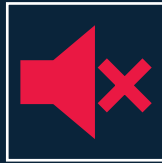


Outdoor Manager's Meeting

2025 Season

Instructions for Engagement



Please mute your microphone unless prompted to speak.



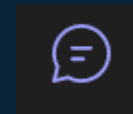
Questions are to be directed to the chat room and will be answered at the end of the powerpoint presentation.



Please type your Name, Team and Program before your question.



Use a reaction if you have an urgent comment or question.



Meeting will start soon. Thank you for your patience.



Who's Who at CUSA

Executive Director – Stacey Hatcher

Office Manager – Patti Newfield

Manager of League Operations – Adelle Young

Program Coordinator, Discipline – Ric Blackwell

Program Coordinator, Administration – Keenan Ince

Program Assistant – Trina Buitenwerf

Coordinator, Special Projects – Maureen Farrell

Office Hours: Mon-Thu 9am-5pm. Fri 9am-4pm



2025 Canadian Futsal Nationals
Men's Champion – Quebec
Women's Champion – Saskatchewan

CUSA Team Impero WFC represented Team Alberta

2024 Provincial Results

Division	Gold	Silver
Premier		CJSC Sportif
Division 1	SWU Avo	PASS FC
Division 2	Cal Glen Crusaders	FC Tryzub
Division 3	VG FC Legion	Washed Friends FC
Masters Elite	Calgary Crew	Bronze Medal at CSA Westerns
Masters Premier		Lads Club O35 Premier



Outdoor 2025

	Men's	COED	7v7 COED	7v7 Mens	Total
# of Teams 2024	187	29	18	26	260
# of Divisions 2024	20	4	2	4	30
# of Teams 2025	199	24	19	36	278
# of Divisions 2025	23	3	2	5	33
Team Total Difference	+12	-5	+1	+10	+18





New Rulebook

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League 1 AB



League1 Alberta (L1AB) is a semi-professional men's and women's soccer league in Alberta, Canada, to be sanctioned by the Canadian Soccer Association and the Alberta Soccer Association as a tier 3 league in the Canadian soccer league system.

Belonging to the League1 Canada organization, the men's division will fall below the Canadian Premier League (CPL), and both divisions will be equivalent to current pro-am leagues in British Columbia, Ontario, and Quebec. The league began in 2023 as an exhibition series and was fully launch for 2024.

Matches schedules available on the League 1AB website or by downloading the app.

Men's Teams

Calgary Blizzard SC
Calgary Villains
Cavalry FC U21
Calgary Foothills
Calgary Rangers
Calgary Callies United
Edmonton BTB
Edmonton Scottish
St. Albert Impact

Women's Teams

Calgary Blizzard WSC
Calgary Foothills WFC
Calgary Villains
Calgary Callies United WFC
Calgary Rangers SC
Calgary Wild FC U21
Edmonton BTB
Edmonton Scottish
St Albert Impact



AMSL

- AMSL and Reserve teams must have minimum player roster registered by May 1st.
- Entering the AMSL is no longer challenge based. More information to be provided as it becomes available.



Men's Teams - South

Calgary Blizzard Major

Calgary Callies United FC

Calgary Villains FC

Lethbridge FC

South Reserve Teams

Calgary Blizzard SC Pr

Callies United Pr FC

Men's Teams - North

Edmonton Drillers

Edmonton Scottish United SC

St Albert Impact

Southwest United



Player & Staff Registratio



Code of Conduct

All Members should expect to be treated fairly in all matters. Members shall not discriminate against other Members by means of different, unequal, or inconsistent treatment applied to individual members.

No Member shall harass another Member by actions that include, but are not limited to, unwelcome remarks, invitations, requests, gestures, or physical contact that, whether indirect or explicit, has the purpose or effect of humiliating, interfering with, or creating an intimidating situation for that other Member. Harassment shall be considered inappropriate behavior, be it ethnic, religious, or sexual in nature.

The interaction or involvement of Members under the jurisdiction of the Association shall not result in threats, intimidation, or inflicted physical distress between such Members, whether implied or explicit.

Player & Staff Registration Process

Player registration is online only. Team managers can initiate player registration using one of the following;

- Invitation Email
- Registration Link
- Invite Code

Players are charged this fee at the beginning of each summer season. They will be charged a \$40.95 membership fee by Alberta Soccer when registering. Players who participated in Nations Cup have already paid this fee for 2025.

