

**ADULT INDOOR SOCCER LEAGUE
RETURN TO PLAY GUIDE 2021-2022**

Updated: August 2021

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BACKGROUND

This document provides the modifications to the administration and soccer activities encompassed in the AISL.

The modifications are sourced from the Government of Ontario, governing bodies for sport (Canada Soccer, Ontario Soccer, EODSA, Carleton Place Soccer Club), the Township of Beckwith, the local health unit, and from the AISL.

All modifications are made to curb the spread of COVID-19.

As a player, you play a key role in ensuring the safe return to play by knowing and playing by the modified laws of the game and league rules that will be discussed herein.

We look forward to a safe and healthy return to play.

COVID-19 PRECAUTIONS

COVID-19 SELF-ASSESSMENT AND TRACING

- Players, coaches, and match officials must complete [Government of Ontario COVID-19 Self-assessment](#) before going to the pitch for any game.
- Do not attend if you are presenting symptoms of COVID-19.
- If a league participant tests positive for COVID-19, they must notify league immediately. Contact the league at beckwith.aisl@hotmail.com.
- Game sheets serve a **dual purpose** this season: a game sheet for the AISL and for contact tracing.
- All players on the game sheet that are not present in the building must have a line through their name or must not be included on the game sheet.
- If a non-playing member on the team's roster is present, they must be listed on the game sheet.
- AISL will follow the Ontario Soccer/Carleton Place Soccer Club Emergency Response Plan for any players testing positive for COVID-19, as found in the [Ontario Soccer Return to Play Guide](#). The response plan includes immediate contact with the appropriate health unit(s) and informing league parties (league management, team managers and match officials).

LEAGUE POSTPONEMENT DUE TO COVID-19 PANDEMIC:

- League activities may be paused as directed by the **Leeds, Grenville and Lanark District Health Unit**.
- Every attempt will be made to safely and legally complete the season.
- However, if / when deemed appropriate, the indoor season may be cancelled.
- If this happens, a team credit will be reserved for the next playable AISL session.
 - Note: this is not an individual credit but a **team credit**.

WEARING A MASK:

- Wearing a mask is **MANDATORY** to gain entry to and while within the facility.
- While players and match officials are encouraged to wear a mask while participating in soccer activities (warm-up, the game, as a substitute on the touch line, and for cool-down), it is not mandatory for players or match officials to wear a mask while participating in soccer activities.
- Match officials are encouraged to use electronic whistles when possible.

SPECTATORS AND CHILDREN:

- Only registered players, registered team staff, match officials, league administrators, and facility staff may be present.
- **Spectators/children are NOT permitted to enter the facility.**

ARRIVAL TO AND EXIT OF FACILITY

FACILITY:

- The facility will provide a hand sanitizing station at entry to the facility.
- The bathrooms in the changeroom are available for handwashing / bathroom use.
 - It is not to be used as a changeroom – arrive in kit.
- **Note the location of the entry and exit door as per the image below.**



ARRIVAL CRITERIA:

- Arrive in kit – (please attempt to arrive wearing your socks / shin pads / shorts / jersey underneath your clothes / coat, in an attempt to minimize stationary time).
- Do not enter facility more than 10 minutes before your scheduled kick-off.
- Wear your mask.
- Enter through door on the north end of the east side of the building/soccer pitch.
- Sanitize hands upon arrival at the facility's hand sanitizer station.
- Remain on the black floored common area until the field becomes available (teams must leave the field before you take the field)
- While on the black-floored common area:
 - Ensure you are social distancing;
 - Take up a position towards the lobby / arena / west end, **and not within 10 big steps (30 feet)** of the entrance/exit door to allow adequate entry/exit;
 - Change into soccer footwear (and remaining kit items not worn into facility).
- Enter the field on the lobby / arena / west end side of the netting.
- Take personal belongings (bags / coats / outdoor footwear) to team's touch line.
- The bathrooms in the changeroom are available for handwashing / bathroom use.
- Please do not use it as a changeroom.

DEPARTURE CRITERIA:

- Complete a short cool down (optional) (no mask is required during cool down)
- Put on mask when sitting to change / remove kit.
- Gather personal belongings from touch line.
- Change into outdoor footwear.
- Exit within 5 minutes of the final whistle (unless you play in next game).
- Exit the field on the exit door side / east end side of the netting.
- Exit the building through the entrance/exit door.
- Self-sanitize after leaving.

MODIFIED LAWS / RULES

Games will have modified rules and laws:

ADMINISTRATIVE UPDATES:

- Call-ups allowed from teams within your division only
 - Players from Women's Open cannot be a call-up in Co-ed since different division
 - Cross tier call-ups is permitted
 - Refer to the AISL Modifications to the IFAB LOTG guide for detailed rule.
- Teams each occupy one entire side of a touch line.
 - not both on same side, broken by the half line
- Coin-toss returns.
- 25-minute halves.
- 1-minute hydration break at half-time.

IN-GAME UPDATES:

- Heading the ball is allowed.
- No spitting:
 - If the referee observes a player spitting on the turf (not directed at anyone), the **player may be removed from the match.**
 - The team does not play shorthanded.
 - It is an individual penalty.
 - Promote proper health behaviours.
- No face-to-face confrontations:
 - This will be sanctioned at minimum with a caution (yellow card).
 - For example, a heated face-to-face yelling match between two players.
 - Promote proper health behaviours.
- Post-game "display of respect from a distance" encouraged, but no handshakes / fist bumps please.