



# **CALGARY** NATIONS CUP

## Tournament Rules and Regulations

The Indoor Nations Cup was introduced in 2015 and will be held annually as a competition to bridge the gap between Indoor and Outdoor seasons. It is an opportunity to recognize the cultural diversity that exists locally within the sport of soccer. This tournament provides a unique concept of grouping players based on their ethnic backgrounds and countries of origin, creating an exciting atmosphere that provides a stage for people throughout the community to express their pride in their heritage.

### 1. TEAM REGISTRATION

- 1.1. The following divisions will be offered, subject to registrations received within timelines specified:
  - 1.1.1. Open Men's – players aged 16 and older as of Sunday, March 29, 2026.
  - 1.1.2. Men's Master's – players aged 35 and older as of Sunday, March 29, 2026.
  - 1.1.3. Men's O45 – players aged 45 and older as of Monday, March 29, 2026.
  - 1.1.4. Open Women's – players aged 16 and older as of Monday, March 29, 2026.
- 1.2. A team must represent a specific country, as recognized by FIFA as stated in Appendix A.
  - 1.2.1. Only one team per country will be allowed to enter in each tournament division.
- 1.3. Any individual may apply to enter a team in the Calgary Indoor Nation's Cup.
  - 1.3.1. The deadline for team application and full payment of fees is **January 19th, 2026, at 4pm.**
    - 1.3.1.1. Registration is not guaranteed acceptance. Teams will be contacted following registration on their status in the tournament.
- 1.4. Ownership of a team for CUSA purposes shall be determined at the discretion of the Tournament Committee.
  - 1.4.1. Team ownership and registration priority shall be:
    - 1.4.1.1. Date of registration and deposit payment.
    - 1.4.1.2. Current CUSA Members who registered a team in Calgary's Nations Cup or Calgary's Indoor Nations Cup previously.
    - 1.4.1.3. Prior Nations Cup or Indoor Nations Cup Team Registration (same nation).
    - 1.4.1.4. Current CUSA Members, who have not previously registered a team in Calgary's Nations Cup or Calgary's Indoor Nations Cup.
    - 1.4.1.5. Current ASA or Affiliate Members.
    - 1.4.1.6. Registration by a club or individual.
  - 1.4.2. Upon receiving the written request by any party involved in a dispute, ownership, and registration for that tournament, of a team representing a nation, the Board of Directors, or a committee appointed by the Board, shall decide the issue.
    - 1.4.2.1. In determining ownership of a team for the purpose of the tournament, all relevant facts provided shall be considered, including but not limited to any of the following:
      - 1.4.2.1.1. The individual (s) or club who registered the team.

- 1.4.2.1.2. The individual (s) or club who have signing authority for the account from which fees are paid.
- 1.4.2.1.3. Incorporation documentation or other agreements of the parties regarding team ownership
- 1.4.2.1.4. Financial information regarding payment of team expenses including honorariums, purchase of uniforms and equipment, access to fundraising opportunities.
- 1.4.2.1.5. Ability of parties to field a team for the spot in question.
- 1.4.2.1.6. Any other factors as deemed relevant by the Board or their Representative.
- 1.4.2.2. Any party to the dispute may provide written documentation to support their position and may also request an opportunity to appear before the Board to provide any additional information they consider relevant to the issue.
- 1.4.2.3. Written challenges to team ownership and registration must be received by 9am on January 21, 2025.

