

# CMSA Program Handbook

Indoor 2024/25 | [www.calgaryminorsoccer.com](http://www.calgaryminorsoccer.com)



# Indoor 2024/25 Program Handbook

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# Introduction

## Purpose

The goal of this handbook is to support CMSA clubs in preparation for and throughout the registration process, as well as guide parents/caregivers when choosing a program for their youth athlete(s). This handbook includes important information such as the CMSA Program Calendar and League Structure, key messaging, and program goals across CMSA's programming to assist clubs in marketing and communicating the CMSA league offerings to parents and families.

## Language and Terminology

Language determines the culture we operate in, and if we want to develop an accessible and inclusive sport culture in Calgary, an emphasis on using appropriate language is key. We all play a role in promoting a consistent message to participants and families about the benefits of each competition model.

CMSA leagues and programming operate in a grassroots-sporting environment and there are no elite players or teams. Elite players are found on youth national teams and full-time professional programs. We currently do not operate in any of those environments or programs. Member clubs should avoid using words such as elite, premier, select, etc. in communications and program marketing.

## Team Entry

Teams are entered before the CMSA Team Entry Deadline. Clubs can review tiering with CMSA before the group format schedules are produced. In December, there will be an opportunity to facilitate team swaps between divisions should teams be misplaced. These details will be provided directly to the clubs.

## Overview of Key League Changes

- ✓ Indoor 2024-25 League
  - Will commence the week of October 15, 2024
- ✓ Provincial Qualification will occur through League Standings & Challenge Cup
- ✓ Challenge Cup – U13+ All Tiers
- ✓ 2-Person Referee Crews
  - Middle Referee + 2<sup>nd</sup> Official
- ✓ Provincial Championship Formats
  - Tier III – IV – Boarded 6v6 (5 players & 1 GK)
  - Tier I – II – Non-Boarded 7v7 (6 players & 1 GK)

# Team Official Training & Education

## Coach Education Practical Session Dates (Tentative Dates)

The dates below outline the on-field practical sessions offered this Indoor season. Participants **MUST** register **AND COMPLETE** the online theory portion of the Canada Soccer Grassroots Coach Education Program **PRIOR** to registering for the on-field practical session. Please [CLICK HERE](#) to register for the online theory.

### September 2024

| MON | TUES | WED | THUR | FRI       | SAT | SUN |
|-----|------|-----|------|-----------|-----|-----|
|     |      |     |      |           |     | 1   |
| 2   | 3    | 4   | 5    | 6         | 7   | 8   |
| 9   | 10   | 11  | 12   | 13        | 14  | 15  |
| 16  | 17   | 18  | 19   | 20        | 21  | 22  |
| 23  | 24   | 25  | 26   | AS<br>S4L | 27  | 28  |
| 29  | 30   |     |      |           |     |     |

### October 2024

| MON | TUES | WED | THUR | FRI        | SAT        | SUN |
|-----|------|-----|------|------------|------------|-----|
|     | 1    | 2   | 3    | FUN<br>L2T | 4          | 5   |
| 6   | 7    | 8   | 9    | 10         | 11         | 12  |
| 13  | 14   | 15  | 16   | 17         | AS<br>S4L  | 18  |
| 19  | 20   | 21  | 22   | 23         | FUN<br>L2T | 24  |
| 25  | 26   | 27  | 28   | 29         | 30         | 31  |

### January 2025

| MON | TUES | WED | THUR      | FRI             | SAT | SUN |
|-----|------|-----|-----------|-----------------|-----|-----|
|     |      | 1   | AS<br>S4L | 2<br>FUN<br>L2T | 3   | 4   |
| 5   | 6    | 7   | 8         | 9               | 10  | 11  |
| 12  | 13   | 14  | 15        | 16              | 17  | 18  |
| 19  | 20   | 21  | 22        | 23              | 24  | 25  |
| 26  | 27   | 28  | 29        | 30              | 31  |     |

**AS = Active Start**  
**FUN = Fundamentals**  
**L2T = Learn to Train**  
**S4L = Soccer For Life**

#### Coach Education Practical Session Dates:

**Active Start – Sept. 27, Oct. 18 (2024) and Jan. 2 (2025)**

**Fundamentals – Oct. 4, Oct. 25 (2024) and Jan. 3 (2025)**

**Learn to Train – Oct. 4, Oct. 25 (2024) and Jan. 3 (2025)**

**Soccer for Life – Sept. 27, Oct. 18 (2024) and Jan. 2 (2025)**

January will be your last chance to complete these courses. Registration will open later in the Indoor 2024/2025 season.