Player cards can be paid online while registering. All online payments must be paid via a credit card.

Registered players will appear on the roster on the CUSA Website and on pre-printed game sheets.

After registering, player cards can be picked up at the CUSA office during office hours.

You need **12 registered players** before your first game.

Maximum of 25 players per roster.

Over 45 and Over 55 Divisions can register up to 30 players.

Extended Hours

Saturday May 3 – 10am to 3pm

Monday May 5 – 7pm Close

Tuesday May 6 – 7pm Close

Wednesday May 7 – 7pm Close

Thursday May 8 – 7pm Close

Friday May 9 – 5pm Close

After Hours 5pm-7pm
pickup option available



CUSA ID Cards

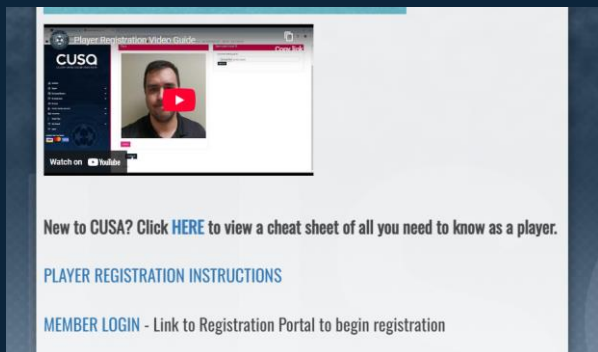
- All players and team officials **must** have a CUSA issued ID card to present at the field for each game they appear on the game sheet.
- To be at the team bench an ID card **must** be presented to the match officials prior to KO.
- A player, who is also a team official, can have 2 cards, 1 as a player and 1 as a Team Official. However, if you choose only to have one card and receive a suspension, you will not be eligible to get an additional card until the suspension is served. (existing rule).
- Player cards are club specific.
- One card per program may be required.



\$20 new card \$10 if old card is returned

CUSA ID Cards

Video and Printed Instructions

[MATCH SCHEDULE](#)[PLAYER REGISTRATION](#)[DOCUMENTS & FORMS](#)[A](#)

Card Pickup

Picking up your own card

- Must be registered.
- Photo and ID may be uploaded, or photo and ID check completed in office.
- Can pay online or in office for player card.

Picking up for someone or after hours pickup

- Player must be registered.
- Photo and ID must be uploaded.
- Relevant card costs paid online.

Calgary United Soccer Association

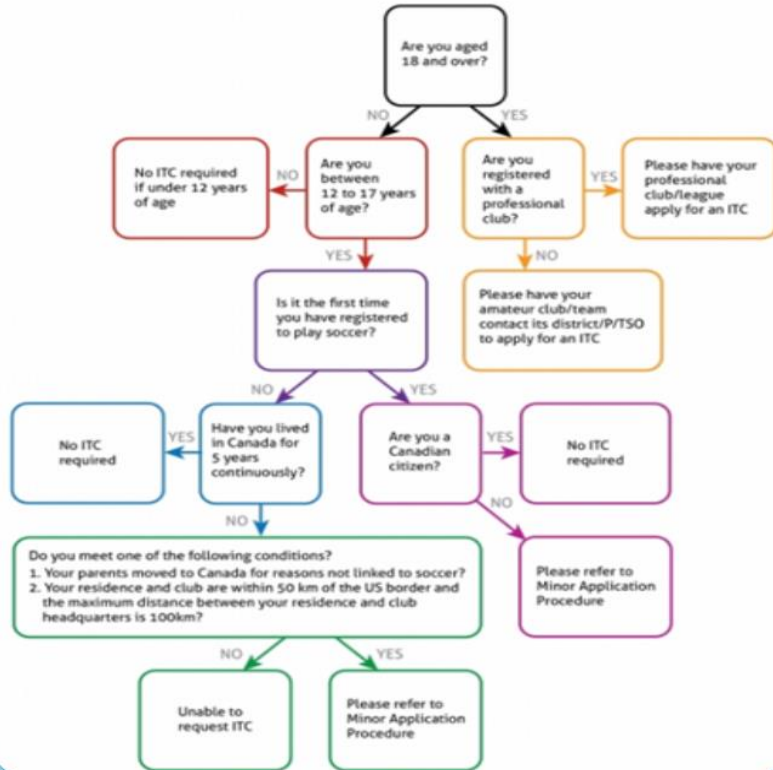
Uploads

<p>Photo</p> <p>Photo</p> <p><input type="button" value="Choose File"/> No file chosen</p> <p><input type="button" value="Optional"/></p>	<p>Government Issued ID</p> <p>Government Issued ID</p> <p><input type="button" value="Choose File"/> No file chosen</p> <p><input type="button" value="Optional"/></p>
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Player Releases



International Transfer Certificates (ITC)



Which Release?

