

C.M.L.S.A.A SOCCER

Rules & Modifications 2026-27

We will be playing with the following modifications to IFAB Rules

1. **Season of Play:**

- Sept 1st – Nov 8th, 2026
- Boys: Mon/Wed
- Girls: Tues/Thurs
- Schools can individually decide to have “no play dates” on their cross-country meet dates but it is not mandatory that the division avoid scheduling games on the same evening as cross-country meets
- Divisions can collectively decide if they want to not schedule games on cross-country meet dates
- Cross-Country Dates for 2026-27:

North Meets

- Thursday Sept. 10 – TBD (Vista Heights)
- Tues Sept. 15 – West Confederation Park
- Mon Sept. 21 – Confederation Park
- Tues. Sept 29 – TBD (Vista Heights)

South Meets

- Thursday Sept. 10 – North Glenmore Park
- Tues Sept. 15 – North Glenmore
- Mon Sept. 21 – North Glenmore
- Tues. Sept 29 – North Glenmore

2. Please direct all concerns to your Soccer Division Chair first. If it is unresolved at this level then forward the concerns to the Soccer City Chairs for assistance.

3. **Number of Players Needed to Play a Game:**

- At any time in a game a team must be able to field 7 players (6 fielders and 1 goalie) to be able to play the game. This applies to the start of a game as well as any time during a game. If a team cannot field 7 players refer to the “Guidelines to Rescheduling a Game” noted below. **If a team has not shown up at the designated field within 15 minutes of the scheduled start time (without issuing a 1-hour's notice of being late for the game), the game is considered forfeited. Score will be recorded as a 7-0 loss for the forfeiting team.**

4. **Game Playing Time:**

- Start time is determined by Division as will be different for schools within a division due to dismissal times (division chair please ensure this is communicated to ALL coaches).
- Two 30 halves (running time)
- Half time will be 5 minutes
- No overtime during regular season
- Overtime in playoffs only
- Playoff game tie breakers works as follows:
 - Additional two 5 minutes overtime halves
 - Captains and coaches will meet with official
 - Two full 5 minute halves to be played (Game is **NOT** over once a goal is scored)
 - If game is still tied; 5 DIFFERENT player penalty shootout (ALL 5 players will kick)
 - If it is still tied after 5 players, sudden death penalty **(players can take unlimited/consecutive kicks until game is complete, including the first 5 shooters)**

5. Can have unlimited substitutions, but substitutions must be done properly (have athletes wait at the middle on the sideline and wait for official to signal subs in).
6. All players dressed for the game **must play a meaningful portion of the game.**
7. An athlete must play in at least 1 regular season game in order to play in playoffs.
8. **Uniform:**
 - Team jerseys must have numbers
 - Team jersey colour **MUST** be listed on division schedule
 - If both teams' jerseys are too similar then the **home** team will wear different colour pinnies provided by the home team school
 - Goalie jersey needs to be a different colour
 - Shin guards and socks must be worn
 - Cleats are optional but NO METAL CLEATS allowed
9. Home team reports final score to division chair (No score sheets needed from official)
10. End of school bell times for each school **MUST** be listed on the division schedule. The visiting school team should ensure they respect the hosting school's bell times and not show up until after final bell of the hosting school.
11. **Officials:**
 - Referee:
 - Each division is responsible for booking your own officials and payment
 - Officials could be paid \$35 per game, Calgary Minor Soccer Association pays refs \$47 per 90-minute game
 - What happens when no official(s) show up:
 - Both coaches need to be comfortable with the choice in substitute official(s)
 - No student officials
 - If necessary, reschedule the game and refer to the "Guidelines to Rescheduling a Game" noted below.
 - Line Judges:
 - Home team provides line judges
 - Line judges need to be trained
 - Use adult line judges for playoff games
12. **Fields/Pitches:**
 - Soccer fields/pitches must be lined for games
 - Coaches and officials must agree that field/pitch is safe and lines are visible for competition
 - Recommended soccer field/pitch dimensions for this age group under CMLSAA is:
 - 90 to 120 metres in length and 45 to 90 metres in width
 - An acceptable field is within the above ranges
13. **7 Goal Mercy Rule:**
 - Ensure all coaches in your division know about the rule
 - Coaches are highly encouraged to implement strategies to prevent from needlessly running up the score (i.e. give their second and third string players more playing time)
 - All goals (determined by the referee to be a goal) count
 - 6 goal differential example = 7-1 (6 goal diff.) game continues as normal, 8-1, score is final, coach's discussion on whether to stop playing or continue for fun
 - The rest of the game can be played without continuing to keep score
14. **Inappropriate Player or Coach Behavior, Two Yellow Cards and Red Card:**

- Inappropriate Player or Coach Behavior:
 - A coach may express their concerns about the inappropriate behavior to the referee
 - If a coach feels they need to express their concern about inappropriate behavior beyond the referee in a game then:
 - The **NEXT DAY** the coach can send an email to their division chair, their school principal and the opposing school principal to discuss the issue.
 - The division chair will be responsible in keeping track of the names of those who had inappropriate behavior or received two yellow cards or a red card in a game. (Perhaps through a shared google doc.)
 - If there is a repeat offender which is reported to the division chair then:
 - Upon a second offense the division chair will send an email to the CMLSAA President, the Co-City Soccer Chairs and the school principal of the offender to discuss the issue and a 1 game suspension will be issued.
 - Upon a third offense the division chair will send an email to the CMLSAA President, the Co-City Soccer Chairs and the school principal of the offender to discuss the issue and the continuation of the offender in the soccer season.