# Program Calendar (Sept. – Dec.)

## September 2024

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      |     |      |     |     | 1   |
| 2   | 3    | 4   | 5    | 6   | 7   | 8   |
| 9   | 10   | 11  | 12   | 13  | 14  | 15  |
| 16  | 17   | 18  | 19   | 20  | 21  | 22  |
| 23  | 24   | 25  | 26   | 27  | 28  | 29  |
| 30  |      |     |      |     |     |     |

## October 2024

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     | 1    | 2   | 3    | 4   | 5   | 6   |
| 7   | 8    | 9   | 10   | 11  | 12  | 13  |
| 14  | 15   | 16  | 17   | 18  | 19  | 20  |
| 21  | 22   | 23  | 24   | 25  | 26  | 27  |
| 28  | 29   | 30  | 31   |     |     |     |

## November 2024

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      |     |      | 1   | 2   | 3   |
| 4   | 5    | 6   | 7    | 8   | 9   | 10  |
| 11  | 12   | 13  | 14   | 15  | 16  | 17  |
| 18  | 19   | 20  | 21   | 22  | 23  | 24  |
| 25  | 26   | 27  | 28   | 29  | 30  |     |

## December 2024

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      |     |      |     |     | 1   |
| 2   | 3    | 4   | 5    | 6   | 7   | 8   |
| 9   | 10   | 11  | 12   | 13  | 14  | 15  |
| 16  | 17   | 18  | 19   | 20  | 21  | 22  |
| 23  | 24   | 25  | 26   | 27  | 28  | 29  |
| 30  | 31   |     |      |     |     |     |

## Legend

### U10 – U19 LEAGUE ADMINISTRATION DEADLINES

|              |  |
|--------------|--|
| Sept 3       | Invoices sent for 90% of previous outdoor season fees (including House League) |
| Sept 4       | Do Not Release (DNR) lists due   |
| Sept 16      | U10 – U19 Team Entry Deadline (90% of previous indoor season due)              |
| Sept 18      | Club Connect League Alignment  |
| October 8    | Team Roster Registration   |
| October 9/10 | Team Managers Meetings (Online)  |
| November 5   | House League Player Registration   |
| December 13  | U10 – U19 Team Swap deadline – 12:00pm   |

### LEAGUE PLAY & SCHEDULES (U10-U19)

|            |   |
|------------|---|
| October 8  | U10 – U19 Regular Season schedules available online |
| October 15 | U10 – U19 Regular Season games commence             |

### GRASSROOTS LEAGUE DATES (U7-U9)

|            |                                  |
|------------|----------------------------------|
| October 11 | U7-U9 Team Entry Deadline        |
| October 25 | U7-U9 Schedules available online |
| November 2 | Grassroots League commence       |

### PHOTO IDS

|               |   |
|---------------|---|
| October 5/6   | 10:00am – 5:00pm, Genesis                     |
| October 8/10  | 4:00pm – 8:00pm, Shane Homes West Soccer Dome |
| October 15/17 | 4:00pm – 8:00pm, CMSA Office                  |
| October 19/20 | 10:00am – 5:00pm, CMSA Office                 |

### 2025 FAMILY DAY CLASSIC TOURNAMENT

|            |                    |
|------------|--------------------|
| November 1 | Registration opens |
|------------|--------------------|

### PROVINCIAL COMPETITIONS

|             |                              |
|-------------|------------------------------|
| December 20 | Tier I – IV OPT OUT – 1:00pm |
|-------------|------------------------------|

### OFFICE CLOSURES

|                         |              |
|-------------------------|--------------|
| September 2             | Labour Day   |
| October 14              | Thanksgiving |
| December 23 – January 3 | Winter Break |

# Program Calendar (January - March)

## January 2025

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      | 1   | 2    | 3   | 4   | 5   |
| 6   | 7    | 8   | 9    | 10  | 11  | 12  |
| 13  | 14   | 15  | 16   | 17  | 18  | 19  |
| 20  | 21   | 22  | 23   | 24  | 25  | 26  |
| 27  | 28   | 29  | 30   | 31  |     |     |

## February 2025

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      |     |      |     | 1   | 2   |
| 3   | 4    | 5   | 6    | 7   | 8   | 9   |
| 10  | 11   | 12  | 13   | 14  | 15  | 16  |
| 17  | 18   | 19  | 20   | 21  | 22  | 23  |
| 24  | 25   | 26  | 27   | 28  |     |     |

