



# RETURN TO PLAY GUIDE

## Fastpitch, Slopitch and orthodox Minor and Adult



# Introduction

In the context of the COVID-19 pandemic, we have prepared this guide to help you during this adjustment period.

In the next pages, you will find the sanitary measures, distance rule and adapted rules of the game, this in order to allow a safe return both for minor softball and adult softball, whatever the level of competition.

It is important to understand that this guide is subject to change depending on the situation and public health and government announcements.

Here is where we are as of June 22:

June 8: back to training

June 22: start of games for local, regional and inter-regional leagues

July 4: resumption of federated tournaments

To ensure a safe return for all, it will be important to respect the 2-meter physical distance requirement as well as the sanitary measures that you will find in this guide.

Visit our [COVID section of our website](#) for forms and additional information (Q&A).

# Cities and municipalities

## **Access to infrastructure and land**

Here is some information relevant to your return to the field:

- Cities and municipalities are preparing.
- Access time to land varies from place to place.
- Depending on the location, the land may not be authorized this season
- Buildings such as toilets, chalets and canteens could be closed during the season. Provide alternatives especially for toilets.
- Quickly check with your city / municipality for deadlines and accessibility.

# Traveling, gathering and physical distancing – Public Health directives

Here are some guidelines from public health. For all government measures related to sport, click on the links on the next page:

- Participants are encouraged to arrive ready to participate in the activity and at the scheduled time to avoid gatherings. They are asked to leave as soon as possible at the end of the activity.
- Access to non-essential common areas that promote gatherings is limited and no strolling is allowed from entry to exit.
- The number of participants, chaperones and staff present is limited to 50 people to allow physical distance during the activity, both indoors and outdoors.
- Inter regional travel
- Inter regional travel will be allowed provided that the teams move strictly from point A (starting city) to point B (host city of the competition) without making any non-essential stops.

# Traveling, gathering and physical distancing – Public Health directives

## *continuation:*

- Physical distance measures of two meters must be respected at all times, whether physical or sporting activities take place outside or inside. However, this measure does not apply to people living under the same roof.
- As far as possible, physical distance should be respected when practicing these activities. Short-term and infrequent contact is however permitted.
- Accidental, short and sporadic contacts, inherent in the sport practiced are allowed;
- Non-essential physical contact is not allowed between participants, staff and chaperones (eg, caucus, handshake, hugs).

<https://www.quebec.ca/en/tourism-and-recreation/sporting-and-outdoor-activities/resumption-outdoor-recreational-sports-leisure-activities/>

<https://www.quebec.ca/en/tourism-and-recreation/sporting-and-outdoor-activities/resumption-outdoor-recreational-sports-leisure-activities/public-health-authority-guidelines-resumption-sports-leisure-activities/>

# Season schedule

We suggest to our member associations / leagues, both minor and adult, to plan a calendar extending until October when possible.

For the minor component, we are aware that evening matches during the week combined with a return to school could be problematic for some parents. We suggest you think of a weekend calendar. Obviously, the practice of other fall sports could also be a brake on an extended season.

It is advisable to validate with your city / municipality if this option is possible.

# Sanitary measures and physical distance

## Softball Quebec

### **For a safe return to the game**

Sanitary measures must be followed by all participants in order to protect players, coaches, referees, organizers and spectators. It is important to minimize the risk of transmitting COVID-19 during softball activities. These measures will be adapted progressively according to public health recommendations.

We have separated health and distancing measures into 3 parts:

- Compulsory for all (minor and adult)
- Additional obligations, minor component
- Highly recommended for everyone (minor and adult)

*It is permissible to add measures to those already presented as long as they do not go against them.*

# Mandatory basic measures

FP-SP-Orth - All categories and classes

For all phases

- At all times, participants (coaches, players, referees, organizers) must respect the measures of physical distancing from public health in force.
- At all times, participants (coaches, players, referees, organizers) must respect the public health measures in force.
- **Have everyone present sign the risk recognition form to validate insurance protection:**
  - When the form is signed, the organizer must keep it for the duration of the season.
- A person in charge must inquire about the participant's state of health before he enters the field.
- A participant (player, referee, coach, organizer) with symptoms cannot appear at the place of sport.
- Hand washing with soapy water is strongly recommended. Otherwise, everyone must disinfect their hands on arrival at the site (players, coaches, parents, spectators).



