

CMSA Program Handbook

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CMSA
CALGARY MINOR
SOCCER ASSOCIATION

Outdoor 2025 Program Handbook

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Introduction

Purpose

The goal of this handbook is to support CMSA Member 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. Remember:

- ☑ 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

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 at the CMSA Team Entry Deadline. Member Clubs review tiering with CMSA before the group format schedules are produced. There will be an opportunity in May to facilitate team swaps between divisions should teams be misplaced. These details will be provided directly to the Member Clubs.

Overview of Key League Changes

- ✓ Outdoor 2025 League
 - All tiers will be completed no later than July 31, 2025
- ✓ Provincial qualification will occur through League Standings and Challenge Cup
 - Tier I – III – League Winner + Challenge Cup Winner (if this team is the same, League Runner Up will qualify for Provincials)
 - Tier IV – League Winner + League Runner Up
- ✓ Challenge Cup – U13+ All Tiers
 - Top 4 teams in League will participate in Challenge Cup
- ✓ NEW Tournaments 2025
 - March Mayhem – March 27 – 30, 2025
 - Papa John's Victoria Cup – May 16 – 19, 2025

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.

Should you require assistance with Club Licensing or have any questions please contact:

- Jordan Stewart, Technical Manger – jstewart@calgaryminorsoccer.com
- Melissa Collinson, Member & Operations Manager – mcollinson@calgaryminorsoccer.com
- Paul Rai, ASA Technical Administrator – prai@albertasoccer.com

Annual Member Affiliation

As outlined in the CMSA Governance Policy and Procedures, all CMSA members, voting and non-voting, must undergo an annual affiliation and audit to confirm their participation in CMSA for the upcoming year and remain a Member Club in Good Standing with CMSA. Member's who do not submit their Annual Audit & Affiliation, on the prescribed forms, prior to August 31st risk their standing with CMSA and/or their membership benefits as outlined in the CMSA Governance Policy and Procedures.

Should you have any questions while working to complete this package, please contact:

- Melissa Collinson, Member & Operations Manager - mcollinson@calgaryminorsoccer.com

Coach Education Practical Session Dates

The dates in the program calendar outline the on-field practical sessions offered this outdoor 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.






Program Calendar






































MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
						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					

APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
		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			

MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
				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

	CMSA League on-field dates
	CMSA Administrative Dates
	Competition & Event Dates
	Coach Education
	Office Closure

Jan 5		March Mayhem Registration Opens
Feb 3		Papa John's Victoria Cup Registration Opens
Mar 4		Kal Tire Calgary Cup Registration Opens
Mar 5		Invoices sent for 90% of previous season fees (includes HL)
Mar 6		March Mayhem Registration Deadline
Mar 20		March Mayhem Schedules Available
Mar 24		March Mayhem Rosters Due
Mar 27		Do Not Release (DNR) Lists Due
Mar 27-30		March Mayhem Tournament
Apr 1		U10 - U19 Team Entry Deadline (90% previous season fees due)
Apr 1		U7 - U9 Team Entry Deadline
Apr 3		Club Connect, League Alignment
Apr 8		Photo IDs, 4:00pm – 8:00pm, CMSA Office
Apr 10		Photo IDs, 4:00pm – 8:00pm, CMSA Office
Apr 12-13		Photo IDs, 10:00am – 5:00pm, Shane Homes West Dome
Apr 14-17		Photo IDs, 4:00pm – 8:00pm, CMSA Office
Apr 17		Team Roster Registration
Apr 18		Good Friday, Office Closed
Apr 18		Learn to Train Coach Practical Session
Apr 21		U10 – U19 Regular Season Schedules posted
Apr 21-24		Photo IDs, 4:00pm – 8:00pm, CMSA Office
Apr 22		Town Hall, U10-U11
Apr 23		Town Hall, U12-U13
Apr 23-24		Team Manager Meetings (virtual)
Apr 24		Town Hall, U14-U19
Apr 25		Papa John's Victoria Cup Registration Deadline
Apr 25		Fundamentals Coach Practical Session
Apr 26		U10 – U19 Regular Season games commence
Apr 26-27		Photo IDs, 10:00am – 5:00pm, Genesis Centre
Apr 26		Soccer for Life Coach Practical Session
Apr 28		U7 – U9 Schedules posted
Apr 29		Photo IDs, 4:00pm – 8:00pm, CMSA Office
Apr 30		Town Hall, U7-U9
TBA		North Coach Connect
TBA		South Coach Connect
May 1		Photo IDs, 4:00pm – 8:00pm, CMSA Office
May 2		Active Start Coach Practical Session
May 3		U7 – U9 Grassroots League Commences
May 5		Fundamentals Coach Practical Session
May 8		Papa John's Victoria Cup Schedules posted
May 12		Papa John's Victoria Cup Rosters Due
May 16-19		Papa John's Victoria Cup Tournament
May 19		Victoria Day, Office Closed

