



## 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:
  - [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](#).
  - There will not be trophies or prizes this season, however, leagues will have playoffs, scores and standings.
  - 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. **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.**
- 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 Coed Kickball Rules - COVID-19 MODIFICATIONS

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>Kickball is played between two teams on a diamond, with 9 players from one team on the field at a time. The object of the game is similar to softball - to score more runs (points) than the other team by kicking a ball into play and running around the bases, touching each one in succession.</li> </ul>
<b>GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>Games are nine (9) innings in length with a time limit of 90 minutes (unless otherwise indicated in your schedule).</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>No new inning can start with 5 minutes left before the formal end time. If a new inning is started and is not completed (both teams receive their at bat), the score will revert to that of the last completed inning.</li> <li>Games are played rain or shine.</li> <li>If a game is stopped due to lightning, four (4) innings will constitute a complete game.</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>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.</b></li> <li><b>Directional signage will be posted onsite when possible 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 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.</b></li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>Teams are responsible for bringing one (1) kickball and four (4) throw-down bases to each game.</li> <li>This equipment is available to rent through SSC. A \$75 refundable deposit is required, payable through online registration.</li> <li><b>The fielding team must sanitize the ball after each inning. Rules surrounding cleaning and sanitization cannot be waived under any circumstance.</b></li> <li><b>Teams are required to wash/sanitize all Kickball equipment before and after the game.</b></li> <li><b>The fielding team must use their own Kickball. The fielding team must clean and sanitize the Kickball after each inning.</b></li> <li><b>Do not share your equipment with other teams.</b></li> <li><b>Players are required to wear appropriate footwear (metal cleats are not allowed).</b></li> </ul>
<b>PLAYERS ON FIELD AND GENDER RATIO</b>	<ul style="list-style-type: none"> <li><b>Mandatory Roster Requirements:</b> <ul style="list-style-type: none"> <li>Teams are comprised of 9 players on the court and a maximum roster of 12 players.</li> <li>No spectators allowed under any circumstance (this includes kids, family, etc).</li> <li>No substitute players allowed outside of your 12-player roster maximum (unless from the same league and tier).</li> </ul> </li> <li>Teams are comprised of nine (9) players with a minimum of three (3) of each gender.</li> <li>A team can play with a minimum of 7 people as long as there are two (2) of each gender and as long as the kicking order stays the same (see the section below about kicking). In this scenario, on defense, teams must then play with fewer players on the field (i.e. if you play with 2 players below the minimum requirement, you must be short 2 players on defense).</li> <li>There is no ‘rover’ position in kickball.</li> </ul>
<b>GAME &amp; FIELD SET-UP</b>	<ul style="list-style-type: none"> <li>Captains should meet before the start of the game and confirm / agree upon ground rules with regards to boundaries and base set-up. <b>Captains must maintain a 2-meter distance.</b></li> <li>To view a diagram of a kickball field set-up, click on the pdf document in the rules section.</li> <li>Teams are responsible for setting up the bases at 60 feet (approximately 20-25 paces).</li> <li>Each team captain must bring their four (4) bases to every game (total 8 bases) as first base and home plate will require "safety bases".             <ul style="list-style-type: none"> <li><b>First – safety base:</b> There should be a base for the first base fielder to touch and a separate base for the runner to step on (with a distance of 6 inches between the bases).</li> <li><b>Home – safety base:</b> There should be an extra base laid out parallel to the existing home plate (at least 24 inches away from it). A line is to be drawn in the dirt between the two to enable the runner to touch the</li> </ul> </li> </ul>