# Mandatory basic measures *(continuation)*

## FP-SP-Orth - All categories and classes

### For all phases

- The participant must already be in uniform when he arrives at the site.
- Each participant must have their own bottle of water. Team water jugs are prohibited.
- It is forbidden to eat on the field (sunflower seeds, snacks, etc.).
- Spitting is prohibited at all times for all participants.
- During training, no participant is allowed on the bench. The players' bench will be extended along the fence towards the field ideally outside the field. Each participant will have a place determined by the coach or the person in charge of the team. It is recommended that each participant bring a chair.
- When participants take a break, they must respect physical distance.
- Participants must leave the field alone with their equipment in a bag, respecting the physical distance.
- Post-activity gatherings are prohibited. All team members must leave the site.
- Sanitize your hands before leaving the site (players, referees, coaches, parents, spectators).

# Additional mandatory measures

## FP-SP-Orth - **Minor softball**

### For all phases

- Each team must appoint a M. Clean manager for the team. This person must be clearly established and appear on the team contract.
- The manager M. Clean will inquire about the state of health of the participant before he enters the field.
- On arrival at the site, only one parent is allowed to come and drive his child near the site.
- Before taking possession of the players' bench, the manager M. Clean must disinfect the space (bench, post, etc.).
- Manager M. Clean will be responsible for disinfecting materials and equipment.
- Category U12 and above: Parents are not allowed on the pitch. The children will join their parent at the exit of the field.
- Category U8-U10: One parent at a time will pick up their child and take the child's equipment. The other participants will be waiting in the field.
- After the activity, the manager M. Clean will be responsible for ensuring that the premises are left in proper condition.

# Highly recommended measures

## FP-SP-Orth - All categories and classes

### For all phases

- Wearing a mask is highly recommended for all spectators and accompanying persons.
- On the public health council, the mask is not recommended for the participant in the field during the practice of the activity.
- Before and after the activity, the space used must be disinfected (bench, post, etc.).
- Car sharing is not recommended except for members of the same family.
- Limited sharing of equipment. Ideally, the player would have their own helmet, stick, player glove, grid, etc.
- It is recommended to disinfect the equipment that is loaned between each use. Also applies to catcher equipment. If possible keep the same catcher for all the activity or limit to 2 per game.
- Equipment must be in a bag at all times when not in use.
- Each participant must disinfect their hands as often as possible. The participant is responsible for having their hand sanitizer or a spray bottle of soapy water.
- The balls should be cleaned as often as possible.
- If it is raining, direct people to their vehicle to seek shelter.

# Injury management

**For all phases, the following measures will apply for all disciplines, categories and classes when an injury occurs:**

- The team should ensure that they have a first aid kit that includes gloves, a mask and hand sanitizer.
- In the event of injury to an adult, a person designated by them will be responsible for intervening directly on the field.
- In the event of injury to a child, the parent of the child is responsible for intervening directly on the field to give him first aid.
- The parent who is absent must sign a release authorizing another person to care for their child in the field in the event of an injury.
- The person providing first aid must wear gloves and a mask.

# Mandatory documents

**For all phases, the following documents are required:**

## **Attendance register:**

The organizer must keep a register of attendance on each day of activity. This register must include the date of the activity, the name and telephone number of each participant present (including referees, volunteers, organizers).

The register must be kept by the organizer for a minimum duration of:

- All season for a league
- 15 days for a tournament

## **Risk recognition form**

To be done at the start of the season in the case of a league and at the start of the event for a tournament.

Each participant must sign the risk recognition form. The form must be kept by the organizer for a minimum of:

- All season for a league
- 15 days for a tournament

# Organization of activity - Additional measures

**These measures must be respected by all disciplines, categories and classes when organizing a training / game / tournament softball activity:**

- Equip yourself with equipment to limit traffic to get to the field (line on the field, barrier or demarcation tape).
- Install posters to remind the rules of distancing and health
- Provide stations for washing hands or bottles of hand sanitizer at the entrance of the site, out of the toilet, in the chalet and out of the ball fields. It is possible that the chalet, toilets and drinker are closed. You must notify participants if this is the case and provide an alternative.
- It is strongly suggested to define the spectator and participant areas.
- Spectators are advised to bring their chairs. Otherwise the use of the platforms will have to respect the physical distance.
- Spectators must respect the 2-meter physical distance measure.
- Increase the time between each training / game to avoid grouping near the field and allow disinfection of the premises (30 minutes).
- Limit the number of training sessions / games at the same time in order to ensure that the maximum number of people possible on the site is respected (if there are several courses nearby).