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
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					

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		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		



AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					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						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	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				

Legend

	CMSA League on-field dates
	CMSA Administrative Dates
	Competition & Event Dates
	Coach Education
	Office Closure

May 22		House League Player Registration
May 23		Learn to Train Coach Practical Session
May 29		U10 – U19 Team Swap deadline @ 12:00pm
May 30		Tier IV Provincial OPT OUT
Jun 5		Calgary Cup Team Entry Deadline
Jun 13		Member-to-Member + Internal No Fee Transfer
Jun 13		Tier I – III Provincial OPT OUT
Jun 21		U7 – U9 Tim Hortons Grassroots Rally
Jun 26		Calgary Cup Schedules posted
Jun 27		Tier IV and below Internal Transfer deadline @ 1:00pm
Jun 27		Soccer for Life Coach Practical Session
Jun 30		Calgary Cup Team Rosters due
Jul 1		Canada Day, Office Closed
Jul 4-6		Calgary Cup Tournament
Jul 13		U12 – U17 Tier IV-V Regular Season ends
Jul 13		U10 & U11 Developmental Regular Season ends
Jul 18		Tier II – III and Internal Lateral Transfer Deadline
Jul 18-20		Tier IV Cities Provincials
Jul 24		U13 – U19 Tier I – III Regular Season Ends
Jul 25-27		U13 – U19 All Tiers Shane Homes Challenge Cup
Jul 27		U10/U11 Dev+ Season Ends
Jul 27		U12 Tier I – III Season Ends
Jul 31		New Player Registration Deadline
Jul 31		Tier I Internal Lateral Transfer Deadline @ 6:00pm
Jul 31		Fall Series Team Entry Deadline
Aug 4		Heritage Day, Office Closed
Aug 8-10		Tier I/III Provincials
Aug 21-24		Tier I Provincials
TBD		APDL Provincials
Aug 27		Invoices sent for balance of player season fees
Aug 29		Fall Series Schedules posted
Sep 1		Labour Day, Office Closed
Sept 12-14		U10 – U13 Fall Series
Sep 19-21		U14-U19 Fall Series
Sep 30		Player Season Fees Payment Deadline

CMSA Program Fees

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

For parents: Club registration fees are set independently by each club and cover the specific costs of their program. This could include program-related expenses like technical training, practices, facilities, administration, etc. The CMSA per player fee is included in each club's registration fee.

**CALGARY MINOR SOCCER ASSOCIATION
PLAYER FEES - OUTDOOR 2025
CALGARY DISTRICT**

Age Group	Tier	2025 Per Player Fee
U9	House League	\$ 28.75
U12	House League	\$ 39.00
U7	Grassroots League	\$ 39.00
U8	Grassroots League	\$ 49.30
U9	Grassroots League	\$ 54.45
U10	Developmental+	\$ 167.65
	Developmental	\$ 147.10
U11	Developmental+	\$ 168.65
	Developmental	\$ 147.10
U12	Tier I, II, III	\$ 194.00
	Tier IV, V	\$ 178.00
U13	Tier I, II	\$ 204.25
	Tier III	\$ 194.00
	Tier IV, V	\$ 178.00
U14	Tier I	\$ 236.10
	Tier II	\$ 225.80
	Tier III	\$ 220.65
	Tier IV, V	\$ 203.65
U15	Tier I	\$ 265.40
	Tier II	\$ 239.10
	Tier III	\$ 234.00
	Tier IV, V	\$ 214.00
U16	Tier I	\$ 249.40
	Tier II	\$ 239.10
	Tier III	\$ 234.00
	Tier IV, V	\$ 214.00
U17	Tier I	\$ 273.50
	Tier II	\$ 247.25
	Tier III	\$ 242.10
	Tier IV, V	\$ 219.10
U19	Tier II	\$ 246.25
	Tier III	\$ 241.10
	Tier IV, V	\$ 219.10
All Ages	APDL	\$ 193.35

