

LEAGUE POLICIES



CALGARY SPORT & SOCIAL CLUB

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1. COVID-19

GENERAL HEALTH AND SAFETY GUIDELINES

The CSSC requires all participants to agree to, and follow all the Return to Play guidelines. For the full Return to Play Guidelines click [HERE](#).



Screening Checklist

- All players must complete a self-screening checklist prior to each game
- If you answer YES to any items on the checklist, you are not permitted to play



Wash/Sanitize Your Hands

- Players should wash/sanitize hands before and after their game
- Wash for at least 20 seconds, or use sanitizer that contains at least 60% alcohol



Masks

- Wearing a mask is now **mandatory** in all public, indoor spaces. This means you must wear a mask during arrival and departure from the facility
- We also encourage players to wear a mask before and after playing an outdoor game
- Masks are not required to be worn while playing



Spectators

- Avoid bringing spectators. Spectators at indoor facilities is prohibited.



Social Distancing

- Outside of game play, maintain the appropriate 6-foot social distance with those that are not a part of your household or personal cohort

Captain Meetings & Team Handshakes



- For Coordinator sports, meetings will be held with a 6-foot distance
- For sports with no Coordinators, home teams have been noted on the schedule. If captains choose to meet, it should be done with a 6-foot distance
- End of game handshakes/high-fives are eliminated. Teams can verbally acknowledge “good game”

Arrival and Departure



- Please only arrive 10-15 minutes early to limit unnecessary congregation
- Allow the players in the game before you to completely leave the playing area prior to entering
- Upon the end of the game, immediately clean up and depart

No Spitting & Cover Your Mouth



- Spitting, tobacco use of any kind, unshelled sunflower seeds, and unshelled peanuts are not permitted
- Remember if you need to sneeze or cough, catch it in your elbow and avoid using your hands
- Let's keep it scent free to help prevent additional sneezing and coughing

Cohort Rules



- During Phase Two, all sports leagues are limited to a 50-person limit. As a result, some divisions will be as small as 4-6 teams
- Due to the 50-person limit all rosters will be capped, and teams will be subject to roster checks
- COVID Roster Requirement Policy Update: Only players confirmed on the team roster in MyCSSC are permitted to play. A player must be confirmed, and not be a pending invite.
- AHS recommends individuals should limit the number of cohorts/mini-leagues they belong to

Equipment



- As much as possible, players are encouraged to have their own equipment
- The Club will provide Captains/Coordinators, depending on sport, with sanitization product to use on equipment that must be shared
- Do not share water bottles or snacks

While the Club is committed to doing all that we can to keep you safe, **this is a team effort**. We expect all registered players to adhere to the new policies and formats, and to hold each other accountable. It is essential that our community work together to safely 'sport' again.

2. FACILITIES

The CSSC rents all fields and facilities used for play. As tenants, players must respect the standards and rules of each field and facility. **Any player who causes the CSSC to receive a complaint regarding a field or facility rented by the CSSC will receive a \$100 fine and possible suspension or ejection from the League.**

OUTDOOR FIELD USE

- Please refer to the google maps for parking information; no parking in restricted areas or permitted zones
- Alcohol consumption and smoking are prohibited on any outdoor field or the surrounding parking lots
- Public urination on City fields will not be tolerated
- Dogs are NOT permitted on any playfield (Bylaw 23M2006 – Section 15)
- All public by-laws apply when using a field, including; excessive noise, offensive language, littering, etc
- Be respectful to homeowners, community residents or anyone else who is sharing the surrounding area
- Players are responsible for all property damage that results from their actions, including vehicles

INDOOR FACILITY USE

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Hallways are off limits at schools; do not wander around the facility
- **Never** prop doors open
- Players are expected to clean up after themselves
- Players must wear clean, non-marking shoes
- Players are responsible for any deliberate property damage within a facility
- When the permit time is up, players must leave the building promptly

3. SPORTSMANSHIP

The CSSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the CSSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, and other players with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the opposing team captain, and being open to feedback

INCLUSION, ANTI-DISCRIMINATION AND ANTI-RACISM POLICY

The Calgary Sport and Social Club (CSSC) recognizes that racism, discrimination, harassment, bullying, and violence is harmful to our community, not only for the group(s) targeted, but for all CSSC participants. The CSSC is committed to creating and maintaining a safe sport environment which is free of discrimination and harassment, where all individuals are treated with respect and dignity, can contribute fully and have equal opportunities. All CSSC participants are expected to uphold these values and actively maintain a sport environment that fosters respect, is anti-discriminatory, and actively anti-racist. Please [click here](#) to read our full CSSC Inclusion, Anti-Discrimination and Anti-Racism Policy.