# Business recovery phases

**Phases 4 and 5 are for all categories of members and disciplines (BO-BL-BR), both minor and major.**

## **PHASE 4**

Return to the game in "party" mode.

This will allow the resumption of the activities of local, regional and inter-regional leagues.

This phase is permitted from June 22.

## **PHASE 5**

As of July 4, federated tournaments may resume.

The organizer who wishes to federate his tournament and benefit from general civil liability insurance coverage must complete the Softball Quebec tournament form and agree to follow the sanitary and distancing measures in force during the duration of his event.

# Phases de reprise d'activités

- Local leagues
- Regional leagues
- Inter-regional leagues:
- Start: June 22nd

**Phase 4**  
Local, regional and inter-regional season

**Phase 5**  
Tournaments, qualifications events, championships

~~**Phase 1**  
Développement des habilités et remise en forme à l'extérieur~~

~~**Phase 3**  
Entraînement d'équipe et partie association/ligue locale et régionale~~

**Phase 2**  
Team training and selection camp

The phases are for all categories of members and discipline (FP-SP-Orth), both minor and major.

The resumption of federated tournaments will be possible from July 4. The organizer must first sign the tournament form and pay the affiliation.

Present phase; it is possible to continue beyond June 21 if desired.





# Phase 1

## Développement des habiletés et remise en forme à l'extérieur

### La première phase se concentre uniquement:

- Sur l'entraînement individuel et la remise en forme
- L'apprentissage d'habiletés et la mise en situation de jeu sans matériel
- Le tout doit se faire en respect de la règle de distanciation physique de 2 mètres et éviter les contacts rapprochés entre les individus.

### Règles à respecter dans cette phase :

- Ouvrir l'activité aux membres directs de l'association/ligue ainsi qu'aux nouveaux membres désirant se joindre à votre organisation
- Limiter le nombre de participants à 10 par groupe incluant les entraîneurs (*pourrait être plus en fonction des annonces de la santé publique*)
- Mise en place d'un registre des présences des participants aux activités
- Aucune activité sous forme de partie et ne permettant pas la distanciation physique
- L'échange de matériel est interdit.
- Le lancer et frappe de balles entre individu est interdit.

# Phase 1 suite

## Développement des habiletés et remise en forme à l'extérieur

Parmi les activités permises dans cette phase, il y a :

- La mise en situation de jeu par position défensive (sans matériel)
- L'apprentissage d'habiletés tel que la course et glissade sur les buts
- La remise en forme par de la course et divers entraînements physiques
- Utilisation d'un t-ball pour pratiquer la frappe en utilisant la clôture ou filet (chaque joueur doit avoir son propre matériel personnel)
- Utilisation d'un filet ou clôture pour pratiquer les lancers.

Suggestions pour cette phase :

- Limiter la session à environ 1h à la fois par groupe
- Faire un calendrier de pratique sur une journée avec plusieurs plages horaires
- Établir le calendrier par groupe d'âge
- Profiter de cette phase afin de compléter les inscriptions pour la saison



## Phase 2 – Entraînement Mineur et majeur

### **Cette phase permettra la tenue d'entraînement:**

- La distanciation physique de 2 mètres doit être maintenue en tout temps.
- La tenue d'ateliers, de mise en situation de jeu et de concours d'habiletés
- L'interaction entre les participants permettant les échanges entre les joueurs notamment lancer et recevoir une balle mais en évitant les contacts entre les participants.
- Ultimement à cette phase, la formation des équipes devrait se confirmer avant de passer à la phase #3. Nous serons en mode « affiliation des équipes ».

### **Règles à respecter dans cette phase :**

- Ouvrir l'activité aux membres directs de l'association/ligue ainsi qu'aux nouveaux membres désirant se joindre à votre organisation
- Limiter le nombre de participants maximum à 15 par *groupe\** (incluant les entraîneurs lorsqu'applicable).
- Au volet mineur, établir le calendrier par groupe d'âge dans le but d'arriver à former les équipes.
- Au volet majeur, faire l'entraînement en équipe.
- Mise en place d'un registre des présences des participants aux activités
- Aucune activité sous forme de partie.

