

# CMSA Program Handbook

Indoor 2025-26 | [www.calgaryminorsoccer.com](http://www.calgaryminorsoccer.com)



# Indoor 2025-26 Program Handbook

## Table of Contents

Table of Contents .....	2
Introduction .....	3
Program Calendar (Sept. – Dec.) .....	5
Program Calendar (January - March) .....	6
CMSA Program Fees .....	7
Shane Homes Grassroots League U7 – U9 .....	8
CMSA's U10 and U11 League .....	10
CMSA's U12 and U13 League .....	12
CMSA's U14 – U19 League.....	14
House League Programs .....	16
Alberta Player Development League .....	17
Minimum Coaching Standards.....	18

# 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

- ✓ Indoor 2025-26 League
  - All tiers will be completed no later than March 5, 2026
- ✓ 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 Tournament
  - Thanksgiving Tournament – October 10 – 13, 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 Manager – [jstewart@calgaryminorsoccer.com](mailto:jstewart@calgaryminorsoccer.com)
- Melissa Collinson, Member & Operations Manager – [mcollinson@calgaryminorsoccer.com](mailto:mcollinson@calgaryminorsoccer.com)
- Paul Rai, ASA Technical Administrator – [prai@albertasoccer.com](mailto: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](mailto:mcollinson@calgaryminorsoccer.com)

## Coach Education Practical Session Dates

The dates in the program calendar 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 2025

S	M	T	W	T	F	S
	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 2025

S	M	T	W	T	F	S
			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 2025

S	M	T	W	T	F	S
						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						

## Calendar Legend

- CMSA League on-field dates
- CMSA administrative dates
- Tournament & event dates
- Photo ID dates
- Coach education
- Office closures

## August

- **Aug. 5** Thanksgiving Tournament Registration Opens

## September

- **Sept. 1** Labour Day Closure
- **Sept. 3** Player Registration Fees Invoice (90%)
- **Sept. 5** Do Not Release List Due
- **12 - 14** Fall Series (U10-U13)
- **Sept. 15** Indoor Team Entry Deadline - Grassroots and U10+
- **Sept. 15** Player Registration Fees Due (90%)
- **Sept. 17** Club Connect - League Alignment
- **19 - 21** Fall Series (U14 - U19)
- **Sept. 22** Thanksgiving Tournament Registration Deadline
- **Sept. 30** Photo IDs @ CMSA Office, 4pm-8pm

## October

- **1 - 2** Photo IDs @ CMSA Office, 4pm-8pm
- **Oct. 3** Thanksgiving Tournament Schedules Posted
- **4 - 5** Photo IDs @ Shane Homes West Dome, 10am-5pm
- **Oct. 6** Thanksgiving Tournament Roster Deadline
- **Oct. 6** League Schedules Posted (U10+)
- **Oct. 6** U10-U11 Town Hall
- **Oct. 7** Roster Registration
- **Oct. 8** U12-U13 Town Hall
- **Oct. 9** U14-U19 Town Hall
- **7 - 9** Photo IDs @ CMSA Office, 4pm-8pm
- **8 - 9** Team Managers Meeting, Online
- **Oct. 9** U14-U19 Town Hall
- **10 - 13** Thanksgiving Tournament
- **Oct. 13** Thanksgiving Day Closure
- **14 - 16** Photo IDs @ CMSA Office, 4pm-8pm
- **Oct. 14** Season Start (U10+)
- **Oct. 17** Active Start Course
- **Oct. 17** Soccer for Life Course
- **18 - 19** Photo IDs @ Genesis, 10am-5pm
- **Oct. 24** Grassroots League Schedules Posted (U7-U9)
- **Oct. 24** Fundamentals Course
- **Oct. 24** Learn to Train Course
- **25 - 26** Photo IDs @ CMSA Office, 10am-5pm
- **Oct. 29** Grassroots Town Hall (U7-U9)
- **Oct. 31** Halloween - NO GAMES

## November

- **Nov. 1** Grassroots Season Start (U7-U9)
- **Nov. 3** Family Day Tournament Registration Opens
- **Nov. 7** Fundamentals Course
- **Nov. 7** Learn to Train Course
- **Nov. 7** House League Registration
- **Nov. 28** Active Start Course
- **Nov. 28** Soccer for Life Course



