

March 11, 2026

IModel Pilot Year 5
Central Region Coaches Meeting



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Agenda

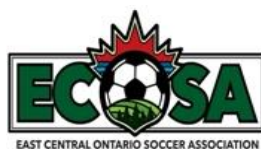
- IModel Annual Cycle
- Standards
- Pre-Qualification
- Registration numbers
- Rules & Regs [Summary]
- Important things to know
- Key dates
- Team Allocations
- Q & A



Central Region IModel – Annual Cycle

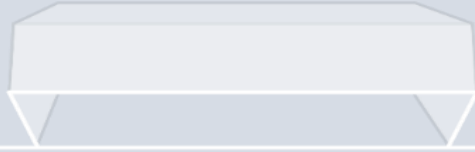


Jan	FEB	Mar	April				May				June					July				August				September					October				November				December					
Weeks			1	2	3	4	1	2	3	4	1	2	3	4	5	1	2	3	4	1	2	3	4	5	1	2	3	4	5	1	2	3	4	1	2	3	4	1	2	3	4	5
Winter Sports + Pre-Season			Pre-Qualifying				Qualifying Season					TRANSITION June 21 to July 5					C 1 Season				BREAK August 10 to Aug 16				C 1 Season					Showcase Oct 3-4				Recommended Recovery / Transition Winter Sports				Winter Sports				
																	C 2 Season								C 2 Season																	



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Club Licencing	<ul style="list-style-type: none">• Quality Soccer Provider (QSP)
Coaching Qualifications (2 Staff)	<ul style="list-style-type: none">• Head Coach – C License trained or Grassroots Diploma• Assistant Coach – Soccer 4 Life
Game Format	<ul style="list-style-type: none">• U13 – 9v9• U14 to U18 – 11 v 11
Roster Size	<ul style="list-style-type: none">• U13 – 18 players, including goalkeepers [Game day Roster]• U14 to U18 players – min 11 – max 20, including goalkeepers
Match Official Fees	<ul style="list-style-type: none">• U13 & U14 = R \$60 AR (2x) \$45• U15 = R \$65 AR (2X) \$50• U16 = R \$70 AR (2X) \$55• U17 & U18 = R \$75 AR (2x) \$60
Qualification	<ul style="list-style-type: none">• Qualification for C2 or C1 to end by June 21
C2 Championship C1 Championship C1 Showcase	<ul style="list-style-type: none">• C2 – TBA• No• By October 3-4

Team Registrations

- 220 Boys' teams
- 110 Girls' teams



Registration

Players can only be rostered to a team within **two (2) years older** than their birth year.

i.e., U14 player can only be rostered to a U15 or U16 etc...

A **U13 registered player** is permitted to be rostered to a **U14 IModel team ONLY**, provided a Grassroots Fast Tracking Evaluation Form is reviewed and processed by the applicable District Association.

There will be a maximum of **three (3) U13** players rostered to a U14 team.

Player and Team Official Identification

A District validated Team Roster, which contains each player's and team official's registration identification, must be present at all times. If a validated team roster is not present, the game may be played under protest, and the final decision regarding game result, fines or discipline will be made by the league operator.

The inspection of the validated Team Roster by the opposing team is mandatory and must not delay the scheduled kick-off.

Players and team officials **without verification of identification are not eligible to play or be on the bench.**

Each team **MUST** print **three (3) copies** to be brought to the game and provided to the Match Officials.

The game sheet may list a maximum of **twenty (20) players and four (4) team officials.** Only those listed on the game sheet will be permitted to sit on the bench or in the designated bench area.

League & Transition breaks

Transition break: June 21 to July 6

League break: There will be no C1 or C2 games scheduled from **August 11 to August 16, 2026.**

Note: There are no blackout dates in any phase.

Call-ups

“Call-up” players must be rostered with a team from the same Club or, if applicable, their approved Affiliate Club through the use of a valid Player Movement Agreement Form (Youth to Youth).

Maximum number of call-ups per game is **four (4) players**.

A player (all positions) may only be called up for a maximum total of **six (6) games** in total throughout the seasons – all Qualifications, C1/C2 and Championships.

Players registered to a U13 team or younger are **not permitted to be called up to U14+** or any IModel team.

Players can only be called up to a team that is within one (1) year older of their birth year.

i.e., U14 player can only be called up to a U15 team, U15 player can only be called up to a U16 team, U16 player can only be called up to a U17 team, U17 player can only be called up to a U18 team.