## March 2025

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----|------|-----|------|-----|-----|-----|
|     |      |     |      |     | 1   | 2   |
| 3   | 4    | 5   | 6    | 7   | 8   | 9   |
| 10  | 11   | 12  | 13   | 14  | 15  | 16  |
| 17  | 18   | 19  | 20   | 21  | 22  | 23  |
| 24  | 25   | 26  | 27   | 28  | 29  | 30  |
| 31  |      |     |      |     |     |     |

## Legend

### U10 – U19 LEAGUE ADMINISTRATION DEADLINES

|        |  |
|--------|--|
| Dec 13 | Member-to-Member + Internal No Fee Transfer deadline, 4:00PM |
| Feb 14 | Tier I-IV Internal Transfer deadline - 1:00PM                |
| Feb 25 | Invoices sent for balance of player season fees              |
| Feb 28 | New Player Registration Deadline                             |
| Mar 25 | Player Season Fees Payment Deadline                          |

### GRASSROOTS LEAGUE DATES (U7-U9)

|        |                                     |
|--------|-------------------------------------|
| Feb 22 | Tim Hortons Spring Grassroots Rally |
|--------|-------------------------------------|

### LEAGUE PLAY & SCHEDULES (U10-U19)

|         |  |
|---------|--|
| Feb 27  | U10 & U11 Developmental Regular Season ends  |
| Feb 27  | U12 Tier III-V Season ends                   |
| Mar 1/2 | U10 & U11 Developmental Season Wrap-up Rally |
| Mar 1/2 | U12 Tier III-V Season Wrap-up                |
| Mar 6   | U10/U11 Dev+ Season ends                     |
| Mar 6   | U12 Tier I/II Season ends                    |
| Mar 8/9 | U10/U11 Dev+ Wrap-up Rally                   |
| Mar 8/9 | U12 Tier I/II Wrap-up Rally                  |
| Mar 6   | U13 – U17 Tier IV-V Regular Season ends      |
| Mar 6   | U13 – U19 Tier I-III Regular Season ends     |
| Mar 8/9 | U13 – U19 All Tiers Challenge Cup            |

### PROVINCIAL COMPETITIONS

|           |                  |
|-----------|------------------|
| Mar 14-16 | Provincials      |
| Mar 21-23 | APDL Provincials |

### 2024 FAMILY DAY CLASSIC TOURNAMENT

|           |                               |
|-----------|-------------------------------|
| Jan 30    | Team Entry deadline           |
| Feb 7     | Schedules available online    |
| Feb 10    | Team Rosters due              |
| Feb 14-17 | Family Day Classic Tournament |

### OFFICE CLOSURES

|                         |              |
|-------------------------|--------------|
| December 23 – January 3 | Winter Break |
| February 17             | Family Day   |

# CMSA Program Fees

The CMSA per player fee covers program costs such as facilities, referees, accident insurance and administration.

For parents: Club registration fees are set by each club individually, and cover the specific costs of their program offering which includes items like technical training, practices, facilities, administration, etc. The CMSA per player fee is included in each club's registration fee.

## CALGARY

## OUT OF DISTRICT

### **CALGARY MINOR SOCCER ASSOCIATION PLAYER FEES - INDOOR 2024/2025 CALGARY DISTRICT**

### **CALGARY MINOR SOCCER ASSOCIATION PLAYER FEES - INDOOR 2024/2025 OUT OF DISTRICT**

| Age Group | Tier              | 2024/2025 Per Player Fee |
|-----------|-------------------|--------------------------|
| U9        | House League      | \$ 25.75                 |
| U12       | House League      | \$ 31.00                 |
| U7        | Grassroots League | \$ 118.50                |
| U8        | Grassroots League | \$ 118.50                |
| U9        | Grassroots League | \$ 118.50                |
| U10       | Developmental+    | \$ 226.00                |
|           | Developmental     | \$ 226.00                |
| U11       | Developmental+    | \$ 236.25                |
|           | Developmental     | \$ 236.25                |
| U12       | Tier I, II        | \$ 236.25                |
|           | Tier III, IV, V   | \$ 236.25                |
| U13       | Tier I, II        | \$ 241.50                |
|           | Tier III, IV, V   | \$ 241.50                |
| U14       | Tier I, II        | \$ 241.50                |
|           | Tier III, IV, V   | \$ 241.50                |
| U15       | Tier I, II        | \$ 241.50                |
|           | Tier III, IV, V   | \$ 241.50                |
| U16       | Tier I, II        | \$ 241.50                |
|           | Tier III, IV, V   | \$ 241.50                |
| U17/U19   | Tier I, II        | \$ 241.50                |
|           | Tier III, IV, V   | \$ 241.50                |
| All Ages  | AYSL              | \$ 190.50                |

