



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.
- Provincial Health Orders and/or facility regulations regarding proof of vaccination status must be followed by all players (where applicable).
- 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](#).
 - 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.
- All sports have a maximum 'game-day' roster size shown in the sport-specific rules below. Teams are not permitted to exceed this specific number of players at each game.
- Teams are permitted to carry more players on their online rosters.
- Substitute players are permitted; however, must be added to the online team roster.
- 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 Basketball Rules – Coed 5-on-5 - COVID-19 MODIFICATIONS

OBJECTIVE	<ul style="list-style-type: none"> The objective of the game is to win points by shooting the ball into the opposing team's "basket." The team with the most points wins.
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. Players, spectators, and SSC league representatives must follow provincial mask mandates and/or local facility mask protocols when attending SSC activities. If required, directional signage will be posted onsite 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 accidental contact may occur while playing the sport. Due to the contact, please avoid touching your face at any time and please sanitize your hands before, during and after games.
EQUIPMENT	<ul style="list-style-type: none"> Teams are required to bring 1 basketball to every game. 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. Teams must sanitize the game ball at half time. Basketballs and scoreboards are not available for rent from SSC at this time. Teams should bring both light & dark coloured t-shirts to help distinguish opponents.
PLAYERS ON COURT, GENDER RATIO AND DEFAULTS	<ul style="list-style-type: none"> Mandatory Roster Requirements: <ul style="list-style-type: none"> Teams are comprised of 5 players on the court. Teams are not permitted to exceed a maximum of 10 'game day' players at each game. Substitute players are permitted; however, must be added to the online team roster. Spectators are permitted at most game locations; however, please follow onsite regulations. Teams must play with a minimum of 1 male and 1 female on the court at all times. A team can play with a minimum of 4 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.
GAME SET-UP	<ul style="list-style-type: none"> To determine who starts, teams are encouraged to play rock-paper-scissors or flip a coin. 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.
GENERAL GAME RULES	<p>Standard basketball rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> Defensive play is man-to-man only (no zone defense). You can pick-up your man anywhere on the court, however double teaming can only be done on your side. Players may substitute after a basket has been scored (although play doesn't stop) or during a stoppage in play (not 'on the fly'). Each basket scored within the three-point line counts as two points and each basket scored beyond the line count for three points. An out of bounds ball in favour of the attacking team results in the attacking team taking possession of the ball at the top of the key. At this point, the ball must be 'checked in' by the defensive team before play can resume. Once the ball has been 'checked in', the attacking player can dribble the ball but must make a pass (S/he cannot score directly off the 'check-in'). When the ball is tied up, and a jump ball call is made, the team who is on defense will be awarded possession of the ball. Teams may call a 1-minute time-out per half if needed except in the final 10 minutes of play. Three seconds in the key: If an offensive player is in the key for more than 3 seconds, the defensive player may give out a warning. An offensive player can receive 2 warnings, after the 3rd warning an automatic turnover occurs. Counting should go as follows: "one one-thousand, two one-thousand, three one-thousand." Dunking is not allowed.

<p>FOULS & VIOLATIONS</p>	<ul style="list-style-type: none"> • Players should make all efforts to reduce contact among players. 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). • All standard basketball infractions are enforced (e.g. reaching-in, body contact of any kind, charging, etc). • Purposely obstructing an opponent's vision by placing or waving a hand in his/her eyes is not allowed. • The offending player should call their own infractions, however only one of the two players involved in an infraction can make a foul call. • If a defensive foul call is made when a player is in the process of taking a shot and the shot goes in, play continues cancelling out the foul. A point is awarded and the other team takes possession under their own hoop. • If a defensive foul call is made when a player is attempting a shot or layup (thereby affecting the outcome), the fouled player will take a shot from the free-throw line. If the shot goes in, a point is awarded and the other team takes possession under their own hoop. If the shot is missed, play becomes live and the game continues. To avoid defensive players from killing time during the setup for the foul shot, the shooter can attempt the foul shot as soon as the rest of his team is in position for the foul shot (regardless of the position of the defensive players). The foul shooter has a maximum of 20 seconds to take the shot. • If a defensive foul call is made when a player is dribbling, passing, running (not shooting or making a layup), the attacking team takes possession of the ball at the top of the key. At this point, the ball must be 'checked in' by the defensive team before play can resume. If an offensive player causes a foul, the defensive team takes the ball to the closest sideline to the foul and starts play by inbounding the ball. • Intentional fouls are not condoned by the league.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • A game can end in a tie during the regular season. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie. • In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute overtime period. If the game is still tied after the overtime, the next basket will win. • 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. • 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.

REMEMBER... ALWAYS HAVE FUN AND PHYSICALLY DISTANCE!