

CMSA Program Handbook

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CMSA
CALGARY MINOR
SOCCER ASSOCIATION

Outdoor 2024 Program Handbook

Table of Contents

Table of Contents	2
Introduction	4
Purpose	4
Team Entry	4
Overview of Key League Changes	4
Standards for Quality Soccer	5
Standards for Quality Soccer	5
Coach Education Practical Session Dates	5
Program Calendar	6
CMSA Program Fees	8
CMSA Grassroots League U7 – U9	9
Goals of the CMSA Grassroots League	9
Program Terminology	9
Program Structure	10
Final Reminders	11
CMSA’s U10 and U11 League	12
About the Developmental Plus+ and Developmental Programming	12
League Structure	13
Final Reminders	13
CMSA’s U12 and U13 League	14
Goals of the U12 and U13 League	14
League Structure	15
CMSA’s U14 – U19 League	16
Goals of the CMSA U14 – U19 League	16
League Structure	17
House League Programs	18
House League Program Guidance	18
Club and Participant Benefits through CMSA	18
Program Terminology	18
Alberta Player Development League (APDL)	19

About the Alberta Player Development League (APDL) 19
Club Licensing Program Principles 19
Format and Key Dates 19
Team Naming Criteria 21
Team Entry Naming 21

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 at the CMSA Team Entry Deadline. 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 clubs.

Overview of Key League Changes

- ✓ Outdoor 2024 League
 - All tiers will be completed no later than July 31, 2024
- ✓ 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
- ✓ Fall Series (Optional)
 - Details to follow

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.

Standards for Quality Soccer

All CMSA Member Clubs must complete their club licensing to an SQS level by December 31, 2023. Failure to do so will place your membership in jeopardy. Should your club require assistance with club licensing and have questions, please contact:

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

Coach Education Practical Session Dates

The dates below 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.

April 2024

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



May 2024

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

June 2024

SUN	MON	TUES	WED	THUR	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	S4L ²⁸	29

2024 Dates

- AS = Active Start – May 2, 2024
- FUN = Fundamentals – April 28 & May 6, 2024
- L2T = Learn to Train – April 21 & May 24, 2024
- S4L = Soccer for Life – April 26 & June 28, 2024
-  = North Coach Connect – April 20, 2024
-  = South Coach Connect – April 21, 2024

Program Calendar

March 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

April 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					

May 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

- March 6 Invoices sent for 75% of previous outdoor season fees (including House League)
- March 27 Do Not Release (DNR) lists due
- April 2 U10 – U19 Team Entry Deadline (75% of previous outdoor season due)
- April 4 Club Connect League Alignment
- April 18 Team Roster Registration
- April 23/24 Team Managers Meetings
- May 22 House League Player Registration
- May 30 U10 – U19 Team Swap deadline – 12:00pm

LEAGUE PLAY & SCHEDULES (U10-U19)

- April 21 U10 – U19 Regular Season schedules available online
- April 27 U10 – U19 Regular Season games commence

GRASSROOTS LEAGUE DATES (U7-U9)

- April 11 U7-U9 Team Entry Deadline
- April 25 U7-U9 Schedules available online
- May 4 Spring Grassroots League commence

PHOTO IDS

- April 13/14 10:00am – 5:00pm, Calgary West Soccer Centre
- April 15/17 4:00pm – 8:00pm, CMSA Office
- April 20/21 10:00am – 5:00pm, Genesis Centre
- April 22/24 4:00pm – 8:00pm, CMSA Office
- April 27/28 10:00am – 5:00pm, CMSA Office

2024 CALGARY CUP TOURNAMENT

- March 4 Registration opens

PROVINCIAL COMPETITIONS

- May 31 Tier IV OPT OUT

OFFICE CLOSURES

- March 29 Good Friday
- May 20 Victoria Day

June 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

July 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				

August 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	

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						

Legend

U10 – U19 LEAGUE ADMINISTRATION DEADLINES

June 14	Member-to-Member + Internal No Fee Transfer deadline, 4:00PM
June 28	Tier IV and below Internal Transfer deadline- 1:00PM
July 19	Tier II – III and Internal Lateral Transfer deadline- 4:00PM
July 31	New Player Registration Deadline
July 31	Tier I Internal Lateral Transfer deadline- 6:00PM
Aug 30	Invoices sent for balance of player season fees
Sept 30	Player Season Fees Payment Deadline