| Age Group | Tier              | 2024/2025 Per Player Fee |
|-----------|-------------------|--------------------------|
| U7        | Grassroots League | \$ 112.50                |
| U8        | Grassroots League | \$ 112.50                |
| U9        | Grassroots League | \$ 112.50                |
| U10       | Developmental+    | \$ 216.00                |
|           | Developmental     | \$ 216.00                |
| U11       | Developmental+    | \$ 226.25                |
|           | Developmental     | \$ 226.25                |
| U12       | Tier I, II        | \$ 226.25                |
|           | Tier III, IV, V   | \$ 226.25                |
| U13       | Tier I, II        | \$ 231.50                |
|           | Tier III, IV, V   | \$ 231.50                |
| U14       | Tier I, II        | \$ 229.00                |
|           | Tier III, IV, V   | \$ 229.00                |
| U15       | Tier I, II        | \$ 229.00                |
|           | Tier III, IV, V   | \$ 229.00                |
| U16       | Tier I, II        | \$ 229.00                |
|           | Tier III, IV, V   | \$ 229.00                |
| U17/U19   | Tier I, II        | \$ 229.00                |
|           | Tier III, IV, V   | \$ 229.00                |

**\*An additional \$3/player will be added for referee, recruitment, retention, and development.**

Note: Out of District (OOD) fees are the CMSA fees less the Alberta Soccer fee as OOD clubs pay those fees directly to Alberta Soccer.



# CMSA Grassroots League U7 – U9

## Goals of the CMSA Grassroots League

CMSA's Grassroots League is modelled after national and international best practices and [Canada Soccer Grassroots Standards](#). The league strives to provide children with a developmentally appropriate playing environment that allows expression, creativity, and development to flourish. Match Day provides players with more time on the field, more time on the ball, and flexible matchups through an open roster system.

This league encourages mixed-ability (balanced) groupings prioritizing social relationships as the basis of Match Day groups. This allows players to move between groups as required to ensure that each participant has a positive and developmentally appropriate match environment. The CMSA Grassroots League prioritizes enjoyment, so players want to come back next week and more importantly, for many seasons to come!



### Meaningful Matches

Ensuring all players have a positive experience in soccer



### Consistent Match Days & Times

Allows families to plan their schedules in advance



### Centralized Locations

Quadrant-based play to limit travel time for families



### Child-first Approach

Encouraging activity, supporting the individual players development

## Program Terminology

When speaking to parents and other stakeholders, and in promoting your club's grassroots programming, CMSA recommends using words such as accessible, family-friendly, fun, safe, developmentally appropriate, and best-practice or research-based. Below are some words and phrases to avoid, and some options to use instead.

### Avoid:

- ☒ Competitive League / CMSA Festivals
- ☒ Game Day / Festival Day
- ☒ Competitive
- ☒ Top-level / Elite
- ☒ Best-with-best
- ☒ Team(s)

### Recommendations to use instead:

- ☒ CMSA Grassroots League
- ☒ Match Day
- ☒ Meaningful matches
- ☒ Currently more developed
- ☒ Similarly developed
- ☒ Group(s)