# DECEMBER 2025

S	M	T	W	T	F	S
	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			

# JANUARY 2026

S	M	T	W	T	F	S
				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 2026

S	M	T	W	T	F	S
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 2026

S	M	T	W	T	F	S
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				

## December

- Dec. 12** Tier Swap Deadline
- Dec. 12** Member to Member Transfer Deadline
- Dec. 12** Internal No-Fee Transfer Deadline
- Dec. 13** Santa Soccer Saturday (Grassroots)
- Dec. 17** Provincial Opt-Out Deadline
- 22 - 31** Winter Break - NO GAMES
- 22 - 31** Winter Break Office Closure

## January

- 1 - 2** Winter Break - NO GAMES
- 1 - 4** Winter Break Office Closure
- Jan. 2** Active Start Course
- Jan. 2** Soccer for Life Course
- Jan. 5** Fundamentals Course
- Jan. 5** Learn to Train Course
- Jan. 30** Family Day Registration Deadline

## February

- Feb. 2** March Mayhem Registration Open
- Feb. 6** Family Day Schedules Posted
- Feb. 9** Family Day Roster Deadline
- 13 - 16** Family Day Tournament
- Feb. 13** Internal Transfer Deadline
- Feb. 16** Family Day Office Closure
- Feb. 21** Grassroots Rally, U7-U9
- Feb. 25** Player Registration FINAL Invoice
- Feb. 27** New Player Registration Deadline

## March 1

- Mar. 1** U10 - U12 Season End
- Mar. 5** U13 - U19 Season End
- 6 - 8** Shane Homes Challenge Cup
- Mar. 12** March Mayhem Registration Deadline
- 12 - 15** Provincials
- Mar. 20** March Mayhem Schedules Posted
- Mar. 23** March Mayhem Roster Deadline
- 26 -29** March Mayhem Tournament

## Calendar Legend

- CMSA League on-field dates
- CMSA administrative dates
- Tournament & event dates
- Photo ID dates
- Coach education
- Office closures

# 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

### **CALGARY MINOR SOCCER ASSOCIATION PLAYER FEES - INDOOR 2025/2026 CALGARY DISTRICT**

Age Group	Tier	2025/2026 Per Player Fee
U4 - U9	House League	\$ 28.75
U10 - U12	House League	\$ 34.00
U7	Grassroots League	\$ 121.50
U8	Grassroots League	\$ 121.50
U9	Grassroots League	\$ 121.50
U10	Developmental+	\$ 229.00
	Developmental	\$ 229.00
U11	Developmental+	\$ 239.25
	Developmental	\$ 239.25
U12	Tier I, II	\$ 239.25
	Tier III, IV, V, VI, VII	\$ 239.25
U13	Tier I, II	\$ 244.50
	Tier III, IV, V, VI	\$ 244.50
U14	Tier I, II	\$ 244.50
	Tier III, IV, V	\$ 244.50
U15	Tier I, II	\$ 244.50
	Tier III, IV, V	\$ 244.50
U16	Tier I, II	\$ 244.50
	Tier III, IV, V	\$ 244.50
U17/U19	Tier I, II	\$ 244.50
	Tier III, IV, V	\$ 244.50
All Ages	APDL	\$ 193.50

## OUT OF DISTRICT

### **CALGARY MINOR SOCCER ASSOCIATION PLAYER FEES - INDOOR 2025/2026 OUT OF DISTRICT**

Age Group	Tier	2025/2026 Per Player Fee
U7	Grassroots League	\$ 115.50
U8	Grassroots League	\$ 115.50
U9	Grassroots League	\$ 115.50
U10	Developmental+	\$ 219.00
	Developmental	\$ 219.00
U11	Developmental+	\$ 229.25
	Developmental	\$ 229.25
U12	Tier I, II	\$ 229.25
	Tier III, IV, V, VI, VII	\$ 229.25
U13	Tier I, II	\$ 234.50
	Tier III, IV, V, VI	\$ 234.50
U14	Tier I, II	\$ 232.00
	Tier III, IV, V	\$ 232.00
U15	Tier I, II	\$ 232.00
	Tier III, IV, V	\$ 232.00
U16	Tier I, II	\$ 232.00
	Tier III, IV, V	\$ 232.00
U17/U19	Tier I, II	\$ 232.00
	Tier III, IV, V	\$ 232.00

**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. Out of District must also register its House League participants directly through Alberta Soccer.