# Phase 2 – Entraînement (suite)

## Mineur et majeur

Suggestions pour cette phase :

- 1 ou 2 *groupes*\* de 15 pourraient être en action à la fois sur un terrain
- Limiter la session à maximum 2h environ à la fois
- Faire un calendrier de pratique sur une journée avec plusieurs plages horaires
- Si 2 groupes, utiliser l'avant-champ et le champ pour l'entraînement et s'assurer de respecter la distanciation de 2 mètres entre les participants en tout temps.
- Profiter de cette phase afin de finaliser les inscriptions pour la saison

**Groupe\***: À titre d'exemple, dans le cas où une équipe serait composée de plus de 15 joueurs/entraîneurs, elle pourrait se répartir en 2 groupes.

# Phases 3 - 4 - 5

## Mineure et majeure

## Balle rapide – orthodoxe - lente

Les phases 3, 4 et 5 impliqueront les règles de jeu pour la reprise des activités sous forme de « partie ».

Ces phases seront dévoilées lorsque la santé publique aura approuvée nos propositions de règles de jeu pour chacun des volets mineur et majeur ainsi que pour chaque discipline soit, balle lente, balle rapide et balle orthodoxe.

Notez également qu'au fur et à mesure que nous avancerons dans le processus de retour au jeu, il est possible qu'il y ait un allègement des mesures sanitaires et règles de distanciation basé sur les recommandations de la santé publique. Ceci pourrait également permettre qu'on puisse passer les phases plus rapidement.



## Phase 3

Entraînement d'équipe et *\*partie*  
association/ligue locale et régionale

*Cette phase sera possible en tenant compte de l'allègement des mesures sanitaires et de distanciation sociale par la santé publique. Il se pourrait que l'ouverture de cette phase se fasse par étape.*

### La troisième phase permettra :

- L'introduction de situations de parties **avec contacts limités**
- L'entraînement spécifique ainsi que des simulations de partie en équipe
- Des *\*parties* entre équipes membres de la même association/ligue locale/ligue régionale
- Les arbitres pourront être intégrés à cette phase lors des parties afin de permettre une reprise des activités pour ceux-ci.

### Règles à respecter dans cette phase :

- Officialisation des équipes en complétant le contrat d'équipe de la fédération
- Respect des règles de jeu modifiées limitant les contacts entre les individus
- *Que les activités de type compétition soient autorisées par la santé publique.*

# Phase 3 suite

Entraînement d'équipe et \*partie  
association/ligue locale et régionale

## RÈGLES DE JEU MODIFIÉES APPLICABLE À LA PHASE 3

- Les "tags" sont éliminés. Tous les jeux deviennent forcés, c'est le premier qui touche au but qui détermine s'il y a retrait ou non.
- Les vols de buts sont permis sous le principe du jeu forcé.
- Aménagement d'une règle spécifique limitant les contacts entre les joueurs en insérant une ligne de non-retour (tracée dans le sable) à 21 pieds du 2e but, du 3e but et du marbre.
- Les meetings au lanceur seront permis mais avec seulement une personne (joueur ou entraîneur). Cette personne devra respecter la distanciation physique en vigueur pour parler au lanceur.
- En cas de contestation sur le jeu, les personnes impliquées (joueur, arbitre, entraîneur) doivent conserver la distanciation physique (2 mètres). Idéalement prédéterminer les endroits avant la partie.



## Phase 4 Local, regional and inter-regional season

### **The fourth phase will:**

- The start of an official season for the local, regional and inter-regional leagues from June 22
- Application of normal game rules allowing short and limited contact between participants during play sequences.
- Free movement of athletes within an organization (use of reservists)

### **THE FOLLOWING GAME RULES MUST BE RESPECTED:**

- Only one person per team must be designated at the pre-match meeting and the physical distance of 2 meters must be maintained.
- The first 5 batters of the round go to the shelter. A batting batter, a waiting hitter and 3 hitters in the shelter.
- Line-up exchanges are prohibited. It is suggested to take a picture of each of the line-ups.
- Launcher meetings will be allowed but with only one person. This person must respect the distancing in force.
- In the event of a dispute over the game, the persons involved (player, referee, coach) must keep the physical distance in force. Ideally predetermine locations before the game.



# Phase 4

## Local, regional and inter-regional season

### **DURING THE GAME - ADDITIONAL INTEGRATED HEALTH AND DISTANCIATION MEASURES FROM THIS PHASE DURING A GAME:**

- The referee must wash his hands (or disinfect his hands) before and after checking the equipment of the teams.
- Strongly discouraged from exchanging your protective equipment with your trainer (elbow protector, batting glove, ankle protector).
- Each participant must wash (or disinfect) their hands between each half-sleeve or as often as possible.
- Designate a person responsible for picking up the bat of the previous batter. He will also be responsible for cleaning it and placing it in the right place.
- Each team will provide their balls when on defense. A person must be designated as responsible for washing the balls used between each round.
- At no time will the referee handle the balls. Each team must designate a person responsible for putting a new ball into play when necessary.
- Handshakes between players, with the coach, the referee and the opponent are prohibited at all times. The one at the end of the game is replaced by a gesture of sportsmanship.