Game day

Each team MUST print three (3) copies to be brought to the game to provide to the Match Officials. A maximum of **twenty (20) players** may be listed on the game sheet with a maximum of **four (4) team officials**. Only those listed on the game sheet will be permitted to sit on the bench or in the designated bench area.

Allow unlimited substitutions, but may only substitute on: goal kick, kick-offs (piggybacks allowed), or own throw-in [no piggybacks allowed]

10-minute break between halves

Game Sheets are generated through the IModel's League Management System.

Roster Deadlines

The Roster Freeze date for IModel C1 and C2 is **July 31, 2026**. Players may only be added to a roster after the roster freeze upon submission of an approved ITC (international) or IPC (interprovincial) and the approval of the Region IModel Committee (RIC)

A **Technical Director** may, in extreme circumstances and in the absence of any other qualified coach, step in and be recorded on the game sheet as the **Head Coach for that game**. The Technical Director must **meet the requirements** of Section V, 10. [b].

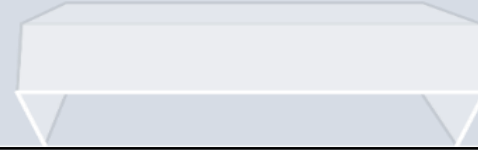
There shall be a District IModel pre-season meeting, either in person or virtually, at which each team's **Head Coach or delegate must attend**. Attendance will be tracked and recorded. Failure to attend the meeting will result in a \$100.00 fine. The Head Coach or delegate will receive a team information package, including all rules and regulations, and a form that must be signed by the Head Coach or delegate attesting to having received the rules and regulations and that they will conform to all rules and regulations as included therein. **Teams will NOT be permitted to play if this form has not been received by the Host District.**

Scheduling

If a game is postponed for any reason, the Home Team must provide rescheduled fixtures to the respective league operator within **seven (7) days** of the originally scheduled date. Failure to do so will result in the home team's **forfeiture of the home advantage**, and the opposing team will provide a date and field for the rescheduled game within **seven (7) days** at the home team's expense, **which the Home Team must attend or forfeit.**

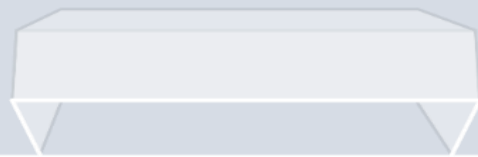
* Please check IModel rules & regs Scheduling section 14.1 for more information.

Important things to know



Uniforms	<p>All Club “competitive level” teams, which include Indoor and Outdoor, at all age levels, competing at the District, Regional, Provincial or National Levels (including tournaments and championships) shall be identified on the field of play by its official Club name and/or emblem and be displayed by its Clubs’ common colours.</p> <p>No third-party or affiliated soccer organization markings or colours are permitted to be a part of a Member Club's branding.</p>
The "8-Second" Goalkeeper Rule (Law 12)	<p>To reduce time-wasting and improve game flow, the time a goalkeeper is permitted to hold the ball has been extended from 6 to 8 seconds, but with stricter enforcement and a new restart.</p>
<i>Application & Enforcement:</i>	<p>The Count: The 8-second count begins once the goalkeeper has clear control of the ball with their hands.</p> <p>Visual Signal: Referees will now provide a clear visual countdown using their hand for the final 5 seconds of the count. This allows the keeper, players, and spectators to see exactly how much time remains.</p> <p>The Restart: If the goalkeeper exceeds 8 seconds, the restart is no longer an indirect free kick. It is now a Corner Kick awarded to the opposing team.</p> <p>Exceptions: If an opponent unfairly prevents the goalkeeper from releasing the ball, the referee will stop the count and award an indirect free kick to the goalkeeper’s team.</p>
"Only the Captain" Protocol (Law 5)	<p>In an effort to eliminate the "mobbing" of match officials, a new protocol has been established regarding who can approach a referee to discuss a decision.</p>
<i>Application & Enforcement:</i>	<p>The "Captain-Only Zone": Following a major decision or incident, the referee may initiate this protocol by blowing the whistle and using a new signal (crossing arms at the wrists and then pushing outward with open palms).</p> <p>The 4-Metre Rule: Once signalled, a 4-metre "zone" is created around the referee. Only the captain from each team is permitted to enter this zone to discuss the decision.</p> <p>Sanctions: Any player other than the captain who enters this zone or approaches the referee, in a confrontational manner will be automatically cautioned (Yellow Card) for dissent.</p> <p>Goalkeeper Captains: If your team captain is the goalkeeper, you must nominate one outfield player to act as the designated spokesperson before the coin toss. Only that designated player (or the goalkeeper) may approach, not both.</p>
World Cup	<p>During the World Cup, no games will be scheduled when Canada plays; this applies to all divisions.</p>

