



CALGARY WOMEN'S SOCCER ASSOCIATION

GENERATIONS UNITING TOGETHER

Rule of Two Policy

Adapted from Canada Soccer's Rule of Two

Purpose

The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring that a coach is never alone with an athlete. One-on-one interactions between a coach and an athlete, without another individual present, must be avoided in all circumstances except medical emergencies.

The CWSA is committed to upholding this principle and ensuring that its application fits the adult league ecosystem. This policy is aligned with Canada Soccer's Rule of Two and reflects the same core values of safeguarding and responsible coaching.

Who This Applies To

This policy applies any time a minor (under 18) is part of a team or participating in a CWSA-sanctioned activity — games, practices, team events, or communications.

Key Rule

A minor must never be alone with a single adult in any private or unobservable setting. There must always be:

- Two screened adults registered to the team, at least one of whom must be female, or
- One screened adult and one other adult (both must be registered to the team), at least one of whom must be female, or
- Two adults (both must be registered to the team), at least one of whom must be female.

Who Counts as a Screened Adult?

1. Preferred: NCCP-trained or certified coach with a valid police check (within 3 years)
2. Acceptable: Team official with a valid police check

Best Practices for Teams

- Keep training and games open to observation (no closed doors or secluded areas).
- If giving a ride to a minor, ensure another adult or athlete is also in the vehicle.
- If your team has only a male coach and no adult players, ask a female parent, guardian, or adult volunteer to register as a second team official.
- For games, all adults must be registered with the team (as a team official or as a player).
- Avoid one-on-one private messaging with minor athletes. Use group chats or include parents or

other team officials.

- Coaches should never be alone in locker rooms, meeting rooms, or hotel rooms with a minor athlete.

Travel & Changing Areas

- No adult should be alone in a car, room, or hotel with a minor unless they are the parent/guardian.
- Locker rooms and meeting spaces should be supervised by two adults when possible.
- If supervision is not permitted inside (e.g., adult in a youth changeroom), be available just outside and ready to enter if needed.

Virtual Communication

- If using video or virtual platforms, always include another adult or parent/guardian in the session.
- Use appropriate settings (not bedrooms).
- Avoid one-on-one messaging or social media contact.

Fallback Standard (Not Recommended)

If none of the above options are available, the minimum fallback is that a coach or team official must ensure more than one athlete is present.

This fallback is not sufficient for league games.

Questions or Concerns?

Please contact the CWSA if you're unsure whether your team is following the Rule of Two appropriately.

Discipline for Breach of Policy

Teams who are found to have violated this policy may be subject to disciplinary measures as outlined in the Discipline Code.

Canada Soccer Rule of Two Policy (PDF):

https://canadasoccer.com/wp-content/uploads/2020/12/CanadaSoccer_RuleOfTwo_EN.pdf

Approved 2025-06-26