Arriving from outside of Calgary

- District Release

Arriving from another Province?

- Provincial Transfer Application

Arriving from the United States

- US Release Form

Arriving from Outside USA or Canada

- CSA Transfer Form

If your player received a release from Canadian Soccer to train or play internationally then they need a release back to Canada before resuming play here.

If the player went to for a tryout (professional or semi professional) outside of Calgary then yes, they would need a release and may need to be reinstated as an amateur.

Every team is responsible for having two kits.

Coed Teams may use pinnies as 2nd kit

Home Teams are ultimately responsible to have 2nd kit available at all games.

Visitor Team who wears a Kit that creates a clash (i.e. not one posted online) will receive 1 warning before future discipline actions that may include forfeitures.



Proper Kits

2nd set of jerseys in opposite color from primary set. i.e. black and white.

All jerseys are numbered

Each player has their own kit



JERSEYS (KIT)



Unacceptable Kit

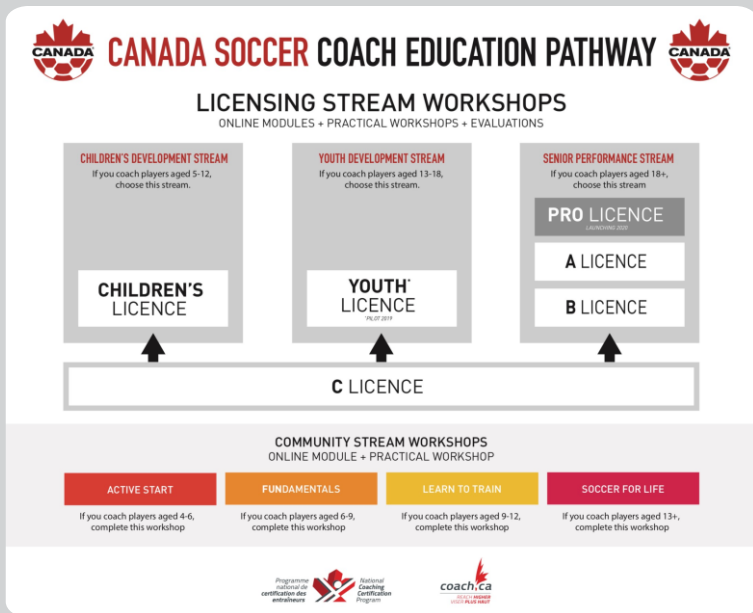
2nd set of jerseys do not have numbers

Pinnies, duct tape

Players sharing jerseys with subs

Jersey's worn inside out





Coaching Qualifications

All team staff listed on a roster are required to obtain Criminal Record Check Clearance. For AMSL Teams this must be submitted prior to the start of the season.

ASA will remove from rosters all team officials who did not meet this requirement

Failure to meet these will disqualify your team and can make you subject to a fine that can be as high as \$2,500.



11v11



11v11 Program

Division 2

Teams winning group are eligible for the Provincial Berths AND for Promotion to Division 1.

Division 3

Updated:



1st & 2nd crossover games will determine Provincial Berths. All teams who finish in 1st and 2nd earn promotion.

Group winner is also eligible to challenge for Division 1 by the eligibility timelines.



11v11 Program Facilities

Grass Fields

Delayed opening in 2025 – May 12 (week 3)

Soccer Center

New dome open end of May. Parking Lot changes.

Glenmore 1

More gameplay expected at G1 with new track open.

Shouldice Encana

Bubble to be brought down approx. May 15th – 20th pending weather. Games prior to May 15 scheduled at Encana will be played indoors.



11v11 Program Guest Players

11v11 Division	Eligible Guest Player Option
Men's Open	Club Teams – Lower Division Club Player Affiliated Team – Lower Division Affiliated Team Player Independent Teams – O35 or O45 Registered Players
Men's Masters	Lower Division Masters Player Any Over 45 Registered Player
Men's Over 45	Lower Division Over 45 Registered Player Masters Division Player over the age of 45 Masters Premier to O45A only. No Masters Elite Over 45C-1 and Over 45C-2 can guest play in opposite division.

