



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