**2. PLAYER ELIGIBILITY**

- 2.1. A player may identify with a maximum of 2 countries of heritage. Once a player has identified with 2 countries of heritage, they are unable to choose any additional countries of heritage, even if they can prove heritage to same. Players cannot renounce countries of heritage once they have been identified.
- 2.2. A country entered the tournament must be a true reflection of the players playing on that team.
  - 2.2.1. Players will be eligible to play for a country (other than Canada) based on the following criteria:
    - 2.2.1.1. The player was born in that country.
    - 2.2.1.2. At least one of the player's parents was born in that country.
    - 2.2.1.3. At least one of the player's grandparents was born in that country.
    - 2.2.1.4. The player can prove heritage beyond their grandparents to that country.
  - 2.2.2. Players will be eligible to play for Canada based on the following criteria, in the order of priority:
    - 2.2.2.1. The player and both player's parents must have been born in Canada.
    - 2.2.2.2. The player and at least one parent must have been born in Canada.
    - 2.2.2.3. The player was born in Canada.
    - 2.2.2.4. The player has obtained Canadian citizenship.
    - 2.2.2.5. Players who have Permanent Residency only will not be eligible for Team Canada.
  - 2.2.3. Players will be required to provide proof of ancestry which may be:
    - 2.2.3.1. Birth Certificate
    - 2.2.3.2. Passport

2.2.3.3. Government issued identification with place of birth identified.

2.2.4. Players will be eligible to play as an Import Player based on the following criteria:

2.2.4.1. An import player does not meet the criteria for Team Canada or for any other countries registered.

2.2.4.2. Import players must be identified on tournament roster as import.

### 3. TEAM ROSTERS:

3.1. Teams that have imports on their roster shall consist of a maximum of 20 players.

3.2. Teams that **do not have any import players** on their roster may list a maximum of 22 players with a maximum of 20 dressed at a game.

3.3. To maintain the integrity of the competition and team nationality, teams are restricted to a maximum of **3 import players** their roster. All import players must meet the criteria as outlined in rule 2.2.4.

3.4. Teams must submit their fully completed roster, with proof of heritage for those players who require it, by **March 16th, 2026**.

3.4.1. Amendments to the Team rosters shall be accepted prior to the team's first tournament game.

3.5. To be eligible players must be:

3.5.1. All players must be amateur. No professional or non-amateur players may take part in the competition as a player.

3.5.2. All players must be residents of Canada.

3.5.2.1. Proof of residency maybe:

3.5.2.1.1. Government issued ID with address

3.5.2.1.2. Utility Bill, or similar document, with name and address

3.5.3. All players and team officials must be in good standing with their registered league or association. Players under suspension are not eligible to participate; however, this does not constitute the serving of any disciplinary suspension already awarded.

3.5.4. Players may only play for one team in the Indoor Nations Cup.

3.5.4.1. There will be no guest or youth players accepted for tournament. Roster only.

3.5.5. For Indoor Nations Cup those players registered with CUSA are not required to provide a release to participate.

3.5.5.1. All other players outside of CUSA must follow the Canadian Soccer Association (CSA) and Alberta Soccer Association (ASA) protocols.

3.5.5.2. Players who are residents of Alberta and not participating in an Alberta Soccer Association, or equivalent, sanctioned program for 2025-2026 must purchase an Alberta Soccer Membership.

3.6. Teams must also have two (2) complete numbered uniforms. The Home team (first named on schedule) will change if a conflict due to the uniforms not being distinguishable from home team. Pinnies or training bibs are not accepted.

- 3.7. Each team must always have a minimum of 4 players on the playing field or at any point throughout the course of the game. If either of the two teams has less than 4 eligible players, then the game will be forfeited.
- 3.8. People not listed on the team roster are **not** allowed to play or be on the bench for the team.
  - 3.8.1. If this occurs, the team will forfeit the game where the substitution occurred.
  - 3.8.2. If this happens a second time, the team will be eliminated from the tournament.
- 3.9. Teams will not be allowed to transfer players during this tournament.
- 3.10. Each team is to have at least one team manager. Manager's responsibilities:
  - 3.10.1. To ensure that all players on their team are on the official roster they must provide players' card.
  - 3.10.2. To ensure the proper uniforms and equipment is worn or used by the team players.
  - 3.10.3. The team Manager is responsible for the overall conduct of their team, including the team coaches and spectators. Poor sportsmanship or violation of the CUSA code of conduct may result in an automatic forfeit.
  - 3.10.4. Teams must register at tournament HQ before their first game.
- 3.11. Any player who is challenged and unable to provide proof of heritage for that team will be removed from the roster and deemed ineligible for that year's tournament.
- 3.12. Teams may challenge players on another team's roster if:
  - 3.12.1. A player's ethnic origin is in question.
  - 3.12.2. A player's eligibility is in question.
  - 3.12.3. A player is suspended.
- 3.13. The Tournament Committee reserves the right make a ruling on the eligibility of players and teams to participate in Calgary's Nations Cup.

