



CALGARY WOMEN'S SOCCER ASSOCIATION

GENERATIONS UNITING TOGETHER

Rules for CWSA – Indoor 2025-2026

ID Cards

- **NO CWSA ID CARD, NO PARTICIPATION, NO EXCEPTION.** Every player and team official must have a CWSA ID card. Driver's License or other photo ID is not acceptable; there are no substitutes or temporary ID cards. Record any issues on the game sheet.

Game Sheets

- Each team is responsible to fill out the game sheet completely prior to the start of the game. Each player and team official must be recorded on the game sheet and no additions can be made to the game sheet after the start of the game. At half time, team officials may cross off players (line through name) who have not arrived.
- Referee to clearly print and sign the game sheet where indicated. Payment for the game may be difficult to process if names of referees are not legible.
- Referee marks score, goal scorers, cards, discipline and the fair play rating on the game sheet. CWSA teams will provide 1 game sheet. Referees and team officials from both teams are encouraged to take photos of the completed game sheets prior to departure.
- **Within 48 hours** of the game, drop off the game sheets, any play-up forms and Misconduct Reports at the Calgary Soccer Centre, Macron Performance Centre or during business hours to the CWSA office.

Misconduct Reports

- **Within 48 hours** of the game an ASA Misconduct Report must be submitted for each dismissal. The report must accompany the game sheets and the dismissed individual's ID card; however, prior electronic submission is encouraged. For dismissal due to action against a referee, submit the Misconduct Report to ASA. Provide the League with a copy of all documentation sent to ASA.

ID Card Collection & Checking

- Referee collects game sheets before the game and keeps them until the end of the game. Referees are required to review the ID cards from each player and team official, and individually check the card to the individual. Verify the name and jersey number recorded on the game sheet and place a check mark beside the individual's name. Referee do not have to retain the player cards during the game but if a red card is awarded, get the player card from the teams' coach/representative, and submit. Coaches have the right to review the opponents' cards at halftime.



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- Team officials are responsible to ensure the eligibility of a player. If a team questions the eligibility of a player, the player must sign their name on the game sheet and the referee should retain the player ID card. The player in question is permitted to finish the game. CWSA will determine the eligibility of the individual. Record on the game sheet any concerns expressed about a player's eligibility.
- If player names are on the game sheet prior to the start of the game, then players arriving anytime during the game may play. The referee must be presented with the player's ID card immediately upon entering the field of play.

Players

Boarded • Minimum of 4 players per team are required to start and maintain a game. • Maximum of 20 players and 4 team officials can be listed on the game sheet and can be on the bench.	7v7 • Minimum of 5 players per team are required to start and maintain a game. • Maximum of 20 players and 4 team officials can be listed on the game sheet and can be on the bench.
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Guest Players

- CMSA players are required to submit a completed Restricted Movement form, also known as a play-up form, and their CMSA ID card.
- Referee to sign the play-up forms and attach to the game sheet. Team officials are encouraged to take photographs for their records.
- League players with their League ID Card are allowed to play up without a Restricted Movement form; they must be recorded on the game sheet as a Play-Up/Guest Player.

Injuries

- Note on the game sheet if a significant injury occurred during the match that required medical attention regardless if the game was delayed or an ambulance called. **No additional time is to be added to the game for injury time.**

Fair Play

- The CWSA is encouraging and supporting fair play. The rating applied to the teams is at the discretion of the referee and is based on how well the team applies the spirit of fair play and sportsmanship.
- For more information regarding the application of fair play, please click [here](#).



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Discipline

- Referees may be required to attend CWSA discipline hearings.
- For game abandonments, other than for weather, keep both teams' cards and the game sheets, and submit them to CWSA along with the Misconduct Report. If possible, indicate on the game sheet which team was responsible for the action that initiated the abandonment.

Duration of Game

Boarded • Two 25-minute halves, with a 3 minute halftime interval. • Stop time for the last minute of each half. • When shortened for reasons other than discipline related abandonment, CWSA games require 35 minutes of play for results to stand. • Any team that delays the start of the game will receive a two (2) minute delay of game penalty.	7v7 • Two 30-minute halves, with a 3 minute halftime interval. • There is no stop time. • When shortened for reasons other than discipline related abandonment, CWSA games require 40 minutes of play for results to stand.
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- All regular CWSA games must end on time. No time is to be added to any regular CWSA game.
- Game clocks must start at the scheduled time. If play is not able to commence within the 5 minutes of the designated game start time due to one or both teams not being prepared to play (insufficient players, incomplete game sheet, lack of player cards & being prepared to present players cards to officials) the game shall be cancelled and the team(s) responsible noted on the game sheet.

Equipment

- Team members must have complete uniforms; jersey with number, shorts and socks. Any irregularity and the player(s) are not permitted to play. Players are required to wear shin guards. Team jerseys must match. Shorts and socks are to be predominantly the same colour for team members.
- Home team changes jersey colour (if necessary) and supplies 2 game balls. Failure to change jerseys or to supply a suitable game ball is to be noted on the game sheet.
- For jersey colour conflict, pinnies that are not numbered are permitted but the original team jersey must be worn under the pinnies.
- Wearing a knee brace is at the complete discretion of the referee. Rigid casts are not allowed; this includes finger splints. Jewelry is not allowed. FIFA approved headgear and sports hijabs are allowed.



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7v7 Modified Rules for CWSA – Indoor 2025-2026

Pre-game:

- No coin toss before the game. For the first half, teams will start on the same side/half as their bench and the away team will start with the ball.

7v7 rules will follow the FIFA Laws of the Game, except whereas follows:

- Games will be played **7v7** (7 players on the field for each team, including the goalkeeper).
- A **minimum of 5 players** are required per team to start and maintain a game.
- Each game will consist of two (2) **30-minute halves** with a maximum 3-minute half-time break.
- A maximum of **20 players** can be listed on the game sheet. Only those listed on the game sheet may be on the team bench.
- 7v7 is to be played on the quarter fields.
- Game clocks will start at the scheduled time. If play is not able to commence within the 5 minutes of the designated game start time due to one or both teams not being prepared to play (insufficient players, incomplete game sheet, lack of player cards, & being prepared to present players cards to official) the game shall be cancelled and the team(s) responsible noted on the game sheet.
- The ball is out of play when it touches the ceiling or building structure overhanging the field of play.
 - Restart: Throw-in to the opponents of the player who last touched the ball, at the touchline closest to where the ball touched the ceiling or structure.
- Unlimited number of substitutions at one time. Substitutes should be ready at the halfway line and are only permitted to enter the game during a stoppage in play.
- There is no stop time.
- There are **NO OFFSIDES or retreat line**.
- Throw-ins, not kick-ins.
- There are no restrictions on goalkeeper distribution.
- Red carded players should be instructed to leave the playing area and are **NOT** to be replaced by another player – the team plays a player short for the remainder of the game.
- Free Kicks: Opposing players must be 6 yards from the ball, prior to the kick being taken.

How to Submit Games Sheets, Misconduct Reports & ID cards

Within 48 hours

- ☒ Drop at any league office during office hours.
- ☒ Leave game sheets, restricted movement forms, misconduct reports & ID cards at Calgary Soccer Centre or Macron Performance Centre.

Have a Great Game!