GRASSROOTS LEAGUE DATES (U7-U9)

June 22/23	Tim Hortons Spring Grassroots Rally
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LEAGUE PLAY & SCHEDULES (U10-U19)

July 19	U10 & U11 Developmental Regular Season ends
July 19	U12 Tier III-V Season ends
July 20/21	U10 & U11 Developmental Season Wrap-up Rally
July 20/21	U12 Tier III-V Season Wrap-up
July 25	U10/U11 Dev+ Season ends
July 25	U12 Tier I/II Season ends
July 27/28	U10/U11 Dev+ Wrap-up Rally
July 27/28	U12 Tier I/II Wrap-up Rally

July 14	U13 – U17 Tier IV-V Regular Season ends
July 25	U13 – U19 Tier I-III Regular Season ends
July 26-28	U13 – U19 All Tiers Challenge Cup

PROVINCIAL COMPETITIONS

June 14	Tier I-III OPT OUT
July 19-21	Tier IV Cities Provincials
Aug 7-11	APDL Nationals
Aug 9-11	Tier II/III Provincials
Aug 22-25	Tier I Provincials

FALL SERIES DATES (U10 – U19) (Grassroots??)

June 21	Team Entry Deadline
June 30	Invoices sent out
July 31	Schedules available online
July 31	Fall Series Fee Payment Deadline
Sept 13-15	U10 – U12 Fall Series
Sept 20-22	U13-U19 Fall Series

2024 CALGARY CUP TOURNAMENT

June 6	Team Entry deadline
June 27	Schedules available online
July 2	Team Rosters due
July 5-7	Calgary Cup Tournament

OFFICE CLOSURES

July 1	Canada Day
August 5	Heritage Day
September 2	Labour Day

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 2024
CALGARY DISTRICT**

Age Group	Tier	2024 Per Player Fee
U8	House League	\$ 25.00
U12	House League	\$ 35.00
U7	Grassroots League Spring	\$ 35.00
U8	Grassroots League Spring	\$ 35.00
U9	Grassroots League Spring	\$ 35.00
U10	Developmental+	\$ 160.00
	Developmental	\$ 115.00
U11	Developmental+	\$ 160.00
	Developmental	\$ 115.00
U12	Tier I, II	\$ 180.00
	Tier III, IV, V	\$ 170.00
U13	Tier I, II	\$ 180.00
	Tier III, IV, V	\$ 170.00
U14	Tier I	\$ 210.00
	Tier II	\$ 200.00
	Tier III, IV, V	\$ 195.00
U15	Tier I	\$ 220.00
	Tier II	\$ 210.00
	Tier III, IV, V	\$ 205.00
U16	Tier I	\$ 220.00
	Tier II	\$ 210.00
	Tier III, IV, V	\$ 205.00
U17	House leagues	\$ 519.00
	Tier I	\$ 225.00
	Tier II	\$ 215.00
	Tier III, IV, V	\$ 210.00
U19	Tier II	\$ 210.00
	Tier III, IV, V	\$ 205.00
All Ages	APDL	\$ 185.00

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

**CALGARY MINOR SOCCER ASSOCIATION
PLAYER FEES - OUTDOOR 2024
OUT OF DISTRICT**

Age Group	Tier	2024 Per Player Fee
U7	Grassroots League Spring	\$ 29.00
U8	Grassroots League Spring	\$ 29.00
U9	Grassroots League Spring	\$ 29.00
U10	Developmental+	\$ 150.00
	Developmental	\$ 105.00
U11	Developmental+	\$ 150.00
	Developmental	\$ 105.00
U12	Tier I, II	\$ 170.00
	Tier III, IV, V	\$ 160.00
U13	Tier I, II	\$ 170.00
	Tier III, IV, V	\$ 160.00
U14	Tier I	\$ 197.40
	Tier II	\$ 187.40
	Tier III, IV, V	\$ 182.40
U15	Tier I	\$ 207.40
	Tier II	\$ 197.40
	Tier III, IV, V	\$ 192.40
U16	Tier I	\$ 207.40
	Tier II	\$ 197.40
	Tier III, IV, V	\$ 192.40
U17	House leagues	\$ 519.00
	Tier I	\$ 212.40
	Tier II	\$ 202.40
	Tier III, IV, V	\$ 197.40
U19	Tier II	\$ 197.40
	Tier III, IV, V	\$ 192.40