Note:



No Guest players to / from 11v11, 7v7, or Boarded programs. Players can be registered once in all programs.

11v11 Affiliate Teams

Independent Open Division Teams may affiliate with another **Independent Open Division Team** for the purpose of guest players. **Club teams** are not eligible to affiliate to another team.

Teams will need to identify their affiliate by **July 31, 2025**, or prior to their 1st game using a guest player from that team, whichever occurs first.

Teams may not change their affiliation during the season.

A lower division affiliate cannot challenge their higher division affiliate for their league position through Promotional Challenge.

Guest player restrictions remain in place – 6x per player from lower division team to higher division team.

Affiliation should remain in place for at minimum 2 consecutive seasons of registration.

Coaching Requirements: Open Division Teams

Teams with players under the age of 18 years old must have a minimum of two coaches 18 years and older present at games and practices.

It is recommended that at least one coach per group be trained, at minimum, at the appropriate NCCP Coaching level.

For the safe training of players under the age of 18 years, **Rule of Two** maintained at all training sessions. All team officials will be required to meet the Canadian Police Information Centre requirements, (CPIC).

All coaches with registered players under 18 years old **MUST have a valid CPIC including Vulnerable Sector search on file with their district/club.**

For this purpose, a CPIC clearance is valid for a maximum of 36 months.

Senior Provincials



Provincial Division Teams wishing to **opt out** of Provincial Competition, must inform the league, in writing, no later than **Friday June 6, 2025**.

Teams that do not opt out of Provincials are expected to compete should they qualify. Failure to attend Provincials will result in an ASA Fine of \$2,500 **AND** additional discipline from CUSA

Men's Open Division Provincial Qualifying

Excluding Division 3, there are **NO Provincial Qualifying Games**. Qualified teams will be based off of the final league standings and Provincial Opt-Out Teams.

Division 3 has a single 1v2 Crossover. Dates TBA.

Alberta Soccer trophies must be returned by date set by ASA Competition Committee.

- There will be a late trophy return fee of \$250 for any returned after the deadline.
- Teams will be responsible for the cost of repairs to a trophy, up to and including replacement.

Senior Provincials

(expected)



Provincial Tier	2025 Location	Roster Due	Dates
Challenge Cup	TBD	July 31	August 16-17
Master's Major	Calgary	July 31	Aug 29 – Sept 1
Premier	Edmonton	August 18 th	Aug 29 – Sept 1
Tier 1	Edmonton	August 18 th	Aug 29 – Sept 1
Tier 2	Edmonton	August 18 th	Aug 29 – Sept 1
Tier 3	Calgary	August 18 th	Aug 29 – Sept 1
Master's Premier	Calgary	August 18 th	Aug 29 – Sept 1



7v7

7v7 Program – Gameplay FAQ

- Red carded players must leave the playing area immediately and are **NOT** to be replaced by another player – the team plays a man short for the remainder of the game.
- Goalkeepers will have no restrictions as to how they distribute the ball – neither from a goal kick, nor in regular possession.
- Free kicks are indirect/direct when applicable and the wall should be set up 6 yards/5 meters away
- Substitutes
 - Up to 4 at a time
 - Over 55 – Unlimited
 - Players to be ready at half line – Enter the field with permission in a break in the play
- 30 Minute Halves – growth in the program results in tighter timelines and aligns with winter season procedures.
- Over 55 Teams are permitted to register up to **5** players between 50-54.
 - Up to 3 players per game may be 50-54. This may be a blend of registered and guest players.
 - **An * will be added to identify underage players**

7v7 Program Guest Players

7v7 Division	Eligible Guest Player Option
Men's Intermediate	Registered 7v7 Open Mens Recreational, Over 35 or Over 55.
Men's Recreational	Registered 7v7 Men's Over 35 or Over 55
Masters Over 35	Registered 7v7 Men's Over 55
Over 55	Registered O55 7v7 Player
COED Intermediate	Registered COED 7v7 Intermediate or Recreational
COED Recreational	Registered COED 7v7 Recreational

Note:



No Guest players to / from 11v11 and Boarded programs.
Players may be registered in both programs.



Coed Boarded & 7v7

Intermediate - Recreational - Ultra Recreational

No team may register a player who is currently registered in the AMSL, League 1, Northern Super League, UWS or Collegiate level play.

