



# 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