## Program Structure

|                      | U7   | U8   | U9   |
|----------------------|--|--|--|
| Season Dates         | Nov. 2 – Feb. 22<br>with restart Jan. 4  | Nov. 2 – Feb. 22<br>with restart Jan. 4  | Nov. 2 – Feb. 22<br>with restart Jan. 4  |
| Match Day Play Dates | 1 per week, Saturdays<br><br>7 Match Days before Winter Break, 7 Match days after Winter Break<br><br>Quadrant based:<br><ul style="list-style-type: none"> <li>• Shane Homes West Soccer Dome</li> <li>• Genesis Centre</li> <li>• Calgary Soccer Centre</li> </ul> | 1 per week, Saturdays<br><br>7 Match Days before Winter Break, 7 Match days after Winter Break<br><br>Quadrant based:<br><ul style="list-style-type: none"> <li>• Shane Homes West Soccer Dome</li> <li>• Genesis Centre</li> <li>• Calgary Soccer Centre</li> </ul> | 1 per week, Saturdays<br><br>7 Match Days before Winter Break, 7 Match days after Winter Break<br><br>Quadrant based:<br><ul style="list-style-type: none"> <li>• Shane Homes West Soccer Dome</li> <li>• Genesis Centre</li> <li>• Calgary Soccer Centre</li> </ul> |
| Match Length         | 3 x 15 min. matches per Match Day  | 3 x 15 min. matches per Match Day  | 2 x 25 min. matches per Match Day  |
| Winter Break         | Dec. 15 - Jan. 3   | Dec. 15 - Jan. 3   | Dec. 15 - Jan. 3   |
| Post Season          | Tim Hortons Grassroots Rally, Feb. 22  | Tim Hortons Grassroots Rally, Feb. 22  | Tim Hortons Grassroots Rally, Feb. 22  |
| Fields               | Supplied by CMSA   | Supplied by CMSA   | Supplied by CMSA   |
| Referees             | Coach facilitated  | Coach facilitated  | Coach facilitated  |
| Jerseys              | Shane Homes Jerseys at no cost to clubs  | Shane Homes Jerseys at no cost to clubs  | Shane Homes Jerseys at no cost to clubs  |
| Standings            | No scores or standings posted  | No scores or standings posted  | No scores or standings posted  |
| Format               | 3v3  | 4v4  | 5v5 with goalkeeper  |
| Min/Max Roster Sizes | Min 4 - Max 8  | Min 4 - Max 8  | Min 6 - Max 10   |

## Final Reminders

- ✓ Individual player development is paramount.
- ✓ The environment created by coaches and parents needs to be a stimulating learning environment focused on development and fun.
- ✓ CMSA advocates for equal playing time for all players and for them to try all positions.
- ✓ Information about jerseys, rules, the Grassroots League, and the Guidebook will be communicated later.



## Program Sponsors & Grant Support

The CMSA Grassroots League is made possible by:

*Tim Hortons*®

SHANE  
HOMES



# CMSA's U10 and U11 League

## About the Developmental Plus+ and Developmental Programming

CMSA's U10 and U11 League has a 'Developmental Plus+' and 'Developmental' stream. Both streams offer a quality experience for players and their families. Neither stream is purely based on ability but on the needs, interests, and motivations of the child. The determining factors in evaluating whether to place groups in the "Developmental Plus+" or "Developmental" streams are the length of the season and the proximity of their matches. "Developmental Plus+" will play in a city-wide. "Developmental" will have regionalized play. In this player-first model, clubs are encouraged to evaluate players based on their levels of interest and commitment in soccer and utilize social relationships (friendships) as a key factor in forming teams. CMSA advocates for equal playing time for all players and to try all positions on the pitch. No scores or standings are kept in the Developmental Plus+ or Developmental stream.

### Development Plus+ Stream

This stream is appropriate for players and families interested in:



#### Soccer as their primary activity

For players who LOVE soccer, are very interested & likely to participate year-round



#### Longer Season, City-Wide

For players looking for a longer season and are comfortable with city-wide play



#### More activity each week

For players looking for increased play/training opportunities within their club environment

### Development Stream

This stream is appropriate for players and families interested in:



#### A variety of sports or activities

For players who may be multi-sport, have a variety of different interests/commitments, looking for 'part-time soccer'



#### Shorter Season, Quadrant-based

For players looking for a shorter season and want games closer to home



#### Less activity each week

For players looking for less soccer activity to make time for other interests/family time

## League Structure

|                      | U10   | U11   |
|----------------------|---|---|
| Programs             | Developmental Plus+ and Developmental   | Developmental Plus+ and Developmental   |
| Format               | 7v7 including GK  | 7v7 including GK  |
| Regular Season       | Dev +: Oct. 19 – Mar. 9<br>Dev: Oct. 19 – Mar. 2<br>Division format will depend on number of groups entered   | Dev +: Oct. 19 – Mar. 9<br>Dev: Oct. 19 – Mar. 2<br>Division format will depend on number of groups entered   |
| Match Length         | 2 x 25 min. halves  | 2 x 25 min. halves  |
| Winter Break         | Dec. 23 - Jan. 3  | Dec. 23 - Jan. 3  |
| Play Dates           | May play any day of the week.<br><br>Dev +: City-wide<br>Dev: Regional Divisions where possible<br><br><u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u> | May play any day of the week.<br><br>Dev +: City-wide<br>Dev: Regional Divisions where possible<br><br><u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u> |
| Post Season          | Wrap Up Rally<br>Dev +: March 8/9<br>Dev: March 1/2   | Wrap Up Rally<br>Dev +: March 8/9<br>Dev: March 1/2   |
| Standings            | No scores or standings posted   | No scores or standings posted   |
| Fields               | Supplied by CMSA  | Supplied by CMSA  |
| Referees             | Scheduled and paid by CMSA  | Scheduled and paid by CMSA  |
| Min/Max Roster Sizes | Min 11 - Max 20   | Min 11 - Max 20   |