Ultra Recreational – no CUSA Men's league players who played Division 3 or above in the past 2 years are eligible.

COED Boarded	Eligible Guest Player Option
All Divisions	Registered players within your division or below

Restrictive Movement

- The team and the player are responsible to ensure that they are eligible to play as a guest player.
- Teams are eligible to have up to 4 guest players in a match.
- Players may be a guest player 6 times per team in a season **within** the division or the divisions above.



**Game
Play**

Facility Status Tool

CUSA website



Broadview Status found here

Updated

4:00 PM weeknights

9:00 AM and 1PM weekends

Once closed cannot open that day

AT fields – check 2 hrs before KO on weekends

City of Calgary website

Ernest Manning Athletic Park

Feature	Status	Details	Updated
Artificial Turf	OPEN		2025-04-26 12:47:43

Foothills Athletic Park

Feature	Status	Details	Updated
#04 Soccer (Class B)	CLOSED	Closed for Season	2024-10-20 08:40:16
#05 Soccer (Class B)	CLOSED	Closed for Season	2024-10-18 15:17:44
#06 Soccer (Class B)	CLOSED	Closed for Season	2024-10-18 15:17:52
#07 Little League (Class B)	OPEN		2025-04-28 14:45:19
Foothills Stadium (Class A)	CLOSED	Closed for Season	2024-10-18 15:18:02
Tennis Court	OPEN		2025-04-27 07:39:15
Track (Class B)	OPEN		2025-04-27 07:39:17

Forest Lawn Athletic Park

Feature	Status	Details	Updated
#01 Soccer (Class B)	CLOSED	Closed for Season	2024-10-15 20:24:42

Frank McCool Athletic Park

Feature	Status	Details	Updated
#01 Soccer (Class B)	CLOSED	Closed for Season	2024-10-12 12:32:04
#02 Soccer (Class B)	CLOSED	Closed for Season	2024-10-12 12:32:06
#03 Ultimate Frisbee Field (Class B)	CLOSED		

ASA Air Quality Monitoring

Guidelines exist for assessing air quality at local fields and awareness of potential health impacts. They use Air Quality Health Index (AQHI) to determine if games are to be played.

<http://airquality.alberta.ca/map/>

AQHI 7 or above games are to be cancelled

Alberta Government Air Quality Health Index					
Communities	Stations	Query & Download			
AQHI as of:		Apr 17 2019 09:00			
Community	AQHI	Maximum AQHI Forecast			Last Update
		Today	Tonight	Tomorrow	
Airdrie	2	3	3	3	10:00
Anzac	2	2	2	2	10:00
Beaverlodge	2	2	2	2	10:00
Bon Accord	N/A	2	2	2	N/A
Bonnyville	3	3	2	3	10:00
Bruderheim	3	2	2	2	10:00
Calgary	3	3	3	3	10:00
Caroline	2	Area not forecasted			10:00
Calgary	N/A	Area not forecasted			N/A





CSA Severe Weather Policy

When thunder roars, go indoors!

Change from 30/30 lightning rule.

Once thunder is heard, quickly get to a safe location.

- [CSA Lightning Policy](#) (Revised July 2017)
- [Environment Canada Video – Lightning Safety On The Soccer Field](#)
- [CUSA Severe Weather or Air Quality](#)

Rescheduling

The City of Calgary field return policy is a **minimum of 30 days notice**. This includes indoor and outdoor venues.

This means that the league must return an unused field more than 30 days prior to the permit date otherwise the league is charged for the field's usage.

CUSA is also charged for every amendment to the field permit.

As a result, the [Rescheduling Policy and Procedure](#), Reschedule Charges and Forfeiture Fines have been updated to reflect these changes:

- More than 30 Days – No Charge
- Less than 30 Days but More than 3 Business Days - \$150.00
- Less than 3 Business Days - \$300.00

The more games you move in May and June to later in the season can, and usually does, result in too many games in late August and September.



City of Calgary 311



Tom Brooks July 20

Date closed for Season: July 21

Reporting the field conditions to 311 with photos does make a difference. Remember you are a taxpayer and 311 is for taxpayer concerns!





Respect the fields Respect the Neighbors



Your team's behaviour on and around the pitch can impact the league's permits.

Actions on field are still in a public space. Bylaw tickets have been issued to players because of complaints from the public.