ZERO TOLERANCE POLICY

CSSC Staff (including Games/Event/Beach Volleyball Coordinators) reserve the right to remove players immediately from a facility and/or league, tournament, or event if they are involved with any of the following acts toward a coordinator, facility staff, player, or spectator:

- Using racial, ethnic, homophobic, fatphobic, gendered, transphobic, sexist, sexual, disability or other slurs
- Swearing directly at another person
- Intentionally pushing, shoving, or making physical contact with another person
- Instigating and/or retaliating in an altercation
- Displaying disrespectful or threatening behavior

If a player is ejected due to unsportsmanlike play, they must vacate the facility immediately, inclusive of the parking lot.

SPORTSMANSHIP RATINGS

- Applicable for the following sports: Ball Hockey, Basketball, Dodgeball, Flag Football, Kickball, Multi-sport, Slo-pitch, Soccer, Squash, Ultimate
- Spirit points are handed out by the opposing team at the conclusion of every game
 - **Recreational Division** – Spirit points are added to a team’s points earned from wins and ties, factoring into a team’s total points
 - **Recreational Plus** – Spirit points do not factor into a team’s total points; however, they are used as the first tie-breaker in the standings
- Each team will be given a single rating from their opponent, combining two categories:
 - **Accountability** – how responsible the other team was with regards to rules and calling fouls
 - **Spirit** – overall attitude and fun-first mentality of the team
- In Team Captain and Event Coordinator sports teams can receive a maximum of +1 or -1 spirit points in any given game assigned by the opponent
- In Games Coordinators sports Each team will be given three sportsmanship ratings per game; two points from the coordinator and one from the opponent for a maximum of +3 or -3

Rating	Explanation
(+1)	The team was good and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both spirit and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of sportsmanship

REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team’s sportsmanship, report the details of the issue to the CSSC using the [online complaint form](#)
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a ‘0’**
- The CSSC reserves the right to change a rating if the Coordinator or CSSC staff believes a rating is not warranted and/or an appropriate representation of a team's play

4. ROSTERS

The CSSC is a Co-ed sports league, with a minimum female court/field requirement, unless noted as an “open” league. Each sport’s minimum female requirement is outlined in the sport-specific rulebook.

- Minimum female requirements are inclusive of anyone who identifies as female (i.e. players who identify as M or X do not count towards F minimums).
- When registering a full team, there is no limit to the maximum number of players you can have on the roster.
 - **Summer and Fall 2020 COVID-19 Exception:** Rosters will be capped at 12 to align with mini-league Government guidelines
- Prior to the first game of the season, teams must have the total number of players required on the court (in the above chart) confirmed on the roster in MyCSSC
 - If the minimum amount of confirmed roster players is not met, the team will receive a loss for every game played until the requirement is met
 - **COVID Roster Requirement Policy Update:** Only players confirmed on the team roster in MyCSSC are permitted to play. A player must be confirmed, and not be a pending invite.
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyCSSC.
 - If this requirement is not met, teams will receive an automatic loss and will not be eligible for the championship

5. SUBS

For all CSSC Leagues, players are responsible for finding their own subs, it is not the CSSC’s responsibility to find and/or provide subs for teams.

Fall 2020 Exception: Due to COVID cohort restrictions, the CSSC will require all subs requests go through the office to ensure proper guidelines are being followed. Full details [HERE](#).

WHO CAN SUB?

- Anyone 18 years of age or older

REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. CSSC Subs Lists: ‘Request a Sub’ online through your MyCSSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyCSSC account function (e.g. friends, family, co-workers, etc)

SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the CSSC
- All subs must know the rules, understand the level of play, and abide by all CSSC policies

SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyCSSC, otherwise they could receive an automatic loss and will not be eligible for the championship

6. DEFAULTS

WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

Each league has a specific default minimum, which is not the same as the floor minimum. See the sport-specific rulebook for league specific minimums.

WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
 - a) Enforce the default fee and mercy score
 - b) Waive the default fee and enforce the mercy score
 - c) Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the CSSC and any members of the defaulting team, which option they have chosen prior to the playing of any fun game
- The playing of a fun game does not alter the results of scenario a) or scenario b) above

UNPAID DEFAULTS?

If the default fee has not been paid before the team's next game the following will happen:

- The score of that next game will be changed by the CSSC to reflect a default loss. The opponents will receive the actual score of that game, not a default win.
- The team will receive a '0' sportsmanship rating from the CSSC.
- This policy will apply each week until the default fee is paid. Scores will not be reverted back to the original result even after the fee has been paid.
 - Following two consecutive weeks of having an unpaid default, the CSSC reserves the right to remove a team from the schedule without a refund. At that time, the team will be blacklisted and will not be allowed to register for future CSSC leagues and/or tournaments, until the default fee is paid.