



**New Years Resolution Tournament  
January 9-11, 2026  
Calgary Soccer Centre**

**Player Eligibility**

1. All players must be over the age of 18 at the time of registering.
2. Intermediate division – **no restrictions.**
3. Recreational division – **no players who in the past 5 years have signed with a CPL, League 1, USL2, AMSL, Collegiate, or equivalent. No Players who in the past 2 years have signed CUSA Premier or Division 1.**
4. Ultra Recreational division – **In addition to the rules for Recreational, men's players who have played for a Div 3 team and higher in the last 2 years (up to indoor 2023-2024) are NOT allowed to register for an Ultra Recreational team roster.**
5. Players may only play for one team in the tournament. Players **must** be registered on the roster to play.
6. All players must have a valid Alberta Soccer Association Membership. Individuals who are not current members will be required to pay the applicable membership fee upon registration (\$40.95).
7. Rosters cannot exceed 25 players. A maximum of 20 players on the game sheet and dressed for each game. A minimum of 4 players (2 men, 2 women) are required to start a game, less than this will result in a forfeiture of that game.
8. Teams can make roster changes up until **Friday, January 9, 2026, at 4 pm.** Exceptions will be provided on a case-to-case basis (i.e. injured goaltender, additional female subs), please see tournament headquarters for all inquiries.

**Format – Single Round Robin**

1. Each team will play in a single round robin with finals being determined based on seeding round results. Points will be earned as follows:
  - a. 4 points for a clean sheet win
  - b. 3 points for a win
  - c. 1 point for a tie
  - d. 0 points for a loss
2. If teams in groups of 4 finish single round robin and are equal on points, winners shall be decided as follows:
  - a. Goal difference (total goals for minus total goals against)
  - b. Most goals scored
  - c. Fewest goals against
  - d. Goal difference against each other
  - e. Fewest yellow cards
  - f. Fair play points
  - g. Shoot out

**Game Results/Point System**

1. All games will be two 25-minute halves.
2. A maximum of five (5) goal spread will be recorded. (If a team wins by 8-1 the score will be 6-1)

3. If final games are tied at the end of regulation time the winner will be determined by a penalty shoot-out. Best of 5 shooters. If still tied, continue in a best of 1 shooters format until the winner is decided. **Teams must alternate males and females, starting with a female.**

#### **Fair Play Point System and Red Cards**

1. Referees will rate the Fair Play for each team out of 10. It will be based on the opinion of the sportsmanship of the teams.
2. The Tournament Committee will automatically deduct Fair Play Points for the following infractions.
  - a. Blue card = 0 Point
  - b. Yellow card = 1 Points
  - c. Red Card for Second Caution or Denying Goal Scoring Opportunity = 2 Points
  - d. Red Card for any other Red Card Offense = 6 Points
3. A player receiving a red card in a game will be automatically given 1 game suspension and sent to the Tournament Committee where they will determine if 1 game is enough for the offence.
4. COED has a ZERO TOLERANCE policy towards OIAL (offensive, insulting and abusive language) towards officials, players or opponents within this tournament. Any game ejections because of this offense will refer to league discipline and the player will not be permitted to continue playing in the tournament.

#### **Game Sheets**

1. Game sheets will be available for each team to print online via their Team Management login. CUSA staff will bring extra blank game sheets, if needed by teams.
2. Player cards are required. A piece of pictured government ID will also be accepted as a player card.
3. Any player that does not have a player card MUST purchase Player Insurance. Administration will communicate any required player insurance costs prior to the start of the competition.

#### **Uniforms**

1. Players must wear matching numbered jerseys.
2. The home team will supply two game balls.
3. The home team will be responsible for changing to alternate/bibs should they conflict with away team. Referee will determine color conflict.
4. Shin guards must be worn. Braces are at the discretion of the referee.
5. No hard casts or jewelry permitted.

#### **Rules Specific to COED:**

1. Teams must always have 2 females & 2 males on the field (penalized player in the box counts, female goalie does not).
2. Stop time occurs only in the final minute of each half.
3. Slide tackling (clean or otherwise) is **NOT** permitted and is cautionable with a YELLOW card – no exceptions!
4. All other rules of indoor soccer apply.

In the absence of rule coverage in this document, CUSA Rules and Regulations will be used.

#### **Prizes & Awards**

1. Each division will have a Champion and a Runner Up. They will receive a CASH PRIZE.
2. Highest fair play scores will be awarded a cash prize as well following the round robin fixtures. In the event of a tie of fair play scores, the total cash prize will be divided equally between the tied teams.