belt are permitted. Metal cleats are not allowed.
<p>PLAYERS ON FIELD AND GENDER RATIO</p>	<ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 7 players on the field and a maximum roster of 11 players. No spectators allowed under any circumstance (this includes kids, family, etc). No substitute players allowed outside of your 11-player roster maximum (unless from the same league and tier). Teams must play with a minimum of 2 males and 2 females on the field at all times. A team can play with a minimum of 5 people, as long as the gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
<p>FIELD & PLAYER SETUP</p>	<ul style="list-style-type: none"> Team captains should meet before the start of the game to set-up the field with the required pylons. Captains must maintain a 2-meter distance. Please check the online SSC schedule for a specific map of the facility and field orientation (when available). To view a diagram of a flag football field set-up, click on the pdf document in the rules section. The field set-up includes: <ul style="list-style-type: none"> Total field length (60 paces) Between the end zones (50 paces) End zones (5 paces) Total field width (35 paces) A pace is approximately 3 heel-to-toe steps. Flags should be placed on the hips of each player at the outset of each play. The flag must be on top of all clothing and cannot be folded over such that the Velcro attachment is on the inside or hidden.

	<ul style="list-style-type: none"> • To start the game, teams can decide who gets 'first ball' by either a coin toss or playing a game of rock, paper-scissors. • Teams are responsible for keeping score & time. • A game can end in a tie during the regular season. • Teams must keep the same team bench/side for the duration of the game. • If a field shares a sideline with another field, neither group should use the communal sideline. • If opposing teams must share one sideline, they are required to stay on their half of the field. • No handshakes or high fives between teams – all greetings and congratulations should be vocal.
<p>SCORING</p>	<ul style="list-style-type: none"> • A point is scored when a player catches any legal pass or runs the ball into the defensive end zone prior to having one of their flags stripped. • To score a player must step over the line in the end zone (it is not enough to have the "plain of the end zone" broken by the ball). • Teams receive one (1) point for each touchdown. • There are no conversions.
<p>GAME START & GENERAL RULES</p>	<ul style="list-style-type: none"> • The team who wins the coin toss/rock, paper, scissors will begin the game 10 paces outside of their end zone in the centre of the field. After halftime the opposite team will gain possession and begin play in the same manner from their end of the field. • From the time the ball is placed on the line of scrimmage, the offense has 30 "steamboats" to start the next play. Running down the clock with an unnecessarily long huddle is not an acceptable strategy. • If a defending team sacks the quarterback (or any offensive player with the ball) in the offensive end zone, the ball is turned over at midfield to the defending team. • If an interception occurs in the end-zone and the player is flagged down, a touchback will occur, and the intercepting team will gain possession on the 10-yard line. • Teams may call a one (1) minute time-out per half if needed except during the last 10 minutes of play. • Ending the Half or Game - With three minutes to go in the half (game), there are 5 plays left in the half (game). • If a ball from another game lands on your field, do not throw it back. Let a player from another field pick it up.
<p>OFFENSE, QUARTERBACK AND RECEIVING</p>	<ul style="list-style-type: none"> • The offensive team has four (4) downs to cover the entire field. If the offensive team fails to score on the 4th down, the ball is turned over and the new offensive team starts their drive from the position where the last play ended. • When on offense your field position determines the outcome after an unsuccessful 4th down. If after 4 downs, the offence is still on their side of half then the ball is advanced to the centre line and the other team takes over. If the offence has passed half and are into the defending teams side of the field and they fail on 4th down the ball is turned over where the line of scrimmage was. • The Quarterback may only run the football past the line of scrimmage when/if any defensive player crosses the line of scrimmage at the end of the 5 "steamboats". If a defensive player does not cross the line of scrimmage, the Quarterback cannot run the ball. • To start an offensive play, the ball must be snapped by the offensive Center, from the point of scrimmage to the Quarterback. There is no minimal distance required by the Quarterback who can be either up close to the Center or in a shot-gun formation. The Quarterback cannot self-snap. • Spinning - An offensive player CAN turn their bodies from side to side, but cannot spin 360 degrees. This prevents defensive players from injuring their fingers. If a player spins, the ball is dead at the point where the spin occurred. • Offensive players may not block or otherwise obstruct any defensive players. • Offensive players cannot protect/cover/hide/block his/her flag. If the person with the ball blocks the defenders hand from grabbing their flag, the play is dead where the block occurred. • An offensive player can dive or jump to catch a ball, but once in possession he/she cannot leave their feet at any time. This includes all forms of jumping and diving. If the ball carrier breaks this rule, the play is dead at the point where the player stood before the infraction. • If a flag inadvertently falls off the ball carrier, or if a player attempts to grab a flag and there is not one on the hip of the offensive player, the play is stopped at that location. • First point of contact: A receiver is determined to be "in" or "out" based on their first point of contact with the ground. If a player lands first with one foot in-bounds, and then the other foot touches down out-of-bounds, it IS a legal catch, but the play ends where they touched the out of bounds line. If a player catches the ball, but is straddling or lands straddling the sideline, it is NOT a catch. Only a one foot landing is needed - as long as that foot touches down in-bounds. • Lateral passes and 'flea flicker' plays are permitted.
<p>DEFENCE</p>	<ul style="list-style-type: none"> • The defense must loudly count five (5) "steamboats" before rushing the quarterback. • While counting, the defense must line up at or behind the line of scrimmage. • Steamboats should be counted as follows: "one...steam...boat".

	<ul style="list-style-type: none"> Once the ball has come in contact with a 2nd offensive player (Quarterback hand-off or throw to receiver), the defending players can cross over the line of scrimmage before the end of the 5 “steamboats” and engage with the offensive players. A defender may not step in front of the ball carrier or block a running lane if it has the potential to create an unsafe play. Likewise, an offensive player should not run with their head down, in an attempt to run through the defenders. In other words, incidental contact is inevitable, but players should not be run over. Please use your best judgment. When pulling a flag from an offensive player, it must be pulled and dropped on the ground immediately. Defensive players cannot hold the flag or hand it back to the offensive player directly.
DEAD PLAY	<ul style="list-style-type: none"> If a player carrying the ball slips/falls and one knee touches the ground, the play is dead and the defense does not have to remove a flag for the play to stop. Please observe this rules carefully as it helps to promote safer play. If the football touches the ground for any reason (kick-offs, fumbles, handoffs, etc) the ball is dead and the play is over. The next play is started at the spot where the ball hit the ground.
VIOLATIONS & MAKING CALLS	<ul style="list-style-type: none"> Prolonged or deliberate contact while playing is not permitted. The offending player should call their own infractions, however any players involved with the infraction can also make a call. Players not on the field at the time of any incident cannot make a call at any time. Fouls (including picks) that are called by the offence or defence will lead to a re-down (the play starting over from the line of scrimmage). Once a foul is called, the play must stop and the play is started over. If the offence/defence is fouled, they can choose not to call a foul if it is an advantage to do so. Example - A receiver is fouled as they catch the ball and continues to run the ball in for a touchdown. All games are self-refereed. Disputes about a possible infraction are to be discussed amongst the people involved in the play. If an agreement cannot be reached, simply redo the down. Please play safely and with good spirit.
PLAYOFFS	<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 & PHYSICALLY DISTANCE!