At The Field Decisions

No Referee

- If AR's were assigned Sr AR may take middle, home team to provide AR
- If Teams agree on alternate official – make notation and sign game sheets before game that results count
- No game – match rescheduled

Player identity questioned

- Request that the official have player in question sign the game sheet – full signature, not initials.
- Player allowed to play in match





Game Day Process

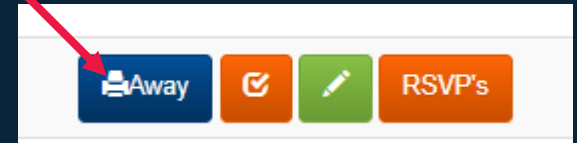
Game Sheet Printing

CUSA is using of the pre-printed game sheets from RAMP.

- Pre-filled with player name, CUSA ID number, and jersey number
- 1 copy required for each game
 - Each team will take a photo of the gamesheets for their records. Original copies are submitted to CUSA by the official.
- Easier to read for officials and CUSA administration
- Faster game statistics input
- IT problem – CUSA has [blank game sheet](#) on webpage under forms



Team Management Login
League Games



For best results – have players register at least 24 hours prior to game time

Player Card Check Process

- The referee will complete the player card check for every individual on the field or in the technical area.
- Player/coaches should present both a player's card, and a coach's card.
- Once all players have been checked, the official will retain the bundle of player cards.
- The official will keep the player card of anyone who is dismissed from the game to be submitted to the league office with a misconduct report.



Questioning the Identity of an opponent?

- Ask that the official have the player in question sign their full name (not just initials) on the back of the gamesheet.
- Player will be permitted to play in the game, CUSA administration to review and follow up.

After the Game

After a game is over ensure that the information on the game sheet is correct. The once they are signed by the official and received by office, the information is considered accurate.

Review:

- Who received a card
- Who scored
- Who played/did not play
- Who were guest players
- Team Officials at game
- If an opposing team has challenged the identity of a player

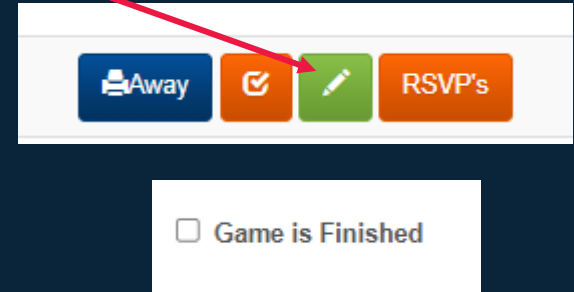
Want your team stats and results updated immediately?

Did you know that either team can log in following game to enter results for up to 7 days after the game.

Website statistics updated right away after teams enter their results.

Track yellow cards and receive suspension notices quicker.

Team Management Login
League Games



Fair Play Points

The Fair Play Team Award is intended to foster the spirit of fair play for the competition. A team includes all players, coaches, and other team officials on the team roster.

All teams start off the game with a Fair Play Score of 10.

Demerits can range from -2 to -25 depending on infraction.

Teams may earn merit by submitting a [Referee Evaluation](#) within two weeks of the date of a game.

Teams are expected to Average 6 Fair Play Points per Game, including any earned demerit points. Does not include Referee Evaluation points.

Failure to meet these standards may result in higher Fair Play expectations in future seasons.

Teams may be invited to a Discipline Committee to provide action plan for improvement.

At the completion of the season, the 2 teams with the top fair play score for their division split (65/35) the Fair Play Pool for their division.



Referees and League Discipline

Referees

Current status in YYC

- Sr Officials are still down in numbers from pre-Covid
- Growth is in new, young officials, but they need time.
- All referees are amateur and will have differing levels of skills and experience. Much like players, referees cannot learn without gaining in-game experience.
- Currently insufficient referees to offer AR's in non-provincial divisions.
- Recent trends noted in leagues and by officials is language, actions and behaviours from players to officials.
- Abuse of officials will not be tolerated by CUSA or ASA.



ASA 2024 Annual Report

- Email admin@cusa.ab.ca



Organization	Percentage
CUSA (CALGARY UNITED SOCCER ASSOCIATION)	41.9%
emsa	32.6%
EDSA	18.6%
OSA (OCCUPATIONAL SKILLS AND TRAINING)	7%

Yellow Cards

- An accumulation of 3 yellow cards = 1 Game Suspension
- Team and Player responsible for tracking yellow cards
- Website can be used to track information – update game stats immediately if only using the website.
- Warning emails sent to team and player at 2nd accumulated yellow card.
- Failure to sit next league game following 3rd yellow will result in forfeiture and further suspension.