## Final Reminders

- ☑ At this stage, individual player development is paramount.
- ☑ The environment created by coaches and parents must be a stimulating learning environment focused on skill development and fun.
- ☑ CMSA advocates for equal playing time for all players and for them to try all positions.



# CMSA's U12 and U13 League

## Goals of the U12 and U13 League

CMSA's league offering for the U12, and U13 League aims to have quality programming for youth at all ages, stages of development, and interest/commitment levels. CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. Our U12 and U13 leagues operate in alignment with [Long-Term Player Development \(LTPD\) Standards](#) and would be a part of Stage 3 – Learn to Train (U12) and Stage 7 – Soccer for Life (U13 – Community and Competitive).

CMSA advocates for equitable playing time for all players regardless of Tier in these ages. A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed in the appropriate program:

### Tier I and Tier II Considerations



#### More developed players

For players who are more developed and experienced in the game of soccer



#### Year-round soccer participation

For players who are more likely to play year-round and/or have soccer as their primary activity



#### Increased weekly commitment\*

For families committed to 3 or more soccer activities each week (training and a match)

### Tier III and Tier IV Considerations



#### More entry-level players

For recreational players and/or players who are entering the sport for the first time



#### Seasonal or multi-sport athletes

For multi-sport athletes interested in seasonal participation or a variety of activities



#### Decreased weekly commitment\*

For families committed to less than 3 soccer activities each week (training and a match)

*\*Typical commitment level, will vary from Club-to-Club*

## League Structure

|                             | U12  | U13  |
|-----------------------------|--|--|
| <b>Program</b>              | Tier I, II, III, IV, V   | Tier I, II, III, IV, V                               |
| <b>Format</b>               | 7v7 including GK   | 7v7 including GK                                     |
| <b>Regular Season</b>       | Tier I/II: Oct. 15 – Mar. 9<br>Tier III/IV/V: Oct. 19 – Mar. 2   | Tier I – V: Oct. 15 – Mar. 9                         |
| <b>Winter Break</b>         | Dec. 23 – Jan. 3   | Dec. 23 – Jan. 3                                     |
| <b>Play Dates</b>           | May play any day of the week                                     | May play any day of the week                         |
| <b>Game Length</b>          | 2 x 25 min. halves   | 2 x 25 min. halves                                   |
| <b>Post Season</b>          | Wrap up Rally<br>Tier I/II: March 8/9<br>Tier III - V: March 1/2 | Challenge Cup (Final 4)<br>ASA Provincials           |
| <b>Standings</b>            | No scores or standings posted                                    | Scores and standings posted                          |
| <b>Fields</b>               | Supplied by CMSA   | Supplied by CMSA                                     |
| <b>Referees</b>             | Scheduled and paid by CMSA                                       | Scheduled and paid by CMSA                           |
| <b>Provincials</b>          | -  | Challenge Cup: March 8/9<br>Provincials: March 14-16 |
| <b>Min/Max Roster Sizes</b> | Min 11 - Max 20  | Min 11 - Max 20                                      |

# CMSA's U14 – U19 League

## Goals of the CMSA U14 – U19 League

CMSA's league offering for U14 - U19 includes quality programming for youth at all ages, stages of development, and interest/commitment levels. CMSA welcomes experienced and novice players into any of our clubs to continue or begin their soccer journey. Our U14-U19 leagues operate in alignment with [Long-Term Player Development \(LTPD\) Standards](#) and would be a part of Stage 7 - Community and Competitive.