15. Soccer Point Allocations:

- **3 points for a win with a shutout (NEW: This will be optional for each division. It will be agreed upon at the first division meeting)**
- 2 points for a win
- 1 point for a tie
- 0 points for a loss
- As part of your division's regular season up-to-date standings calculate winning % so teams are aware of placement throughout the year so there is no confusion if season is incomplete (see below).
- **If all teams in the division are unable to play a complete season:**
 - Use "winning percentage" rather than points (total points for the team / total possible points for the team x 100) to determine standings.
- **Playoff standings tie breaker, as per the constitution, as follows:**
 - **BY-LAW VII**
 - Should any two or more teams tie for any but the last play-off position, their final placement is to be decided by the best win/loss record in the games in which these teams competed against each other.
 - Should a tie still remain, then their final placement is to be decided by the total goals against of the games in which those teams competed against each other.
 - Should a tie still remain then the total goals against of all teams finishing in the play-offs shall be computed.
 - Should a tie still remain then those two teams shall take part in a sudden death elimination game to decide their final placements. The time and location of such a game is to be left to the discretion of the Division Chair involved.

16. Guidelines to Determine if a Game Needs/Will Be Cancelled Due to Weather and/or Field Conditions:

- The City of Calgary, CBE, CMLSAA or the Co-City Soccer Chairs can cancel a game or all games at anytime for that day or a period of time.
- **If a game needs to be cancelled then it MUST be communicated by 1pm of the day of the event.**
- As weather varies so much across the city, the hosting school will have the best information on if a game needs to be cancelled due to weather and/or field conditions at their location for outdoor events. The hosting school can make the call to cancel in consultation with the division chair and the opposing school due to:

- Extreme weather (extreme heat, cold of minus 25 degrees Celsius or more including the wind chill, rain, snow cover, blizzard conditions, ice, etc.).
- A high Air Quality Health Index (AQHI). Please refer to "CBE Off-Site Activities Manual" for guidelines.
- Lightning present at the outdoor event area.
- Extreme road conditions making unsafe to travel to the event venue. Please refer to "CBE Off-Site Activities Manual" for guidelines.
- If a game is cancelled please refer below to "Guidelines to Rescheduling a Game".

17. Guidelines to Determine a Complete Game:

- If 50% or greater of the total time of a game is complete when the game is stopped it is considered a complete game. For example, CMLSAA Soccer runs two 30min halves so once one half has been completed any game stoppage after that point would be considered a complete game.
- If less than 50% of the game is complete a new full game is to be scheduled.

18. Guidelines to Rescheduling a Game:

- It is the hosting team's responsibility to provide (within 3 days of the incomplete game) 3 dates that they can host the rescheduled game. The visiting team MUST try to make one of these dates work. If not, then the two teams must communicate to reschedule the game.
- A regular season game must be reschedule within the regular season. A playoff game must be rescheduled before the next playoff round begins (time is of the essence during playoffs thus rescheduling as soon as possible is required).
- If one team is unable to or unwilling to reschedule the game then it is considered a default a loss. It will be considered a 0-7 loss under CMLSAA Soccer point system.
 - If the rescheduled game has playoff implications:
 - Then the two teams MUST try by all means to reschedule the game.
 - If the game cannot be rescheduled:
 - a. And it effects both teams playoff positions:
 - i. Then the game can be ruled a default to the team that is unable to or unwilling to reschedule.
 - b. And it only affects one team's playoff position but also affects another team's playoff position in the division:
 - i. Then the team that is willing and able to reschedule will play the other team in the division that would be affected in whether they make the playoffs or not by the results of the game that cannot be rescheduled to determine playoff positions. For example, a game between Team A vs. Team B cannot be rescheduled but has playoff implications whether Team B or Team C make the playoffs. If Team A is the team that is unable to or unwilling to reschedule then Team B will play Team C instead to determine playoffs.
 - If the game has no playoff implications:
 - Then the game can be ruled a default to the team that is unable to or unwilling to reschedule.

19. Suggestions on how to complete a season sooner and handle weather delays in a season schedule:

- Leave a week between the end of the regular season and the start of playoffs to accommodate games that need to be rescheduled. If the extra week is not used then divisions can use the week for practice or start playoffs a week earlier.
- Play back-to-back games on one night against different opponents. For example, three teams could play a mini-round robin with three games in a row in an evening.
- Those schools that have more than one soccer field can host more than one game to be played at the same time. Can use the min-round robin format with multiple teams playing in back-to-back games. Sharing costs for referees and line painting can make this viable.

20. **Division Winners** if the season is unable to be finished, the recommended procedure is:

- If regular season has not been completed
Result: *Division shall be awarded to top placing team based on win-loss percentage*
- If regular season complete and playoffs haven't started
Result: *Regular season champion shall be awarded division title*
- If playoffs have begun but have not finished
Result: *Highest team remaining in playoffs shall be awarded championship*

21. **Fair Play System:** Due to the request from schools to have some accountability in regards to fair play standards, we are instituting a new Fair Play Scoring System.

- As a coach, you can award each opponent a 1 or 0 for each game for how fair you felt the game was conducted
- 1 means everything went well
- 0 means you had SIGNIFICANT issues with the fair play of the other team, and you are required to send an e-mail to the Division Chair about the REASONS for issuing a 0
- Fair Play Rating will be sent to the Division Chair with the score from the game (for the home team), and in a separate e-mail, if needed, by the opposition. If no e-mail containing Fair Play Rating is sent by the end of the day following the game, the Division chair will assume the team has issued a 1
- Division chairs will keep track of any 0s given to the teams in their division, if a team has been given three 0s, they should address the concerns noted in the e-mails for the 0s with that coach directly
- If concerns persist, Division Chair can contact City Co-Chairs for support