CALGARY MINOR SOCCER ASSOCIATION
PLAYER FEES - OUTDOOR 2025
OUT OF DISTRICT

Age Group	Tier	2025 Per Player Fee
U7	Grassroots League	\$ 27.00
U8	Grassroots League	\$ 37.30
U9	Grassroots League	\$ 42.45
U10	Developmental+	\$ 143.65
	Developmental	\$ 123.10
U11	Developmental+	\$ 143.65
	Developmental	\$ 123.10
U12	Tier I, II, III	\$ 170.00
	Tier IV, V	\$ 154.00
U13	Tier I, II	\$ 180.25
	Tier III	\$ 170.00
	Tier IV, V	\$ 154.00
U14	Tier I	\$ 206.70
	Tier II	\$ 196.40
	Tier III	\$ 191.25
	Tier IV, V	\$ 174.25
U15	Tier I	\$ 236.00
	Tier II	\$ 209.70
	Tier III	\$ 204.60
	Tier IV, V	\$ 184.60
U16	Tier I	\$ 220.00
	Tier II	\$ 209.70
	Tier III	\$ 204.60
	Tier IV, V	\$ 184.60
U17	Tier I	\$ 244.10
	Tier II	\$ 217.85
	Tier III	\$ 212.70
	Tier IV, V	\$ 189.70
U19	Tier II	\$ 214.75
	Tier III	\$ 209.60
	Tier IV, V	\$ 187.60

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



Shane Homes Grassroots League

U7 – U9

Goals of the Shane Homes Grassroots League

CMSA's Grassroots League, sponsored by Shane Homes, is modelled after national and international best practices and [Calgary Minor Soccer Association League Standards](#) 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 Shane Homes 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
Player Fee	\$39.00	\$49.30	\$54.45
Season Dates	May 3 – June 21	May 3 – June 21	May 3 – June 21
# of Match Days	7 Total	7 Total	7 Total
Match Day Play Dates	<p>1 per week, Saturdays</p> <p>7 Match Days (no Match Day May 17)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School 	<p>1 per week, Saturdays</p> <p>7 Match Days (no Match Day May 17)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School 	<p>1 per week, Saturdays</p> <p>7 Match Days (no Match Day May 17)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • NE: Genesis • NW: Dalhousie/Edgemont • Central/South: Flames Community Arena & Central Memorial High School
Match Length	3 @ 20 min matches per Match Day	3 @ 20 min matches per Match Day	2 @ 25 min matches per Match Day
Final Match Day	Grassroots Rally, June 21	Grassroots Rally, June 21	Grassroots Rally, June 21
Fields	CMSA supplied fields	CMSA supplied fields	CMSA supplied fields
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 - No GK	4v4 - No GK	5v5 – w/GK
Min/Max Roster Sizes	Min 4 - Max 8	Min 4 - Max 8	Min 6 - Max 10
Roster Composition	Balanced, Mixed Ability	Balanced, Mixed Ability	Balanced, Mixed Ability



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 division and have a longer, split season. "Developmental" will have regionalized play with a shorter season.* 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 PAPAJOHNS League	U11
Per Player Fee	Dev+: \$167.65 Dev: \$147.10	Dev+: \$168.65 Dev: \$147.10
Programs	Dev+ and Dev	Dev+ and Dev
Format	7v7 including GK	7v7 including GK
Regular Season	<ul style="list-style-type: none"> • Dev Plus+: April 26 – July 27 • Dev: May 3 – July 13 • Division format will depend on number of groups entered 	<ul style="list-style-type: none"> • Dev Plus+: April 27 – July 28 • Dev: May 3 – July 13 • Division format will depend on number of groups entered
Match Length	2 x 25 min. halves	2 x 25 min. halves
# of Games	Dev+: 14 Dev: 10	Dev+: 14 Dev: 10
Play Dates	<p>May play any day of the week. Dev Plus+: City-wide Dev: Regional Divisions (N/S or E/W where possible)</p> <p><u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u></p>	<p>May play any day of the week. Dev Plus+: City-wide Dev: Regional Divisions (N/S or E/W where possible)</p> <p><u>Clubs are STRONGLY encouraged to enter their House League groups into Dev Division.</u></p>
Standings	No scores or standings posted	No scores or standings posted
Fields	Club Community Fields	Club Community Fields
Referees	Scheduled and paid by CMSA	Scheduled and paid by CMSA
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20
Roster Composition	Interest Based	Interest Based
Fall Series (Reg'n Required)	September 12 – 14	September 12 – 14