\$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
Player Fee	Spring - \$35.00	Spring - \$35.00	Spring - \$35.00
Season Dates	May 4 – June 22	May 4 – June 22	May 4 – June 22
# 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 18)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • Dalhousie Community Centre • Genesis Centre • Flames Community Fields • Mid Sun Junior High 	<p>1 per week, Saturdays</p> <p>7 Match Days (no Match Day May 18)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • Dalhousie Community Centre • Genesis Centre • Flames Community Fields • Mid Sun Junior High 	<p>1 per week, Saturdays</p> <p>7 Match Days (no Match Day May 18)</p> <p>Quadrant based:</p> <ul style="list-style-type: none"> • Dalhousie Community Centre • Genesis Centre • Flames Community Fields • Mid Sun Junior High
Match Length	3 @ 20 min matches per Match Day	3 @ 20 min matches per Match Day	2 @ 25 min matches per Match Day
Post Season	Grassroots Rally, June 22	Grassroots Rally, June 22	Grassroots Rally, June 22
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	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 around 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 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	U11
Per Player Fee	Developmental Plus+ - \$160.00 Developmental - \$115.00	Developmental Plus+ - \$160.00 Developmental - \$115.00
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 27 – July 28 Dev: May 4 – July 19 Division format will depend on number of groups entered 	<ul style="list-style-type: none"> Dev Plus+: April 27 – July 28 Dev: Dev: May 4 – July 19 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.</p> <p>Dev Plus+: City-wide</p> <p>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.</p> <p>Dev Plus+: City-wide</p> <p>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>
Post Season	Dev+ Rally: July 27 & 28 Dev Rally: July 20 & 21	Dev+ Rally: July 27 & 28 Dev Rally: July 20 & 21
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
Fall Series (Opt in-Reg'n Required)	September 13 - 15	September 13 - 15

Final Reminders

- ☑ At this stage, individual player development and enjoyment 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
Per Player Fee	Tier I/II: \$180.00 Tier III-V: \$170.00	Tier I/II: \$180.00 Tier III-V: \$170.00
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/II – April 27 – July 28 • Tier III-V – April 27 – July 19 	<ul style="list-style-type: none"> • Tier I-III – April 27 – July 28 • Tier IV-V – April 27 – July 19
# 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	Tier I/II Wrap Up Rally: July 27 & 28 Tier III-V Wrap Up Rally: July 20 & 21	Challenge Cup: July 26-28 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
Fall Series (Opt in-Reg'n Required)	September 13 - 15	September 13 - 15

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 - \$210.00 Tier II - \$200.00 Tier III-V - \$195.00	Tier I - \$220.00 Tier II - \$210.00 Tier III-V - \$205.00	Tier I - \$220.00 Tier II - \$210.00 Tier III-V - \$205.00	Tier I - \$225.00 Tier II - \$215.00 Tier III-V - \$210.00	Tier II - \$210.00 Tier III-IV - \$205.00
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 27 – July 28 Tier IV/V – April 27 – July 14 	<ul style="list-style-type: none"> Tier I-III – April 27 – July 28 Tier IV/V – April 27 – July 14 	<ul style="list-style-type: none"> Tier I-III – April 27 – July 28 Tier IV/V – April 27 – July 14 	<ul style="list-style-type: none"> Tier I-III – April 27 – July 28 Tier IV/V – April 27 – July 14 	<ul style="list-style-type: none"> Tier I-III – April 27 – July 28 Tier IV/V – April 27 – July 14
# 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 26 – 28) ASA Provincials	Challenge Cup (July 26 – 28) ASA Provincials	Challenge Cup (July 26 – 28) ASA Provincials	Challenge Cup (July 26 – 28) ASA Provincials	Challenge Cup (July 26 – 28) 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
Fall Series (Opt in-Reg'n Required)	September 20 – 22	September 20 – 22	September 20 – 22	September 20 – 22	September 20 – 22

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 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 (APDL)

(Formerly Alberta Youth Soccer League (AYSL))

About the Alberta Player Development League (APDL)

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 on-going 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.

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 welcome 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 January, February and March and includes 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		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
- +

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 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