# Phase 4

## Local, regional and inter-regional season

### **AFTER THE GAME - ADDITIONAL ADDITIONAL HEALTH AND DISTANCIATION MEASURES FROM THIS PHASE DURING A GAME:**

- At the end of the game, the coach must take a picture of the marker sheet. It is not possible to take a copy.
- One team at a time will leave the field to avoid rallies.
- Post-game meetings are prohibited on the field if another party is scheduled. Teams must find a place where there is sufficient space and respect the physical distance. If this is not possible, the meeting cannot take place.
- Post-game rallies are prohibited. The team that has just finished their game must leave the site.

# Phase 4      Local, regional and inter-regional season

The rules for **positioning the umpire** and the catcher as presented will be in force until the rule of physical distancing is revised by public health. They also apply to phase 5.

## **UMPIRE POSITIONING IN FASTPITCH AND ORTHODOX**

### **One Umpire system**

For U16 B and under and U12 A:

- The plate umpire must be placed between the pitcher and the second base while respecting the 2m distance with players, but in a way to see home plate.

For U19 B; U14-U16-U19 AA and AAA and adult softball:

- The plate umpire must be placed behind the second base while respecting the 2m distance with players but in a way to see home plate.

## **UMPIRE POSITIONING IN SLOPITCH**

For all classes and categories

- The plate umpire must be positioned at 2 meters from the batter's box.

# Phase 4

## Local, regional and inter-regional season

### POSITIONING OF THE UMPIRE IN FAST BALL AND ORTHODOX

#### Two umpire system

The two umpire system is currently being tested in some leagues in Quebec. When the trial period is over, we will post the rules to apply (in early July) on Facebook and in the COVID-19 section of our website.

*On the public health council, the mask is not recommended for the participant in the field during the practice of the activity. Under these conditions, it is strongly advised that the plate umpire is positioned behind the catcher, even if he is wearing a sanitary mask.*

### CATCHER POSITIONING

- Fastpitch and orthodexe minor and adult
  - The catcher must step back as far as possible from the plate, ideally 2 meters in order to respect the physical distance in force.
- Slopitch
  - The catcher must be placed two meters from the referee and the batter



## Phase 5 Tournaments, qualification circuits, championships and events

### The fifth phase will:

- "Federated" competition type activities such as tournament, qualification circuit, championship and event **from July 4.**
- The organizer must be able to apply **all the health measures in force in this guide.**
- The organizer must enforce the rule of physical distancing throughout the duration of his event.
- Each participant must sign the risk recognition form. The form must be kept by the organizer for a minimum of 15 days.
- The organizer must keep a daily attendance register. This register must include the date of the activity, the name and telephone number of each participant present (including referees, volunteers, organizers).
- The organizer undertakes to complete and sign the tournament form as well as to pay the tournament affiliation fee by bank transfer at least 3 days before it is held. In the absence of this, the liability insurance cover cannot be applied.

To join the tournament, the organizer must contact Diego La Manna at [dlamanna@loisirquebec.qc.ca](mailto:dlamanna@loisirquebec.qc.ca) to obtain the form.

# Phase 5

## Tournaments, qualification circuits, championships and events

### **Recommendations for this phase in addition to all the sanitary and physical distancing measures in force:**

- Reduce the number of teams per event (training, game, tournament) depending on the space and the number of fields available on the site.
- Avoid promoting in order to attract outside spectators.
- Canteens and restaurants are accepted only if they respect sanitary measures and are accepted by cities. They must have a bowl of water with soap to wash the money.
- Only packaged drinks and food can be sold.
- If there are players in the game, a station must be set up for the gifts of the players in the game. The player will collect his gift himself.
- Team registration must be done before the event by email
- The prizes for the winners will be placed on a table. The members of the team will collect their prizes themselves. If a medal, ideally keep it in its packaging.
- Ideally use the same person to advertise and mark.
- Prohibit the advertiser unless he has his own equipment.
- If announcer and marker present, ensure distancing.

To conclude...

**« PLAY BALL » !**

**Have a good season!**