**4. PLAYER IDENTIFICATION CARDS**

- 4.1. All players registered in the tournament shall carry their CUSA (or other recognized league) player cards with them when playing or attending games at which their team is involved and must produce this card on demand by a Tournament Official.
  - 4.1.1. Where a league identification card is not available government issued photo identification will be accepted.
- 4.2. A team using altered or defaced player identification cards or producing false information to obtain a player's identification card will be banned from the tournament and all future tournaments and may face additional sanctions as deemed appropriate by the Tournament Committee.

**5. THE GAME:**

- 5.1. General
  - 5.1.1. Indoor games will align with ASA Rules of Indoor Soccer.
  - 5.1.2. Each team is guaranteed to play a minimum of three games, not including the semi-finals, and finals.

- 5.1.3. Semi-finals and Finals are single elimination games consisting of 2 x 25-minute halves. In the event of a tie after regulation time, Penalty Kicks will be used to determine a winner.
- 5.1.4. Each regular or pool game consists of two 25-minute halves, with a 5-minute half time. A result is not required in regular or pool games.
- 5.1.5. Berths into finals will be determined based on number of teams in competition.
- 5.1.6. The third-place game will be a penalty shoot out. FIFA rules to apply.
- 5.1.7. Scoring will be based on Win, Draw and Loss, record points for each team:

*Win (including default Win) = 3 points*

*Draw = 1 points*

*Loss = 0 points*

- 5.1.8. A result of 4 – 0 will be entered into the records for a team winning by default/forfeiture.

## 5.2. Tie-Breaking

- 5.2.1. To determine rankings within a pool, if two (2) teams are initially tied on points, then the tournament tie-breaking process will be used to determine the final standings:
  - 5.2.1.1. Results against each other
  - 5.2.1.2. Goal difference in all group matches
  - 5.2.1.3. Greatest number of goals scored in all group matches
  - 5.2.1.4. Penalty Kicks or drawing of lots by the Tournament Committee
- 5.2.2. To determine rankings within a pool if two or more second place teams are equal, and the playoff round is not filled, their ranking shall be determined as follows:
  - 5.2.2.1. Greatest number of points in group matches
  - 5.2.2.2. Goal difference resulting from the group matches
  - 5.2.2.3. Most goals scored
  - 5.2.2.4. Penalty Kicks or drawing of lots by the Tournament Committee
- 5.2.3. To determine rankings across pools at the completion of round robin play, the rankings shall be determined as follows:
  - 5.2.3.1. Greatest Number of Points in group matches
  - 5.2.3.2. Goal difference from group matches
  - 5.2.3.3. Most goals scored in group matches
  - 5.2.3.4. Fewest goals against in group matches
  - 5.2.3.5. Fewest Red Cards in group matches
  - 5.2.3.6. Fewest Yellow cards in group matches
  - 5.2.3.7. Penalty Kicks or drawing of lots by the Tournament Committee

## 6. GAME SHEETS

- 6.1. Both teams will fill out a game sheet and present it to the game official prior to entering the field.
- 6.2. The game sheet must be fully and properly completed identifying the player's names, jersey numbers.
- 6.3. The game sheet must include complete names for the coaches and managers participating at the game.
  - 6.3.1. No more than 4 non-playing team officials allowed at the team's bench. **All must be on game sheet and registered for tournament.**
- 6.4. No additions or deletions to the game sheet once the match has commenced.