	<p>safety bag or cross the line in a safe manner, in order to score a run.</p> <ul style="list-style-type: none"> <li>○ <b>Commitment Line:</b> There is a "commitment line" halfway between third base and the home plate, marked with an extra base or by drawing a line in the dirt across the base path. This marks the no-return point of a base runner going towards home plate.</li> <li>○ <b>Other Bases:</b> For the other bases, fielders should be touching only one side of the base, allowing a base runner to touch the base without interference.</li> </ul>
<b>GAME START &amp; INNING STRUCTURE</b>	<ul style="list-style-type: none"> <li>● <b>Rock-paper-scissors will determine the home team (kicks in the bottom of the inning).</b> <ul style="list-style-type: none"> <li>○ <b>Exception:</b> During playoffs the higher ranked team will have the choice to bat first or second.</li> </ul> </li> <li>● Each inning is played with three (3) outs or when a team scores a maximum of eight (8) runs. <ul style="list-style-type: none"> <li>○ <b>Exception:</b> teams do not have a run limit in the final inning of the game.</li> </ul> </li> </ul>
<b>PLAYER OUTS</b>	<ul style="list-style-type: none"> <li>● A player is out if: <ul style="list-style-type: none"> <li>○ A player kicks and fails to put the ball into play after three pitches.</li> <li>○ A kicked ball that is caught in the air (regardless of whether the ball is in fair or foul territory).</li> <li>○ If a defensive player gets the ball to a base before the offensive player arrives and the offensive player cannot return to the previous base because it is occupied by one of his teammates (force out).</li> <li>○ A runner that leads off the base before the ball is kicked.</li> <li>○ A runner hit by a thrown ball below the shoulder while not on base and when the ball is in play. <ul style="list-style-type: none"> <li>● <b>Exception:</b> If a thrown ball hits a runner above the shoulders, the runner is considered safe and will be awarded one additional base in addition to the one which they were running to. Example: if a base runner is hit in the head running to second base they would be granted third base.</li> </ul> </li> <li>○ A runner hit by a kicked ball regardless of where the ball hit them while not safely on base.</li> <li>○ If a defensive player throws and hits an offensive player with the ball before they get on base.</li> <li>○ A runner obstructing a fielder from fielding a ball (pushing or bumping while fielder is in the motion of playing a ball).</li> <li>○ A runner that passes another runner.</li> </ul> </li> </ul>
<b>PITCHING</b>	<ul style="list-style-type: none"> <li>● The team at bat provides their own pitcher.</li> <li>● The pitcher can pitch from wherever they choose.</li> <li>● If a kicked ball touches the pitcher, then the: <ul style="list-style-type: none"> <li>○ ball is declared dead.</li> <li>○ pitch is redone.</li> <li>○ base runners return to their previous bases.</li> <li>○ pitch count is then restored.</li> </ul> </li> </ul>
<b>FIELDING</b>	<ul style="list-style-type: none"> <li>● There is no infield fly rule in effect since a kickball is more difficult to catch than a softball. However, it is poor sportsmanship to purposely drop a ball to induce a double play.</li> <li>● If a ball is overthrown at first or third base and goes 'out of play' (e.g. over the fence, into the dugout, beyond the extended backstop, etc.) then the base runners can advance one base. If the ball stays in play (i.e. hits the fence) then the ball is live and runners may advance at their own risk.</li> <li>● Players in the field are not allowed to stand inside the baselines before a player attempts to kick a ball (e.g. the shortstop cannot stand beside the pitcher before the batter has attempted their kick).</li> <li>● <b>The catcher must stand a minimum of 2 meters behind the plate to allow physical distancing.</b></li> <li>● <b>All infield players must position themselves a minimum of 2 meters behind the base runner (into the outfield), to obtain physical distancing.</b></li> <li>● <b>Base runners will have the right-of-way and must always have a clear path to the base.</b></li> <li>● <b>In the event of a tie at a base the benefit goes to the base runner. If teams are unsure of the call due to distance, the play should be re-replayed.</b></li> </ul>
<b>KICKING</b>	<ul style="list-style-type: none"> <li>● A player's foot or leg must make all kicks.</li> <li>● All kicks must be from behind home plate.</li> <li>● Every kicker receives a maximum of three (3) pitches.</li> <li>● <b>Batting Order:</b> No more than 2 males can bat consecutively in the batting order, including when the bottom of the order meets the top of the order. <ul style="list-style-type: none"> <li>○ <b>Players must line up in a batting order along the fence, outside the diamond, spread out at a minimum of 2 meters apart from each other and those on the bench.</b></li> <li>○ A team must use their full roster for batting (e.g. players cannot only play defense) and all players must bat before a male player can bat for the second time (this may change the male/female order from inning to inning). <i>Example: If a team only has two women present, the batting order will be male</i></li> </ul> </li> </ul>

