



2021 Adult League Plan

- ❖ Men's, Women's and Coed will be offered in three divisions: Competitive will be for teams/players who would normally register in Divisions 1-2 (Division 1 for Women). Intermediate will be for teams/players who normally register in Division 3-4 (Division 2 for Women). Recreation will be for teams/players who would normally register in Division 5-6 (Division 3 for Women).
- ❖ Players may be allowed to register in multiple leagues dependant on SSA and SHA Guidelines.
- ❖ Guest players will not be permitted as per SSA guidelines.
- ❖ Season will consist of 14 games. We will aim to have only one game per week but if due to reschedule requests or to accommodate a shortened season there may be teams that play multiple games on occasion.
- ❖ We will play an 8v8 format on a half field for all Men's, Women's, and Coed Divisions.
- ❖ Minimum Roster is 11 Players. Maximum roster size will only be set if required by provincial guidelines.
- ❖ There will be 1 referee.
- ❖ There will be no offsides in any league.
- ❖ We hope to reimplement throw ins and headers. Slide Tackles will be allowed in all leagues apart from Coed.
- ❖ Goalkeepers must wear gloves. If they don't have gloves the game can't start.
- ❖ There will be absolutely no spitting allowed (This includes 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.
- ❖ Spectators will be allowed only when following all Covid-19 protocols. This is subject to SHA approval and FC Regina can change this at anytime if we feel it is necessary to protect our players, staff, and spectators.
- ❖ To avoid congestion, we will allow for 10 minutes in between games.
- ❖ We will not allow handshakes. This includes within your own team as well.
- ❖ 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 within the fenced area. If players need to bring items in, they MUST be inside a labelled Ziploc bag.
- ❖ 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 have check in outside the gate to log all players, team staff, officials, and spectators. Everyone will be required to sign the FC Regina Declaration at each game. Staff will be performing ID checks at this time instead of referees.
- ❖ 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.