Discipline Records



Tracking of accumulation of Yellow cards remain with the team/player to be aware.

Cards are verified on the website as the game sheets arrive in the office.

* Volunteers for Discipline Committee

Threats of violence, excessive abusive language or contact to an official will be sent to Alberta Soccer for their discipline panel to adjudicate. You will be suspended from ALL Soccer Activities until the hearing is held – playing, training, coaching and officiating.

Discipline Update



- Concerning trends
 - 3rd man in an altercation leading to mass confrontation
 - Players and coaches leaving the bench
 - VC and OIAL directed at officials
 - Repeat Offenders
 - Inappropriate behavior following receiving a red card

Following a Red Card

Players must gather their belongings quickly and leave the field. Players must be out of sight of the official. Continued verbal abuse following ejection will result in additional sanctions.

Set your team up for Success

- Have game sheet fully completed before presenting to the official.
- All individuals in the technical area must be on the game sheet and present a CUSA card.
- Ensure a red carded player leaves the field in a timely manner and does not continue to dispute with the official.

Discipline Rule Reminder

Believe an opponent is not who is listed on the game sheet?

Request that the official have the player sign the game sheet (both names in full). CUSA Discipline will follow up from there.

A blurry/zoomed in photo of someone across a soccer field is not as obvious as it may seem.

Team short players, tempted to use another player's card?

Discipline outcomes can be:

- 12 months All of Soccer for player
- Additional penalties to team \$\$
- Coaches \$\$ + time



Discipline Summary

- Referee Course – contact admin@cusa.ab.ca – Full refund when complete
- Discipline Committee Volunteers Needed
- Contact office with on-field concerns following the game.



Resources and
Other Information

Player Indebtedness No Forced Loyalty



The time period that a club/team can hold a player accountable for past fees, while allowing the player to continue to play, is the **past season**.

- Club must have a **written record** between club & player on amount of fees & payment agreement. Emails or text count.
- A verbal agreement is not sufficient
- Agreement to be renewed each season of play.
- For a player's registration or transfer to be blocked due to indebtedness to a club the indebted club must provide the league with a list of the players to be locked prior to the commencement of the registration period for that season.
- **When a player account is locked it can no longer be for a player to sign with the club that requested the lock unless:**
 - **Past fees are paid in full**
 - **Payment plan has been reached**
 - **Outstanding debt has been forgiven**



Team Checklist

- ✓ Check [Field status](#) on game day to ensure field is open
- ✓ Register players and coaches
 - ✓ U18 players – require 2 coaches with CPIC
- ✓ Physical ID cards required
- ✓ Two sets of numbered uniforms
 - ✓ Uniforms listed on website
 - ✓ Teams to wear colours as shown
 - ✓ Home team changes when conflict
- ✓ Print 1 copies of game sheet/game
 - ✓ All Coaches listed on game sheet
 - ✓ [Blank sheet](#) under forms if you cannot print from RAMP
- ✓ Home team to provide game balls
- ✓ Teams to provide AR's when not assigned or not available.
- ✓ Check your game sheet at field for record of cards and goal scorers
 - ✓ Yellow card suspensions automatic after 3rd, 6th & 9th
 - ✓ Red card discipline details can be received from office.
- ✓ Complete the [Referee Evaluation](#) within 14 days of the game.
- ✓ [Log into RAMP](#) and enter your match results

BFL CANADA <

Insurance
Services Inc.

Insurance company



Alberta Soccer covers its Members with Commercial General Liability, Sport Accident and Excess Travel (out-of-country is now a mandatory purchase) [Insurance](#) protection.

30 days from Injury to report it with Insurer.

Renting a training field, need to show insurance? Contact CUSA and we can arrange for a certificate from insurer.