* Where dates are not specified, they will be determined based on registration



KEY DATES		All Levels
YRSA Coaches Meeting	March 11 at 7 pm (Virtual)	
League Break	No matches on August 10 to August 16	
U14 to U17		
Qualifying Season	To end by June 21	
Competitive 1/2	Start July 6	
Roster freeze C1 and C2	July 31, 2026 * Where applicable, players may only be added to a roster upon submission of an ITC (international) or IPC (interprovincial) at the discretion of the league operator	
Championship Showcase (C1)	By October 3-4	
Conference Championship (C2)	By September (* TBA)	
U18		
	Single table to end by mid-August	

Allocations – Girls

GU13	YRSA # Registered Players 2025	# Registered Teams 2025	Single table April to September		
		287	9	16 Matches	
GU14	Central Region Districts	# Registered Players 2025	# teams registered in Qualifying	Host YRSA C2	Host YRSA C1
	YRSA +HDSA + GNSA	306	YRSA 10	17	4
	TO	178	TO 8		2
	DRSA + ECOSA	206	DRSA 7		2
	Total	690	25	17	8

Hosting Districts in **RED**

Allocations - Girls

GU15	Central Region Districts	# Registered Players 2025	#teams registered in Qualifying	Host YRSA C2	Host YRSA C1
	YRSA +HDSA +GNSA	247	YRSA 13	18	4
	TO	123	TO 13		2
	DRSA +ECOSA	147			2
	Total	517	26	18	8

GU16	Central Region Districts	# Registered Players 2025	# teams registered in Qualifying	Host YRSA C2	Host YRSA C1
	YRSA +HDSA + GNSA	217	YRSA 10	12	4
	TO	126	DRSA 10		2
	DRSA + ECOSA	100			2
	Total	443	20	12	8

Hosting Districts in **RED**

Allocations - Girls

GU17	Central Region Districts	# Registered Players 2025	# teams registered in Qualifying	Host YRSA C2	Host YRSA C1
	YRSA+HDSA+GNSA+TO+DRSA+ECOSA	381	YRSA 14	6	8
	Total	381	14	6	8

Hosting District in **RED**

Allocations - Boys

BU13	YRSA # Registered Players 2025	# Registered Teams	Single table April to September
	666	23	22 Matches

BU14	Central Region Districts	# Registered Players 2025	# teams registered in *Pre-Qualifying	# teams registered in Qualifying	Hosts C2	Host YRSA C1
	YRSA+HDSA+GNSA	786	YRSA 18-6=12	12	YRSA 8	4
	TO	660		20	TO 17	3
	DRSA+ECOSA	292		7	DRSA 6	1
	Total	1,738	18	45	31	8

*Only applicable in the YRSA

Hosting Districts in **RED**

Allocations - Boys

BU15	Central Region Districts	# Registered Players 2025	# teams registered in *Pre-Qualifying	# teams registered in Qualifying	Host C2	Host YRSA C1
	YRSA+HDSA+GNSA	539	YRSA 19-7=12	YRSA 12	YRSA 9	3
	TO	512		TO 17	TO 14	3
	DRSA+ECOSA	259		DRSA 8	DRSA 6	2
	Total	1,310	19	44	29	8

BU16	Central Region Districts	# Registered Players 2025	# teams registered in *Pre-Qualifying	# teams registered in Qualifying	Hosts C2	Host YRSA C1
	YRSA+HDSA+GNSA	513	YRSA 19-7=12	YRSA 12	YRSA 8	4
	TO	454		TO 16	TO 13	3
	DRSA+ECOSA	157		DRSA 10	DRSA 9	1
	Total	1,124	19	45	30	8