CMSA advocates for equitable playing time for all players regardless of Tier in these ages. A balance of skill level and commitment should be considered when tiering players. CMSA recommends the following considerations to ensure that players and families are placed accordingly:

### Tier I and Tier II Considerations



#### More developed players

For players who are more developed and experienced in the game of soccer



#### Year-round soccer participation

For players who are more likely to play year-round and/or have soccer as their primary activity



#### Increased weekly commitment\*

For families committed to 3 or more soccer activities each week (training and a match)

### Tier III and Tier IV Considerations



#### More entry-level players

For recreational players and/or players who are entering the sport for the first time



#### Seasonal or multi-sport athletes

For multi-sport athletes interested in seasonal participation or a variety of activities



#### Decreased weekly commitment\*

For families committed to less than 3 soccer activities each week (training and a match)

*\*Typical commitment level, will vary from Club-to-Club*



## League Structure

|                             | U14                           | U15  | U16                           | U17  | U19  |
|-----------------------------|-------------------------------|--|-------------------------------|--|--|
| <b>Tiers</b>                | Tier I, II, III, IV, V        | Tier I, II, III, IV, V                               | Tier I, II, III, IV, V        | Tier I, II, III, IV, V                               | Tier II, III, IV                                     |
| <b>Match Format</b>         | 7v7 including GK              | 7v7 including GK                                     | 7v7 including GK              | 7v7 including GK                                     | 7v7 including GK                                     |
| <b>Season Length</b>        | Tier I – V:<br>Oct 15 - Mar.9 | Tier I – V:<br>Oct 15 - Mar.9                        | Tier I – V:<br>Oct 15 - Mar.9 | Tier I – V:<br>Oct 15 - Mar.9                        | Tier I – V:<br>Oct 15 - Mar.9                        |
| <b>Winter Break</b>         | Dec. 23 – Jan. 3              | Dec. 23 – Jan. 3                                     | Dec. 23 – Jan. 3              | Dec. 23 – Jan. 3                                     | Dec. 23 – Jan. 3                                     |
| <b>Play Dates</b>           | Any day of the week           | Any day of the week                                  | Any day of the week           | Any day of the week                                  | Any day of the week                                  |
| <b>Game Length</b>          | 2 x 30-min. halves            | 2 x 30-min. halves                                   | 2 x 30-min. halves            | 2 x 30-min. halves                                   | 2 x 30-min. halves                                   |
| <b>Fields</b>               | Supplied by CMSA              | Supplied by CMSA                                     | Supplied by CMSA              | Supplied by CMSA                                     | Supplied by CMSA                                     |
| <b>Referees</b>             | Supplied by CMSA              | Supplied by CMSA                                     | Supplied by CMSA              | Supplied by CMSA                                     | Supplied by CMSA                                     |
| <b>Post Season</b>          | Challenge Cup                 | Challenge Cup Provincials                            | Challenge Cup                 | Challenge Cup Provincials                            | Challenge Cup Provincials                            |
| <b>Provincials</b>          | Challenge Cup: March 8/9      | Challenge Cup: March 8/9<br>Provincials: March 14-16 | Challenge Cup: March 8/9      | Challenge Cup: March 8/9<br>Provincials: March 14-16 | Challenge Cup: March 8/9<br>Provincials: March 14-16 |
| <b>Min/Max Roster Sizes</b> | Min 11 - Max 20               | Min 11 - Max 20                                      | Min 11 - Max 20               | Min 11 - Max 20                                      | Min 11 - Max 20                                      |

# House League Programs

## House League Program Guidance

CMSA Member Clubs with **Club House League Programming** should consider the CMSA Grassroots League standards (on pages 6 and 7) and use [Canada Soccer's Grassroots Standards](#) to guide program development for players and families.

## Club and Participant Benefits through CMSA

As a CMSA member, registering your house league participants with CMSA provides your club and participating players/families with:



### e-PIC Processing

Police Clearances at no cost to all House League Team Officials



### Player Insurance

House League players provided with access to insurance through Alberta Soccer



### Education

Clubs and team officials provided with education and resources



### District Harmony

Canada Soccer Licensing requires all players be registered with the district

## Program Terminology

When speaking to parents and other stakeholders, and in promoting your club's grassroots programming, CMSA recommends using words such as accessible, family-friendly, fun, safe, developmentally appropriate, and best-practice or research-based. Below are some words and phrases to avoid, and some options to use instead.

### Avoid:

- ☒ Game Day / Festival Day
- ☒ Competitive
- ☒ Top-level / Elite
- ☒ Best-with-best
- ☒ Team(s)

### Recommendations to use instead:

- ☒ Match Day
- ☒ Meaningful matches
- ☒ Currently more developed
- ☒ Similarly developed
- ☒ Groups

# Alberta Player Development League (APDL)

## About the Alberta Player Development League (APDL)

The [Alberta Player Development League \(APDL\)](#) is the Alberta Player Development Program (PDP). The PDP is Canada Soccer's standards-based youth training and competition framework. It provides an environment (both in training and competition) to allow for high-quality organizations to contribute to the ongoing development of players, coaches, officials, and administrators.

