

CMSA Program Handbook

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CMSA
CALGARY MINOR
SOCCER ASSOCIATION

Indoor 2023/24 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

- ✓ U10 will have a Developmental and Developmental + division. Depending on team entry the Developmental division will play within their quadrant when possible, and Developmental + will play in a city-wide division.
- ✓ No public scores or standings for U7 - U12
- ✓ The CMSA Provincial Qualifier Cup Competition will continue for Provincial qualification.
- ✓ U12 will be tiered for the Indoor 2023/24 season.

Standards for Quality Soccer

Canada Soccer’s [Standards for Quality Soccer \(SQS\)](#) is designed to outline the minimum expectations of member organizations in Canada. It is expected that all member organizations provide a developmentally appropriate, safe, enjoyable, accessible, inclusive, and welcoming playing environment for their participants, which differentiates it from non-member soccer and unorganized play. To be considered as a quality soccer provider, member organizations must also be in good standing with their governing organization(s) and meet the expectations of membership.

Please contact Alex Valerio (Technical Development Coordinator) at Alberta Soccer to declare your intent to complete the application. Alex can be contacted at avalerio@albertasoccer.com.

SQS Deadline

*All clubs in the Calgary District should have **completed** their club licensing to an SQS level by May 2023.*

Please refer to the CMSA Member Affiliation Package for further details. Any question about the SQS process please contact:

- Alex Valerio, Technical Development Coordinator – avalerio@albertasoccer.com
- Jordan Stewart, CMSA Technical Lead – jstewart@calgaryminorsoccer.com
- Melissa Collinson, Member & Operations Manager – mcollinson@calgaryminorsoccer.com

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.

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	AS	FUN	L2T	S4L	27	28
29	S4L	31				

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			FUN	L2T	AS	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		

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	S4L	L2T	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				

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

Program Calendar

LEGEND

U10-U19 LEAGUE ADMINISTRATION DEADLINES

- **September 25** - Invoices sent for 75% of previous Indoor season fees
 - Do Not Release (DNR) lists due
 - Tier 1 Declarations Due
- **October 2** - U10-U19 Team Entry Deadline (75% of previous Indoor season due)
- **October 4** - Club Connect League Alignment
- **October 18** - Team Roster Registration
- **November 6** - Invoices sent for balance of player season fees
- **November 17** - House League Player Registration & Fees Due
- **December 4** - U10-U19 Team Swap deadline (6 pm)
- **December 15** - Member to Member + Internal No Fee Transfer Deadline (4 pm)
- **February 15** - Internal Transfer Deadline (6 pm)

LEAGUE PLAY & SCHEDULES (U10 - U19)

- **October 22** - U10-U19 Regular Season schedules available online
- **October 28** - U10-U19 Regular Season games commence
- **December 22** - Winter Break Commences
- **January 6** - League Play resumes
- **March 2/3** - U10 & U11 Development Season Wrap-up Rally
 - U12 Tier III-V Wrap-up
 - U13+ Regular Season ends
- **March 3** - U10 & U11 Development Regular Season ends
 - U12 Tier III-V Regular Season ends
- **March 4-10** - U13+ Challenge Cup (Final Four)
- **March 9/10** - U10/U11 Development+ Season Wrap-up Rally
 - U12 Tier I/II Season Wrap-up

INDOOR 2023/24

CMSA PROVINCIAL QUALIFIER CUP COMPETITION (U13-U19)

- **December 15** - Team Entry Deadline (100% of fees due)
- **January 12** - Schedules available online
- **Jan 27 - Feb 25** - PQCC (Sat/Sun)
- **March 15 - 17** - U13 - U19 Tier I - IV Provincials
- **March 22 - 24** - AYSL Provincials

GRASSROOTS LEAGUE DATES (U7-U9)

- **October 10** - U7-U9 Team Entry Deadline
- **October 22** - U7-U9 Schedules available online
- **November 4** - Grassroots League commences
- **February 24/25** - Tim Hortons Grassroots Rally


2024 FAMILY DAY TOURNAMENT

- **December 1** - Registration Opens
- **January 28** - Team Entry Deadline
- **February 9** - Schedules available online
- **February 12** - Team Rosters due
- **February 16-19** - Family Day Tournament

CMSA OFFICE CLOSURES

- **October 9** - Thanksgiving Monday
- **December 22 - January 5** - Winter Break
- **February 19** - Family Day


SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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 Invoices 75% of Fees Do Not Release due Tier I Declaration Due	26	27	28	29	30


OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Team Entry Deadline	3	4 Club Connect League Alignment	5	6	7
8	9 CMSA Office Closed Thanksgiving	10 U7-U9 Team Entry Deadline	11	12	13	14 Photo IDs
15 Photo IDs	16 Photo IDs	17	18 Roster Registration Photo IDs	19	20	21 Photo IDs
22 Photo IDs U7-U9 Schedules Online U10-U19 Reg. Season Schedules Online	23 Photo IDs	24	25 Photo IDs	26	27	28 Photo IDs Regular Season Begins
29 Photo IDs	30	31				


NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Grassroots League Begins
5	6 Invoice balance of player fees sent	7	8	9	10	11
12	13	14	15	16	17 House League Registration & Fees Due	18
19	20	21	22	23	24	25
26	27	28	29	30		


DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Family Day Tournament Registration Opens	2
3	4 Team Swap Deadline - 12 pm	5	6	7	8	9
10	11	12	13	14	15 Member to Member Internal No Fee Transfer Deadline - 4 pm PQCC Team Entry Deadline	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 League Play Resumes
7	8	9	10	11	12	13
14	15	16	17	18 PQCC Live Draw	19 PQCC Schedules Online	20
21	22	23	24	25	26	27 PQCC Play - Girls
28 PQCC Play - Boys Family Day Team Entry Deadline	29	30	31			

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 PQCC Play - Girls
4 PQCC Play - Boys	5	6	7	8	9 Family Day Tournament Schedules Online	10 PQCC Play - Girls
11 PQCC Play - Boys	12 Family Day Tournament Team Rosters Due	13	14	15 Internal Transfer Deadline	16 Family Day Tournament	17 Family Day Tournament
18 Family Day Tournament	19 Family Day Tournament	20	21	22	23	24 Tim Hortons Grassroots Rally PQCC Finals - Girls
25 Tim Hortons Grassroots Rally PQCC Finals - Boy	26	27	28	29		

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 U10/U11 Dev. Wrap-up U12 Tier III-V Wrap-up Season End
3 U10/U11 Dev. Wrap-up U12 Tier III-V Wrap-up Season End	4 U13+ Challenge Cup (Final Four) until 10th	5 Challenge Cup	6 Challenge Cup	7 Challenge Cup	8 Challenge Cup	9 Challenge Cup U10/U11 Dev+ Wrap Up U12 Tier I/II Wrap Up
10 Challenge Cup U10/U11 Dev+ Wrap Up U12 Tier I/II Wrap Up	11	12	13	14	15 U13-U19 Tier I-IV Provincials	16 U13-U19 Tier I-IV Provincials
17 U13-U19 Tier I-IV Provincials	18	19	20	21 AYSL Provincials	22 AYSL Provincials	23 AYSL Provincials
24 AYSL Provincials	25	26	27	28	29	30
31						



CMSA Program Fees

The CMSA per player fee covers program costs such as facilities, referees, 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

Age Group	Tier	2023/2024 Per Player Fee
U3 - U9	House League	\$ 25.00
U10 - U12	House League	\$ 30.00
U7	Grassroots League	\$ 115.00
U8	Grassroots League	\$ 115.00
U9	Grassroots League	\$ 115.00
U10	Developmental+	\$ 205.00
	Developmental	\$ 205.00
U11	Developmental+	\$ 215.00
	Developmental	\$ 215.00
U12	Tier I, II	\$ 215.00
	Tier III, IV, V	\$ 215.00
U13	Tier I, II	\$ 220.00
	Tier III, IV, V	\$ 220.00
U14	Tier I, II	\$ 220.00
	Tier III, IV, V	\$ 220.00
U15	Tier I, II	\$ 220.00
	Tier III, IV, V	\$ 220.00
U16	Tier I, II	\$ 220.00
	Tier III, IV, V	\$ 220.00
U17/U19	Tier I, II	\$ 220.00
	Tier III, IV, V	\$ 220.00
All Ages	AYSL	\$ 185.00

OUT OF DISTRICT

Age Group	Tier	2023/2024 Per Player Fee
U7	Grassroots League	\$ 109.00
U8	Grassroots League	\$ 109.00
U9	Grassroots League	\$ 109.00
U10	Developmental+	\$ 195.00
	Developmental	\$ 195.00
U11	Developmental+	\$ 205.00
	Developmental	\$ 205.00
U12	Tier I, II	\$ 205.00
	Tier III, IV, V	\$ 205.00
U13	Tier I, II	\$ 210.00
	Tier III, IV, V	\$ 210.00
U14	Tier I, II	\$ 207.40
	Tier III, IV, V	\$ 207.40
U15	Tier I, II	\$ 207.40
	Tier III, IV, V	\$ 207.40
U16	Tier I, II	\$ 207.40
	Tier III, IV, V	\$ 207.40
U17/U19	Tier I, II	\$ 207.40
	Tier III, IV, V	\$ 207.40
All Ages	AYSL	\$ 185.00

