



2020-21 Adult Indoor League Plan

- ❖ Men's, Women's, and Coed will be split into divisions: Men's 1-6 and Masters. Women's 1-3. Coed 1-6.
- ❖ Teams will be broken into mini leagues of 4 teams. FC Regina will combine divisions where necessary to place teams into mini leagues.
- ❖ Players are only permitted to register in one league as per SSA guidelines.
- ❖ Guest players will not be permitted as per SSA guidelines.
- ❖ Season will consist of 10 games plus playoffs.
- ❖ There will be cash prizes for regular league but no prizes for playoffs.
- ❖ We will play regular indoor format. Full field will play 8v8 and half field will play 6v6.
- ❖ Quarter field teams are minimum roster of 10 and maximum roster of 13.
- ❖ Half field teams are minimum roster 11 and maximum roster of 13.
- ❖ There will be 1 referee.
- ❖ There will be no offsides in any league.
- ❖ There will be kick ins instead of throw ins.
- ❖ Heading the ball will not be permitted.
- ❖ Goalkeepers must wear gloves and there will be absolutely no spitting allowed (even for keepers who normally spit into their gloves).
- ❖ We will provide adequate staff to ensure that social distance guidelines are being enforced. Staff will also have first aid kit, hand sanitizer, and disinfectant. Equipment will be cleaned between each session.
- ❖ Limited spectators are permitted. All spectators will be required to wear a mask the entire duration of their stay in the AffinityPlex and must follow all guidelines set out by SSA, SHA, and FC Regina.

- ❖ To avoid congestion, we will allow for 15 minutes in between games.
- ❖ We will not allow handshakes.
- ❖ Staff will ensure that groups exit the field immediately following their games prior to the next set of teams entering.
- ❖ All players will come to the field dressed and ready to go. We will not permit bags to the field. If players need to bring items in, they should be inside a labelled Ziploc bag. All other items must be left in the dressing room.
- ❖ Only close-mouthed water bottles will be permitted as recommended by SSA. We will highly recommend that all players label their water bottle to ensure that no one accidentally drinks from the wrong bottle.
- ❖ We will be doing a check in the AffinityPlex lobby to log who all has been there and they will be required to sign the FC Regina Declaration at each game. Photo rosters will be used to complete game sheets at check in.
- ❖ Minimal contact will be allowed. Players who repeatedly violate physical distancing (outside of the scope of the game) will receive a warning. If it persists, the player will receive a caution.