



# Toronto Ultimate Club

## COVID-19 Return to Play Rules

We will be following the USAU 2020-2021 Official Rules of Ultimate with the following changes (contact is not required to call a dangerous play, but also, please stop well shy of making dangerous plays).

### 1. Condensed Rules Summary:

1. Rules Summary:
  - a. Stall Count:
    - i. Outdoors - silent first 5 stalls.
    - ii. **Indoors – silent first 4 stalls**
  - b. Minimum 1 metre mark.
  - c. Pre-arrival & On-field symptom/wellness check.
  - d. Mandatory attendance tracking for contact tracing.
  - e. Equipment sanitizing guides and schedules.
  - f. No handshakes or huddles or spirit circles.
  - g. **6v6 to limit roster sizes to 12 to 15 players.**
2. Safety over competitiveness.
3. No pressure to participate.

### 2. Game Rule Changes:

1. Members are reminded that Ultimate is a non-contact sport and risk of contact should be avoided at all times.
2. **Marking:**
  - a. **Silent Stalls:** The marker must announce when they start the count by stating “stalling”. Effort should be made to make this announcement and any subsequent stall counts away from the thrower’s face, and just loud enough that the thrower can hear (not shouting).
    - i. **OUTDOOR: The mark will then count stalls 1-5 silently (in their head).** The marker will announce once they reach Stall 6 and will continue to count aloud until Stall 10.
    - ii. **INDOOR: The mark will then count stalls 1-4 silently (in their head).** The marker will announce once they reach Stall 5 and will **continue to count aloud until Stall 8.**
  - b. **Disc-space:** The mark must provide 1 metre in disc-space (approx. 3 discs wide). Players are encouraged to mark even further away.
3. **Masks:**



- a. **Athletes/Active Participants born before 2010.** Masks are recommended but not mandatory.
- b. **Athletes/Active Participants born in and after 2010.** Masks are mandatory. Participants must wear face coverings or non-medical masks during the activity/game play and anytime you are closer than 2-metres/6-feet from another participant.
  - **Exceptions:** Masks can be removed under the following:
    1. To hydrate when you are away from the athletes/participants and observing the 2-metre/6-feet physical distancing measures,
    2. Anytime when you are observing and can maintain 2-metres/6-feet of physical distance between the athletes/participants.
- c. **Coaches.** Masks are mandatory. Coaches must wear face coverings or non-medical masks during the activity/game play and anytime you are closer than 2-metres/6-feet from another participant.
  - **Exceptions:** Masks can be removed under the following:
    1. To hydrate when you are away from the athletes/participants and observing the 2-metre/6-feet physical distancing measures,
    2. Anytime when you are observing and can maintain 2-metres/6-feet of physical distance between the athletes/participants.
4. **Spirit Timeout:** Similar to an injury call, any player at any time can call a Spirit Timeout to stop play if they are no longer comfortable playing due to players not respecting the new rule adaptations or the Return to Play Protocols. This timeout must only be called with Spirit of the Game in mind. Captains are encouraged to discuss the issue(s) at hand and resolve them amicably. If teams are unable to come to a resolution, the game ends immediately without a score. Captains must email the league to discuss the incident. Recurrent issues with players/teams not respecting the new rule adaptations and the Return to Play Protocols, may be subject to disciplinary sanctions.
5. **Disc Swap:** At half-time, teams must swap out the disc used for the first half with a newly sanitized disc. Teams are encouraged to swap out discs or re-sanitize discs often.
6. **Default Suspensions:** For 2021-2022, TUC will not be enforcing the default suspensions policy. Teams are encouraged to communicate with each other prior to the game to discuss alternative arrangements.
7. **Equipment:**
  - a. Each team captain must bring at least 1 sanitized regulation playing disc.
  - b. The home team captain is responsible for bringing sanitized cones and setting up the field.
  - c. Participants must not share general equipment, such as water bottles, jerseys, or gloves.
  - d. Participants should not bring communal supplies (e.g., snacks).



### 3. League Rule Changes:

1. Divisions will remain consistent (i.e., same group of participants).
2. Teams will be allowed substitute players, but they must be listed on your team roster.  
If teams are missing players, they are encouraged to play a shorter bench, small game size (4v4), or borrow players from the opposing team or other teams in the league.
3. If a player is permanently injured, they can be replaced by a full-time substitute.
4. Teams should avoid physical celebrations like post-game high fives and group activities in close proximity, such as spirit circles and team huddles.

### 4. Sideline and Spectators:

- 1) **Spectators:**
  - a) Spectators may not enter the ultimate field (110x40 yards).
  - b) **For Winter Indoors, under Modified Step 3 Restrictions with 50% capacity limits at our venues, no spectators will allowed.**
    - **Parents/Guardians should check their child in, and then vacate the facility / relax in their vehicle, and then return to pick up their child.**
  - c) For Fall/Winter Indoors, if capacity restrictions ease, due to limited sideline area space for spectators, we ask that there are no spectators for our adult leagues. And for our youth programming, we will permit 1 spectator (parent/guardian, etc) per child. Spectators to gain entry to any indoor space, per Government of Ontario regulations MUST be fully vaccinated and MUST wear a mask. Masks can be removed under the following:
    - To hydrate when you are away from the athletes/participants and other spectators and observing the 2-metre/6-feet physical distancing measures.
  - d) When parents/guardians bring their child to the league game or training session, they should always maintain a 2-metre distance from others.
  - e) Parents/guardians should watch from outside the ultimate field (e.g., unused adjacent field away from sideline) or relax in the parking lot.
- 2) **Sideline:**
  - a) 2-metres/6-feet of physical distance/spacing must be maintained on the sideline.
  - b) If a field shares a sideline with another field, neither group should use the communal sideline.
  - c) If opposing teams must share one sideline, they should not “walk the sideline” and stay on their half of the field.

### 5. Vaccines, Health Checks & Sanitizing

1. All TUC participants (players, coaches, staff, volunteers, etc.) who are born in, or before 2009 to be fully vaccinated with an approved Health Canada two-dose or one-dose vaccine series, unless the individual has a valid medical reason or has an approved exemption under the Ontario Human Rights Code. At present, participants



who are born in or after 2010 are not eligible to be vaccinated and will not be required to be vaccinated to participate.

2. Captains and coaches must take weekly attendance by using Zulu's attendance tracker. Captains can review and modify their team's attendance after the game.
3. Captains and coaches will perform brief health checks before starting each game or group training, this will be completed through the Government of Ontario Customer Screening.
4. All participants and coaches will be required to sanitize their hands before each league game or group training. It is recommended to sanitize during and after games/training as well. Participants should refrain from touching their face while playing.
5. **If you or a family member contracts COVID-19, inform TUC by email ([wellness@tuc.org](mailto:wellness@tuc.org)) or telephone (416-461-0882).**

## 6. Resources

1. Ultimate Canada Return to Play Guidelines
2. [Toronto Ultimate Club Safe Return to Play - COVID-19 Guidelines - Working Document](#)
3. [Government of Ontario's Reopening Ontario - Roadmap to Reopen - Step 3](#)