

**ADULT INDOOR SOCCER LEAGUE  
RETURN TO PLAY GUIDE 2020-2021**

**MODIFICATIONS FROM THE 2019-2020 SEASON  
FOR PLAYERS**

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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 SC), 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.
- If a league participant tests positive for COVID-19, they must notify league immediately.
- Do not attend if you are presenting symptoms of COVID-19. Contact the league immediately at [beckwith.aisl@hotmail.com](mailto:beckwith.aisl@hotmail.com).
- Game sheets serve a **dual purpose** this season: a game sheet for the AISL, and for contact tracing.
- All players who are not in the building must have a line through their name or are not 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.
- For accuracy, team managers must notify the league by email within 24 hours any player that was NOT present (confirming our record from the game sheet, in case a player was / wasn't scratched off).
- AISL will follow the Ontario Soccer/Carleton Place SC 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).

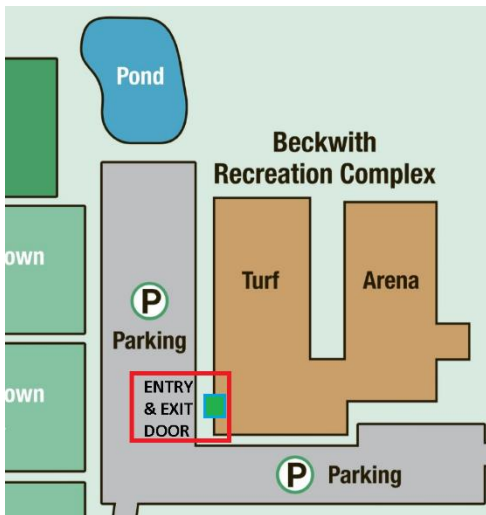
### WEARING A MASK:

- Wearing a mask is **MANDATORY** to gain entry to and while within the facility.
- While players and match officials (using electronic whistle) 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.

### SPECTATORS AND CHILDREN:

- Only registered players, registered team staff, match officials, league administrators, and facility staff may be present.
- Spectators/children are not 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.
- Please do not use it as a changeroom.

### ARRIVAL CRITERIA:

- Do not enter facility more than 10 minutes before your scheduled kick-off.
- 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.
- Arrive in kit.
- Change into soccer footwear on the black floored common area within the confines of the dome.
- Stay on the black floored common area within the confines of the dome until the field becomes available (teams must leave the field before you take the field).
- Take personal belongings (bags / coats / outdoor footwear) to own 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)
- 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 through door on the north end of the east side of the building/soccer pitch.
- Self-sanitize after leaving.

## MODIFIED LAWS / RULES

Games will have modified rules and laws:

### ADMINISTRATIVE UPDATES:

- Call-ups allowed from teams within your 4-team division only.
- Teams each occupy one entire side of a touch line.
- No coin-toss. Home team gets end, visiting team kicks off.
- 22-minute halves.
- No formal half-time break, teams swap ends.

### IN-GAME UPDATES:

- No drop balls, restart is indirect free kick for the defending team.
- No heading the ball:
  - **Deliberate** heading of the ball is a technical foul, and the restart is an indirect free kick for the opposing team.
  - A ball that strikes someone's head is not a foul.
  - A goal cannot be scored if touched by an **attacker's** head in the attacking phase of play.
- 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.