Insurance



Concussion Recognition Tool

Pocket CONCUSSION RECOGNITION TOOL

To help identify concussion in children, youth and adults



RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground/Slow to get up
Unsteady on feet / Balance problems or falling over/Incoordination
Grabbing/Clutching of head
Dazed, blank or vacant look
Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

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3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- "At what venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week / game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

IF ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

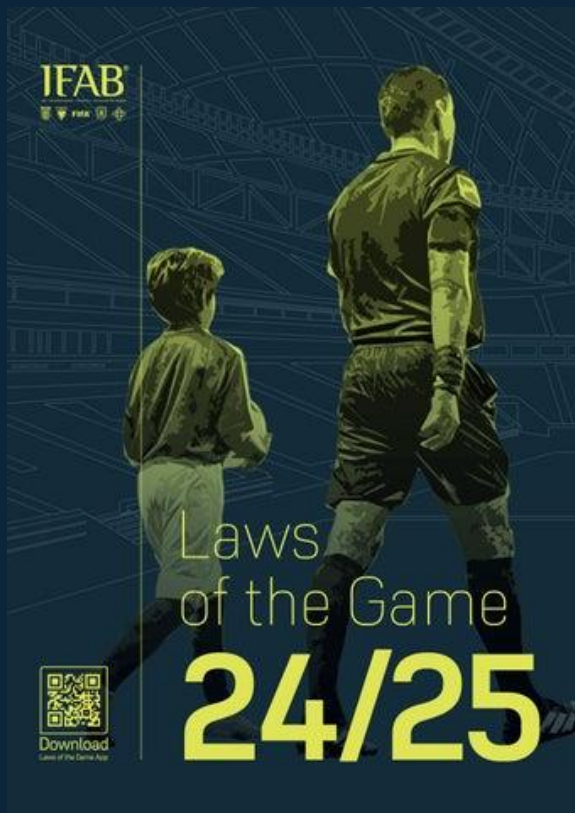
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Any head injury could result in a concussion.
You do not need to lose consciousness to have a concussion.

UofC offers a Concussion Clinic for injuries on the field. No fee, no referral needed.



Jewellery Not Allowed



LAW 4: THE PLAYERS' EQUIPMENT

IFAB Laws of the Game 2024-25

Law 4 Players' Equipment

1. Safety

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/dangerous equipment or jewellery the referee must order the player to:

- remove the item
 - leave the field of play at the next stoppage if the player is unable or unwilling to comply
- A player who refuses to comply or wears the item again must be cautioned.

City Cups



City Cup

Black Cup est. 1914

Calgary Cup est. 1999

Kaiser Cup est. 2008

Boxers Bras & Beerfest

Divisions Eligible

All

Division 2,3
Master's Elite & Lower

Over 55

All Coed Teams

Dates

September

September

September

September

Key Dates & Reminders



Date	Event
May 1 st	Season Kicks Off
June 6 th	Final Day to withdraw from Provincials
June 11 th	CUSA AGM – Mandatory meeting for all teams &/or clubs
July 31 st	<ul style="list-style-type: none">• Transfer Deadline• Last Day to Remove Players• Notice of Intent for Promotional Challenge• Final date to receive AMSL and Masters Elite player citizenship exemption• AMSL and Masters Elite Rosters (July 31st end of day)**• No transfer requests can be initiated on Aug 1 onwards.
Aug 16 th	Provincial Rosters due Deadline for proof of police clearance for team staff.
Aug. 16 - 17	Challenge Cup & Jubilee Shield Provincials
Aug 29 – Sept 1	Senior Provincials

Each Club or team MUST be in attendance. Fines for not attending!

CUSA Awards – presented at AGM

* nominations open in May



Award

Jack Buckler

Awarded for the most outstanding contribution to the sport of soccer within Calgary and area.

Lifetime Achievement

Presented to the individual(s) for years of outstanding contribution and unselfish effort towards the growth of CUSA

Award of Merit

Presented to the individual(s) for time and services rendered in support of CUSA.

Kieran McGarrigle

For outstanding contributions that improve the refereeing community.

Broadview Fieldhouse Project

The Broadview Fieldhouse Project gave CUSA an opportunity to re-build the fieldhouse's changerooms and allow a rooftop viewing platform.

The glass paneling that lines the viewing platform will be lined by attendees and can be seen from Memorial Drive.

City of Calgary traffic flow (2019) reports Memorial Drive averaging 44,000 daily past Broadview.

CUSA has over 120 games played in a single season at the Broadview field.

Contact Administration if you want to have your club crest installed.



Team Awards from Indoor

Pick up at CUSA Office – Available Now



Questions

info@cusa.ab.ca

403-270-0363



Team Fee Draw to follow

Draw for 2025 Outdoor Season Fees



Did your team pay the deposit on time? ✓

Did your team pay the balance of fees on time? ✓

Did you hear your team name drawn now? ✓

Teams affiliated with CUSA Board Members or CUSA Staff, and any previous winners have been removed