	<p><i>1, male 2, female A, male 3, male 4, female B, male 5, male 6, female A, etc. The spot where female C should have been will not be an automatic out.</i></p> <ul style="list-style-type: none"> <li>○ The batting order should remain intact from inning to inning. This means the last batter out in an inning is followed by the next subsequent gender at the start of a new inning.</li> <li>○ Any players arriving after their team has batted in the first inning, will be inserted into the bottom of the gender batting order.</li> <li>● If the kicker takes a full kick and it does not pass the pitcher, then it is considered a fair kick (intentional bunting is not allowed).</li> </ul>
<p><b>BASE RUNNING</b></p>	<ul style="list-style-type: none"> <li>● <b>Base runners can:</b> <ul style="list-style-type: none"> <li>○ Overrun first base without being tagged out as long as they continue to follow the foul line or stay to the right of it.</li> <li>○ Courtesy runners are permitted for a kicker or injured base runner; however, the courtesy runner must be the last out of the same gender. If a courtesy runner is being used for a kicker, please notify the opponents team captain before the start of the game. The courtesy runner must start to the right side of the catcher (facing towards the pitcher) in line with the 3<sup>rd</sup> base foul line and can only run when contact has been made with the ball. <b>The courtesy runner is required to keep physical distancing.</b></li> <li>○ Be hit by a kicked ball - in this circumstance the ball is live and playable although base runners must make every effort to avoid a kicked ball.</li> </ul> </li> <li>● <b>Base runners cannot (automatic out):</b> <ul style="list-style-type: none"> <li>○ Slide into any base.</li> <li>○ Steal a base or leadoff to gain a competitive advantage (base runners must wait until the kicker makes contact with the ball before leaving the base).</li> <li>○ Move more than 3 feet away from an imaginary line between the bases, or they will be deemed out (base runners must stay along the base paths).</li> <li>○ Be blocked when running between bases.</li> </ul> </li> <li>● <b>Tag Up:</b> <ul style="list-style-type: none"> <li>○ If pop fly ball is caught, base runners must retouch (or 'tag-up') the base they were on at the time of the pitch, before attempting to advance. If a pop fly ball is not caught, a tag-up is not required and base runners may try to advance.</li> </ul> </li> <li>● <b>Commitment Line:</b> <ul style="list-style-type: none"> <li>○ Players cannot return to third base if they have crossed the 'commitment line' between third base and home plate (a base runner that does is automatically out).</li> <li>○ A "force out" will always be in effect between third base and home plate once the base runner has crossed over the "commitment line". This means that a team only needs to touch home plate with the ball in their possession to make the out. Under no circumstances are tag plays permitted at home.</li> </ul> </li> </ul>
<p><b>MERCY RULE</b></p>	<ul style="list-style-type: none"> <li>● Mercy Rule: If a team is up by 15 runs or more after the 5th inning of play, the losing team has the option of calling the game or choosing to continue.</li> </ul>
<p><b>FOUL BALLS &amp; MAKING CALLS</b></p>	<ul style="list-style-type: none"> <li>● Foul balls include: <ul style="list-style-type: none"> <li>○ Any ball that is kicked and touches in foul territory (outside of the base lines).</li> <li>○ Any ball that is kicked and touches in fair territory but crosses into foul territory before passing first base or third base.</li> <li>○ A double kick (a kicker can only kick the ball once).</li> <li>○ A ball that is kicked and hits the backstop and/or obstacles.</li> </ul> </li> <li>● Base calls are the responsibility of the base coaches to make impartial calls at first and third base. If base-coaches are not being used, mutual agreement between captains, all close calls should be made by the pitcher. Please ensure that the game is being called in a fair manner. Calls should be made as neutrally and impartially as possible. <b>Base coaches must maintain a 2-meter distance at all times.</b></li> <li>● <b>Captain meetings regarding rules, scores, etc. must be conducted on the diamond at a minimum 2 meters distance.</b></li> </ul>
<p><b>PLAYOFFS</b></p>	<ul style="list-style-type: none"> <li>● <b>There are no trophies or prizing this season.</b></li> <li>● Playoff games should be 80 minutes in length in anticipation of needing the extra time to settle a tie.</li> <li>● During playoffs, if the game is tied after the completion of 7 innings, or the expired time, teams will follow this format:</li> </ul>

	<ul style="list-style-type: none"><li>○ The team that is up to kick will start the inning by placing their 'last out' from the previous inning on second base, with two (2) outs. Once three (3) outs have been reached, the other team will then place their 'last out' from the previous inning on second base (also with two (2) outs) and proceed to bat until three (3) outs is reached. Teams will take turns doing this until the score is settled upon the completion of a full inning.</li><li>• Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order.</li><li>• 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 into the schedule.</li></ul>
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**REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!**