****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. 4 – Feb. 24 with restart Jan. 6	Nov. 4 – Feb. 24 with restart Jan. 6	Nov. 4 – Feb. 24 with restart Jan. 6
# of Match Days	14 Total	14 Total	14 Total
Match Day Play Dates	1 per week, Saturdays 7 Match Days before Winter Break, 7 Match days after Winter Break Quadrant based: <ul style="list-style-type: none"> • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre 	1 per week, Saturdays 7 Match Days before Winter Break, 7 Match days after Winter Break Quadrant based: <ul style="list-style-type: none"> • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre 	1 per week, Saturdays 7 Match Days before Winter Break, 7 Match days after Winter Break Quadrant based: <ul style="list-style-type: none"> • Calgary West Soccer Center • Genesis Centre • Calgary Soccer Centre
Match Length	(3) 15 min matches per Match Day	(3) 15 min matches per Match Day	(2) 25 min matches per Match Day
Winter Break	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5
Post Season	Tim Hortons Grassroots Rally, Feb. 24	Tim Hortons Grassroots Rally, Feb. 24	Tim Hortons Grassroots Rally, Feb. 24
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. 28 – Mar. 10 Dev: Nov. 4 – Mar. 3 Division format will depend on number of groups entered	Dev +: Oct. 28 – Mar. 10 Dev: Nov. 4 – Mar. 3 Division format will depend on number of groups entered
Match Length	(1) 50 min match, (2) 25 min. halves	(1) 50 min match, (2) 25 min. halves
Winter Break	Dec. 18 - Jan. 5	Dec. 18 - Jan. 5
# of Games	14*	14*
Play Dates	May play any day of the week. Dev +: City-wide Dev: Regional Divisions where possible <u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u>	May play any day of the week. Dev +: City-wide Dev: Regional Divisions where possible <u>Clubs are HIGHLY encouraged to enter their House League groups into Dev Division.</u>
Post Season	Wrap Up Rally Dev +: March 9/10 Dev: March 2/3	Wrap Up Rally Dev +: March 9/10 Dev: March 2/3
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

*Includes Season End Rally Game(s)

Final Reminders

- ☑ At this stage, individual player development is paramount.
- ☑ The environment created by coaches and parents needs to be a stimulating learning environment focus 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
Program	Tier I, II, III, IV, V	Tier I, II, III, IV, V
Format	7v7 including GK	7v7 including GK
Regular Season	Tier I/II: Oct. 28 – Mar. 10 Tier III/IV/V: Nov. 4 – Mar. 3	Tier I – V: Oct. 28 – Mar. 10
Winter Break	Dec. 22 – Jan. 5	Dec. 22 – Jan. 5
# of Games	14*	14
Play Dates	May play any day of the week	May play any day of the week
Game Length	(1) 50 min match, (2) 25 min. halves	(1) 60 min match, (2) 30 min. halves
Post Season	Wrap up Rally Tier I/II: March 9/10 Tier III - V: March 2/3	Challenge Cup (Final 4 Playoffs) ASA Provincials
Standings	No scores or standings posted	Scores and standings posted
Fields	Supplied by CMSA	Supplied by CMSA
Referees	Scheduled and paid by CMSA	Scheduled and paid by CMSA
Provincials	-	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25 Provincials: March 15 - 17
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20

*Includes Season End Rally Game(s)

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
Tiers	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
Match Format	7v7 including GK	7v7 including GK	7v7 including GK	7v7 including GK	7v7 including GK
Season Length	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10	Tier I – V: Oct 28 - Mar.10
Winter Break	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5	Dec. 21 – Jan. 5
# of Games	14	14	14	14	14
Play Dates	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
Game Length	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves	2 x 30-minute halves
Fields	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA
Referees	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA	Supplied by CMSA
Post Season	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials	Challenge Cup ASA Provincials
Provincial Qualifier Cup Competition Dates	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25 *Competes in U15	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25 *Competes in U17	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25	Opt-in Provincial Qualifier Cup Competition: Jan 27 – Feb 25
Min/Max Roster Sizes	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 Youth Soccer League (AYSL)

About the Alberta Youth Soccer League (AYSL)

The **Alberta Youth Soccer League (AYSL)** 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 on-going development of players, coaches, officials, and administrators.

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

The AYSL 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 AYSL head coaches needing to be enrolled or have attained their Youth License. All AYSL 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 Certification				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 <small>Age & Stage Appropriate</small>	✓	✓	+	+			*	+	*	+	*	+			

Safe Sport
Technical Coaching Training Requirements

- ✓ Required for all team officials (coaches, assistant coaches, team managers)
- * Required education for coaches and assistant coaches
- + Recommended coach training

Team Naming Criteria

Team Entry Naming

CMSA has implemented Team Naming Criteria for clubs to name their teams when entering the league. This criteria will allow CMSA to accurately keep track of teams season over 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