## 7. MISCONDUCT, DISCIPLINE, PROTESTS AND APPEALS:

- 7.1. Any protest of a match result must be filed with the Tournament Committee within 30 minutes of the conclusion of the game being protested.
- 7.2. The Tournament Committee will solely conduct all misconduct hearings and appeals.
- 7.3. Hearing decisions will be given as soon as possible to all involved parties. All discipline decisions will be enforced pending further appeals or protests from the concerned parties.
- 7.4. Registration or roster infringements noticed by the Tournament Committee may be addressed by the Tournament Committee via means of a hearing in which the team(s) shall be invited to explain the discrepancies.
- 7.5. The Discipline Committee shall consist of three members, of which at least one is a representative of CUSA and none of which has a potential conflict with the teams affected by any potential decision of the Committee.
- 7.6. Appeals to hearing may be heard by the Tournament Chair or their designate and two others who were not involved in the original hearing once a \$100 Appeal Fee is posted to CUSA (refundable only if the appeal is upheld).
- 7.7. A player receiving a red card in a game will be automatically given one (1) game suspension and sent to the Tournament Committee where they will determine if one (1) game is enough for the offence.
- 7.8. Three (3) yellow cards in the competition will be an automatic one (1) game suspension. Cards will carry over from the round robin portion of the event.
- 7.9. Referee's decisions are final and CANNOT be challenged.
- 7.10. Teams removed from the competition due to discipline or teams failing to fulfill their commitment to the competition may not be accepted in future tournaments.

## 8. SPECTATORS

- 8.1. Players, officials, and spectators are allowed to take part or attend matches only on the condition that they observe the rules, regulations, and bylaws of CUSA and the host facility.
- 8.2. Every affiliated association, league, club, or team is responsible to CUSA for the actions of its players, officials, and spectators, and is required to take all precautions necessary to prevent spectators from threatening or assaulting officials, players, or other spectators during or at the conclusion of the match.
- 8.3. In the event of any affiliate association, league, club, or team being proven to the satisfaction of CUSA to have been guilty of any violations of the Laws of the Game, rules and regulations and bylaws of



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CUSA, or of any misconduct, CUSA shall have power to order the offender or offenders to be removed from membership or connection with the Association, suspended for a stated period, fined, or dealt with in such a way that CUSA may think fit. No member so dealt with shall be eligible for membership in any other association affiliate without the special permission of CUSA.

### 9. MISCELLANEOUS

- 9.1. Infringements of any of the above rules may result in a discipline hearing which the Tournament Chair or their designate shall determine a course of action.
- 9.2. For anything not covered in any of the Tournament Rules and Regulations, please refer to the CUSA Rules and Regulations. All extenuating circumstances will be dealt with by the Tournament Committee.

**APPENDIX A**

Afghanistan	Cyprus	Lebanon	Saudi Arabia
Albania	Czech Republic	Lesotho	Scotland
Algeria	Denmark	Liberia	Senegal
American Samoa	Djibouti	Libya	Serbia
Andorra	Dominica	Liechtenstein	Seychelles
Angola	Dominican Republic	Lithuania	Sierra Leone
Anguilla	Ecuador	Luxembourg	Singapore
Antigua & Barbuda	Egypt	Macau	Slovakia
Argentina	El Salvador	Madagascar	Slovenia
Armenia	England	Malawi	Solomon Islands
Aruba	Equatorial Guinea	Malaysia	Somalia
Australia	Eritrea	Maldives	South Africa
Austria	Estonia	Mali	South Sudan
Azerbaijan	Ethiopia	Malta	Spain
Bahamas	Faroe Islands	Mauritania	Sri Lanka
Bahrain	Fiji	Mauritius	St. Kitts and Nevis
Bangladesh	Finland	Mexico	St. Lucia
Barbados	France	Moldova	St. Vincent & the Grenadines
Belarus	FYR Macedonia	Mongolia	Sudan
Belgium	Gabon	Montenegro	Suriname
Belize	Gambia	Montserrat	Swaziland
Benin	Georgia	Morocco	Sweden
Bermuda	Germany	Mozambique	Switzerland
Bhutan	Ghana	Myanmar	Syria
Bolivia	Greece	Namibia	Tahiti
Bosnia & Herzegovina	Grenada	Nepal	Tajikistan
Botswana	Guam	Netherlands	Tanzania
Brazil	Guatemala	New Caledonia	Thailand
British Virgin Islands	Guinea	New Zealand	Timor-Leste
Brunei Darussalam	Guinea-Bissau	Nicaragua	Togo
Bulgaria	Guyana	Niger	Tonga
Burkina Faso	Haiti	Nigeria	Trinidad & Tobago
Burundi	Honduras	Northern Ireland	Tunisia
Cambodia	Hong Kong	Norway	Turkey