# 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
Per Player Fee	\$121.50	\$121.50	\$121.50
Season Dates	Nov. 1 – Feb. 21	Nov. 1 – Feb. 21	Nov. 1 – Feb. 21
Match Day Play Dates	1 per week, Saturdays <ul style="list-style-type: none"> <li>6 Match Days + 1 Soccer Santa Saturday before Winter Break</li> <li>6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break</li> </ul> Quadrant based: <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 <ul style="list-style-type: none"> <li>6 Match Days + 1 Soccer Santa Saturday before Winter Break</li> <li>6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break</li> </ul> Quadrant based: <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 <ul style="list-style-type: none"> <li>6 Match Days + 1 Soccer Santa Saturday before Winter Break</li> <li>6 Match days + 1 Tim Hortons Grassroots Rally after Winter Break</li> </ul> Quadrant based: <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. 14 - Jan. 2	Dec. 15 - Jan. 3	Dec. 15 - Jan. 3
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



# CMSA's U10 and U11 League

## About the Developmental Plus+ and Developmental Programming

CMSA's **U10 Papa Johns** and **U11 League** have 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 format. "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 <b>PAPAJOHNS</b>	U11
Per Player Fee	Dev+: \$229.00 Dev: \$229.00	Dev+: \$239.25 Dev: \$239.25
Programs	Developmental Plus+ and Developmental	Developmental Plus+ and Developmental
Format	7v7 including GK	7v7 including GK
Season Dates	October 14, 2025 – March 1, 2026	October 14, 2025 – March 1, 2026
Match Length	2 x 25 min. halves	2 x 25 min. halves
Winter Break	Dec. 22 - Jan. 2	Dec. 22 - Jan. 2
Play Dates	<p>May play any day of the week.</p> <ul style="list-style-type: none"> <li>• Dev +: City-wide</li> <li>• Dev: Regional Divisions where possible</li> </ul> <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> <ul style="list-style-type: none"> <li>• Dev +: City-wide</li> <li>• Dev: Regional Divisions where possible</li> </ul> <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	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
Roster Composition	Interest Based	Interest Based



# 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	\$239.25	\$244.50
Program	Tier I, II, III, IV, V, VI, VII	Tier I, II, III, IV, V, VI,
Format	7v7 including GK	7v7 including GK
Season Dates	October 14, 2025 – March 1, 2026	October 14, 2025 – March 5, 2026
Winter Break	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2
Play Dates	May play any day of the week	May play any day of the week
Game Length	2 x 25 min. halves	2 x 30 min. halves
Post Season	N/A	Challenge Cup (Final 4) – March 6 – 8, 2026 ASA Provincials – March 13 – 15, 2026
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
Min/Max Roster Sizes	Min 11 - Max 20	Min 11 - Max 20
Roster Composition	Ability Based	Ability Based



# 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	\$244.50	\$244.50	\$244.50	\$244.50	\$244.50
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 Dates	October 14 – March 9	October 14 – March 9	October 14 – March 9	October 14 – March 9	October 14 – March 9
Winter Break	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2	Dec. 22 – Jan. 2
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-min. halves	2 x 30-min. halves	2 x 30-min. halves	2 x 30-min. halves	2 x 30-min. 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 (Final 4) March 6 – 8	Challenge Cup (Final 4) March 6 – 8  Provincials March 13 – 15	Challenge Cup (Final 4) March 6 – 8	Challenge Cup (Final 4) March 6 – 8  Provincials March 13 – 15	Challenge Cup (Final 4) March 6 – 8  Provincials March 13 – 15
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



# 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	U4 - U9	U10 - U12
Per Player Fee	\$28.75	\$34.00

## 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	\$193.50

## 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 - U19	✓	✓	*	*	*	*							*	*	◇	
House Leagues <small>Age &amp; 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							◇ Required for Tier I + Recommended coach training									