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
Per Player Fee	Tier I – III: \$194.00 Tier IV-V: \$178.00	Tier I-II: \$204.25 Tier III: \$194.00 Tier IV-V: \$178.00
Program	Tier I, II, III, IV, V	Tier I, II, III, IV, V
Format	9v9	9v9
Regular Season	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13 	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13
# of Games	14	14
Play Dates	May play any day of the week	May play any day of the week
Game Length	2 x 35-minute halves	2 x 40-minute halves
Post Season	-	Challenge Cup: July 25-27 ASA Provincials
Standings	No scores or standings posted	Scores and standings posted
Fields	Club Community Fields	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
Roster Composition	Ability Based	Ability Based
Fall Series (Reg'n Required)	September 12 – 14	September 12 – 14



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
Per Player Fee	Tier I: \$236.10 Tier II: \$225.80 Tier III: \$220.65 Tier IV-V: \$203.65	Tier I: \$265.40 Tier II: \$239.10 Tier III: \$234.00 Tier IV-V: \$214.00	Tier I: \$249.40 Tier II: \$239.10 Tier III: \$234.00 Tier IV-V: \$214.00	Tier I: \$273.50 Tier II: \$247.25 Tier III: \$242.10 Tier I-V: \$219.10	Tier II: \$246.25 Tier III: \$241.10 Tier IV-V: 219.10
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	11v11	11v11	11v11	11v11	11v11
Season Length	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13 	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13 	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13 	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13 	<ul style="list-style-type: none"> • Tier I-III – April 26 – July 27 • Tier IV-V – April 26 – July 13
# 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 45-minute halves	2 x 45-minute halves	2 x 45-minute halves	2 x 45-minute halves	2 x 45-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 (July 25 - 27)	Challenge Cup (July 25 - 27) ASA Provincials	Challenge Cup (July 25 - 27)	Challenge Cup (July 25 - 27) ASA Provincials	Challenge Cup (July 25 - 27) ASA Provincials
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20	Min 11 - Max 20
Roster Composition	Ability Based	Ability Based	Ability Based	Ability Based	Ability Based
Fall Series (Reg'n Required)	September 19 - 21	September 19 - 21	September 19 - 21	September 19 - 21	September 19 - 21



House League Programs

House League Program Guidance

CMSA Member Clubs with **Club House League Programming** should consider the [Calgary Minor Soccer Association League Standards](#) to guide program development for players and families.

CMSA Registration Fee	U9	U12
Per Player Fee	\$28.75	\$39.00

Club and Participant Benefits through CMSA

As a CMSA Member Club, 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

About the Alberta Player Development League

Clubs achieving the National Youth Club License participate in the standards-based Canada Soccer Player Development Program (PDP). The PDP 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 **Alberta Player Development League (APDL)** is the game component of the Player Development Program in Alberta. The APDL is governed and operated by the Alberta Soccer Association.

CMSA Registration Fee	APDL
Per Player Fee	\$193.35

Club Licensing Program Principles

- Prioritize fun.
- Emphasize physical, mental, and emotional safety.
- Provide developmentally appropriate, high-quality programs.
- Maximize attraction, holistic personal development, progression, and long-term engagement.
- Focus on participant-centred decision-making.
- Foster accessible, inclusive, and welcoming environments.
- Act as a good corporate and community citizen.

Format and Key Dates

The APDL games program is built within a year-round calendar with scheduled rest and recovery periods. This calendar encourages a year-long commitment to the Member Club of your choice. The Outdoor program will run September, October, April, May, June and July and includes travel within the province. The indoor program will run in January, February, and March and will include travel within the province.

Details will be communicated directly from Alberta Soccer to Canada Soccer National Youth Club License holders.

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 <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