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Cameroon	Hungary	Oman	Turkmenistan
Canada	Iceland	Pakistan	Turks & Caicos Islands
Cape Verde Islands	India	Palestine	Uganda
Cayman Islands	Indonesia	Panama	Ukraine
Central African Republic	Iran	Papua New Guinea	United Arab Emirates
Chad	Iraq	Paraguay	Uruguay
Chile	Israel	Peru	US Virgin Islands
China PR	Italy	Philippines	USA
Chinese Taipei	Jamaica	Poland	Uzbekistan
Colombia	Japan	Portugal	Vanuatu
Comoros	Jordan	Puerto Rico	Venezuela
Congo	Kazakhstan	Qatar	Vietnam
Congo DR	Kenya	Republic of Ireland	Wales
Cook Islands	Korea DPR	Romania	Yemen
Costa Rica	Korea Republic	Russia	Zambia
Côte d'Ivoire	Kuwait	Rwanda	Zimbabwe
Croatia	Kyrgyzstan	Samoa	
Cuba	Laos	San Marino	
Curaçao	Latvia	São Tomé e Príncipe	

**APPENDIX C**

**Tournament Timelines**

<b>DATE</b>	<b>ACTION DUE</b>	<b>BY WHOM</b>
<b>Jan 7-9</b>	Team Registration and deposit due	2025 Nations Cup Participants
<b>Jan 13-19</b>	Team Registration and deposit due	All others (Accepted first come first serve until full)
<b>Jan 21</b>	Written Challenge for above team registration ownership	
<b>Mar 4</b>	Tournament Draw Announced	
<b>Mar 16</b>	Team rosters and copies of proof of heritage due	All registered players
<b>Mar 23</b>	Roster challenges by participating teams	
<b>Mar 27</b>	Final amendments to roster, removal of injured players	All registered teams
<b>Mar 29</b>	Birthdate Restriction	All registered players
<b>Mar 29</b>	Competition Commences	

## APPENDIX D

### Minimum Suspensions

Tournament officials will not tolerate abuse, harassment or intimidation of game officials, tournament volunteers and facility staff by players, coaches, managers, or spectators. Teams/Individuals who indulge in such actions, will be disqualified from this, and future tournaments.

- Coaches and managers who refuse to co-operate in controlling unruly players or fans of their teams will also be liable for disqualification.
- There is Zero tolerance of racist, homophobic, or other discriminatory language/attacks, violent or destructive behaviour (including vandalism or equipment or property).

A **one game suspension** will be applied to any player who:

- who receives 3 yellow cards in separate games;
- who is ejected for a 2nd Caution or;
- who is ejected for denying a goal-scoring opportunity.
- Suspension length will be increased in the event a player does not immediately leave the field following a Red Card.

Any coach/manager, who is ejected will serve a **minimum of a 2-game suspension**.

Any player who is ejected and/or receives a red card for violent conduct, serious foul play, boarding or abusing an official will be suspended at the discretion of the disciplinary committee, **minimum 2 game suspension**.

Any player/coach who is:

- the 3rd person in an altercation;
- involved in fighting;
- involved in an incident before or after a game;
- leaves the bench to join in or instigate an altercation;
- any team whose spectators come on to the field or who instigate altercations with any officials, facility staff, CUSA staff and volunteer or other spectators;

**will be disqualified and removed from the tournament. Additional sanctions may be applied that could extend into CUSA League play or future participation in Nations Cup.**

The minimum sanctions listed above are not subject to an appeal. Where the infractions warrant a Discipline Hearing will be held at a time and place communicated to the team contact and individual(s) involved with the incident. The CUSA Discipline Code will be applied for infractions not stated here. This is an ASA sanctioned tournament and reported misconduct will be placed on your discipline record and will carry over into other CUSA/ASA competitions.