*Only applicable in the YRSA

Hosting Districts in **RED**

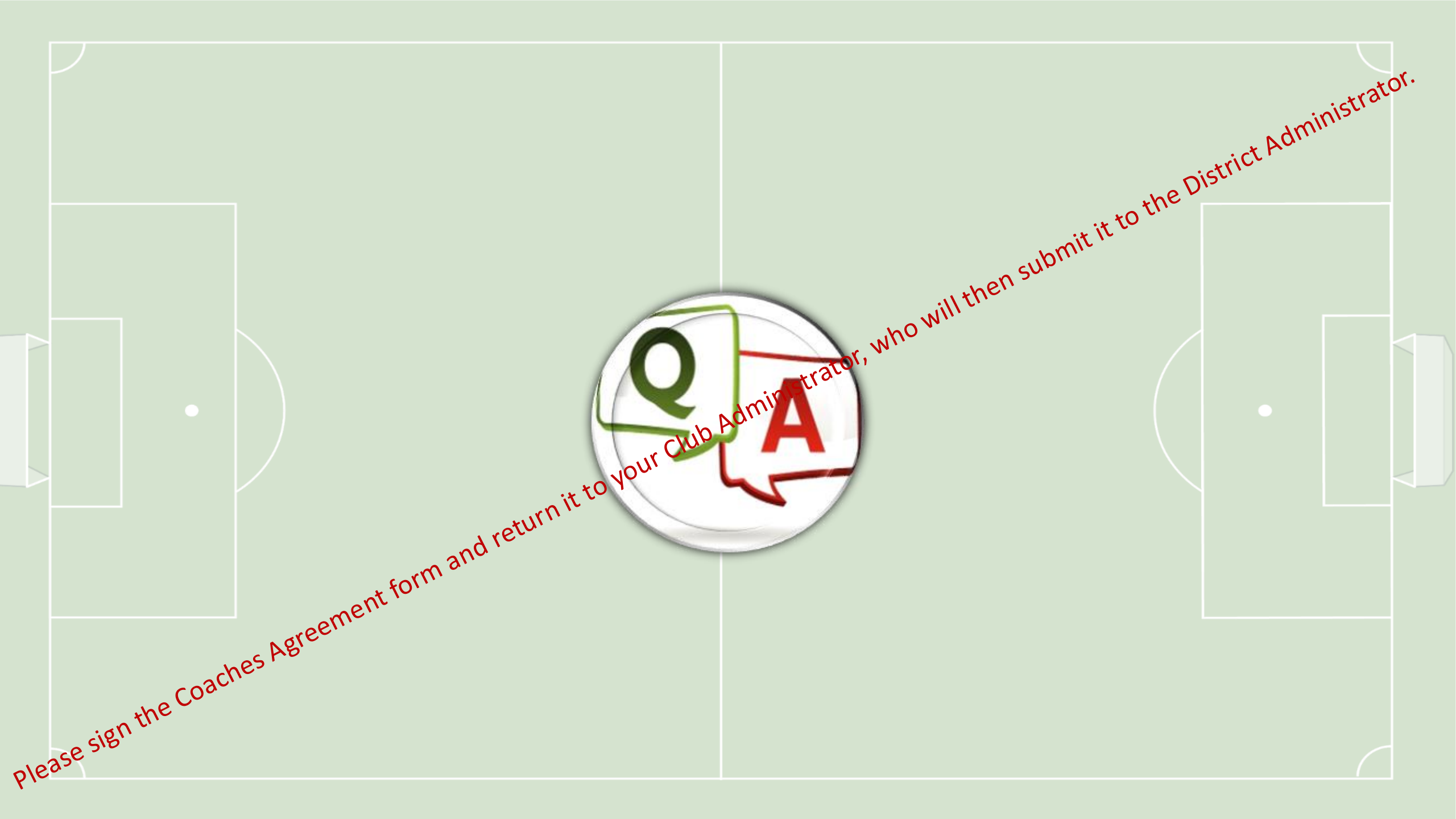
Allocations - Boys

BU17	Central Region Districts	# Registered Players 2025	# teams registered in *Pre-Qualifying	# teams registered in Qualifying	Hosts C2	Host YRSA C1
	YRSA+HDSA+GNSA	300	YRSA 14-2=12	YRSA 12	YRSA 8	4
	TO	290		TO 11	TO 13	3
	DRSA+ECOSA	73		DRSA 6		1
	Total	663	14	31	21	8

*Only applicable in the YRSA

BU18	Central Region Districts	# Registered Players	Host TO Single table May - August
	YRSA+GNSA+TO+DRSA	73+118+89+35+75	8 teams
	Total	390	14 Matches

Hosting Districts in **RED**



Please sign the Coaches Agreement form and return it to your Club Administrator, who will then submit it to the District Administrator.

Thank you

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