The APDL is part of a national network of licensed clubs and standards-based competitions which will foster player and coach development in Canada.

The APDL is for players in the Train-to-Train stage of their development or Stage 4 of Long-Term Player Development (LTPD).

League standards for coaching are higher than local district leagues (Tier I - Tier V) with APDL head coaches needing to be enrolled or have attained their Youth License. All APDL Assistant Coaches must hold a C License.

## Format and Key Dates

The competition will see a competitive season with scheduled rest and recovery periods built in year-round.

Program details will be communicated directly from Alberta Soccer to Canada Soccer National Youth Club Licensed Clubs.



# Minimum Coaching Standards

|   | Through CMSA | Respect Group    | NCCP Training            |                 |             |     | Canada Soccer Coach Education Program    |           |              |           |                |           |                 |           |                     |  |
|---|--------------|------------------|--------------------------|-----------------|-------------|-----|--|-----------|--------------|-----------|----------------|-----------|-----------------|-----------|---------------------|--|
|   | e-PIC        | Respect in Sport | Making Ethical Decisions | Making Head Way | Rule of Two | EAP | Active Start                             |           | Fundamentals |           | Learn to Train |           | Soccer for Life |           | C-License Certified |  |
|   |              |                  |                          |                 |             |     | Theory                                   | Practical | Theory       | Practical | Theory         | Practical | Theory          | Practical |                     |  |
| U7 - U9   | ✓            | ✓                |                          |                 |             |     |  |           | *            | +         |                |           |                 |           |                     |  |
| U10 - U11   | ✓            | ✓                | +                        | +               |             |     |  |           |              |           | *              | +         |                 |           |                     |  |
| U12   | ✓            | ✓                | *                        | *               | *           | *   |  |           |              |           | *              | *         | OR              | *         | +                   |  |
| U13 Tier II, III, IV  | ✓            | ✓                | *                        | *               | *           | *   |  |           |              |           |                |           | *               | *         | +                   |  |
| U13 Tier I  | ✓            | ✓                | *                        | *               | *           | *   |  |           |              |           |                |           | *               | *         | +                   |  |
| U15+ Tier II, III, IV   | ✓            | ✓                | *                        | *               | *           | *   |  |           |              |           |                |           | *               | *         | +                   |  |
| U15, U17 Tier I   | ✓            | ✓                | *                        | *               | *           | *   |  |           |              |           |                |           | *               | *         | +                   |  |
| House Leagues<br>Age & Stage Appropriate  | ✓            | ✓                | +                        | +               |             |     | *  | +         | *            | +         | *              | +         |                 |           |                     |  |
| Safe Sport  |              |                  |                          |                 |             |     | Technical Coaching Training Requirements |           |              |           |                |           |                 |           |                     |  |
| <div><div>✓</div> Required for all team officials (coaches, assistant coaches, team managers)</div> <div><div>*</div> Required education for coaches and assistant coaches</div> <div><div>+</div> Recommended coach training</div> |              |                  |                          |                 |             |     |  |           |              |           |                |           |                 |           |                     |  |

# Team Naming Criteria

## Team Entry Naming

CMSA has implemented Team Naming Criteria for clubs to name their teams when entering the league. This criterion will allow CMSA to accurately keep track of teams throughout the season and to help differentiate teams with similar or same names.

If your team's name does not comply with the below criteria, CMSA will change your team's name to display on the CMSA website to fit the criteria.

## Criteria

1. Club Name
  - a. Full name or acronym is acceptable
2. Team Name
  - a. Must have at least more than 3 characters differentiating it from other teams in your club
  - b. Male and female teams cannot share the same name
  - c. Fun, creative names are encouraged, but not required
3. Birth Year
  - a. In the format "06"
  - b. This is to assist with divisions in multi-year age groups
  - c. Use the oldest birth year that players are born in

### Acceptable Name Examples

- ☑ EMFC United 08
- ☑ Calgary Rangers Athletics
- ☑ 07 CMSA Unicorns 13

### Unacceptable Name Examples

- ☒ NWU FC – this is acceptable for 1 team, but not all team names in your club
- ☒ NSD B17 C – this age group changes yearly, a birth year does not
- ☒ CMSA FC 06 & CMSA SC 06 – more than three letters need to be different to avoid confusion