



BMO  **CENTRE | LONDON**

2025-2026

INFORMATION PACKAGE

Fall / Winter Indoor Soccer Programs at the
BMO Centre



Southwestern Ontario's Premier
Soccer Destination

WWW.BMOCENTRELONDON.COM

WWW.EMSADISTRICT.COM



Adult Indoor

LISL DIVISIONS & GAME DATES:

(Monday to Friday 5pm and later. Saturday & Sunday 4pm and later)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Men's Div 1 Competitive 6v6	Women's Div 2 Competitive 6v6		Men's Div 2 Competitive 6v6	Men's Div 4 25+ (2000) (NO Premier Players) 7v7		Women's WKD Rec 101 Recreational 25+ (2000) (NO Premier or 1 st Div Players) 7v7
Women's WKD Masters 30+ (1995) (NO Premier or 1 st Div Players) 7v7	Men's Div 3 Recreational 16+ (2008) 6v6		Women's Div 3 Tier 1 16+ (2009) Tier 2 20+ (2005) 6v6	Women's Rec 101 Tier 1 18+ (2007) Tier 2 20+ (2005) (NO Premier or 1 st Div Players) 7v7		
Women's "Girls Wanna Have Fun" 40+ (1985) 7v7 NO CONTACT LEAGUE (1 Underage Player [35+] Allowed)				Women's Masters Tier 1 30+ (1995) Tier 2 35+ (1990) (NO Premier or 1 st Div Players) 7v7		



DIVISION SKILL LEVELS & AGE REQUIREMENTS:

- Division 1 – Competitive
- Division 2 – Competitive
- Division 3 – Recreational
- Division 4 – Recreational (NO Premier/Regional or higher players permitted)
- REC 101 – 18+ - 25+ Recreational (NO Premier/Regional, Division 1 or higher players permitted)
- Masters – 30+ - 40+ Recreational (NO Premier/Regional, Division 1 or higher players permitted)

A Premier or higher player is defined as a player who has registered and played for an outdoor 2025 season.

FEE STRUCTURE:

SEASON.....	\$2,800/Team if
paid upfront (single payment)	
.....	\$2,900/Team if
paid in three instalments	
REFeree.....	
.....	\$25.00/Game

PLEASE NOTE: EMSA FEES ARE INCLUDED IN THE REGISTRATION (\$26.25/player – insurance, Canada Soccer, Ontario Soccer, EMSA).

EXAMPLE:

- \$2,900.00** - Team Registration and EMSA Fees
- FOUR installments (\$290, \$870, \$870, \$870)**
- \$500.00** – \$25.00 per game (Referee Fees Based on 20 games)
- \$3,400.00** – Approximate total cost (Based on team of 15 players: Approximately \$226 per player)

ALL PLAYERS for the Men’s, Women’s & Co-Ed Division listed MUST BE registered with EMSA before they can play. To do so, you need to add them to the team roster at the time of registration (or you can add them later, as long as it’s before their first game). Once added to the roster, the LOSC will register them with EMSA. Once this is completed, you will need to pick up your official stamped roster prior to the start of your first season game from the LOSC (BMO) Office. This is your official roster. If a player is not on your stamped copy, they are deemed to be an “Illegal Player” (Adding them online does not make them official until it is stamped.)

- **Adult Leagues will run from mid-October until mid-April.**
- **Teams will have a approximately 18-20 games.**
- **Games are 50 Minutes (2x25 Minutes)**
- **Div 3 and Higher: 6v6 (including the Keeper)**
- **Men’s Div 4, Women’s Rec 101 and Women’s Masters: 7v7 (including the Keeper)**



Southwest Optimist Indoor 2025-2026 Indoor Programs

TUESDAY	TUESDAY
ADULT CO-ED COMPETITIVE 16+ (2009)	ADULT CO-ED RECREATIONAL 22+ (2003)
<ul style="list-style-type: none"> ● 6V6 INCLUDING KEEPER ● OPEN DIVISION ● MIN. 2 FEMALES ON THE FIELD 	<ul style="list-style-type: none"> ● 6V6 INCLUDING KEEPER ● NO PREMIER/ REGIONAL OR HIGHER PLAYERS ● MIN. 2 FEMALES ON THE FIELD

All Adult Co-Ed

**Division.....\$3,300/tea
m**

[EMSA Fees(\$26.25/player), Insurance and Referee Fees are Included]

- Season runs mid-October to mid-April
- 50-minute games (2x25 minutes)
- Registration fees include referee fees, players insurance, playoffs and awards

SW Indoor Youth Co-ed Soccer League (Ages 5-18).....\$250.00-\$300.00/player

Largest youth co-ed indoor soccer league program in SW Ontario

- October – April (Saturdays) **\$250** until June 15th
- Players born 2007 to 2020 **\$275** from June 16th to September 15th
\$300 from September 16th until program is full

BMO Youth Academy (Skills and Drills) – Ages 2 - 12



Youth development program designed to develop a variety of skills (Receiving, passing, shooting, dribbling, agility, etc.)

- October – December: **\$185**
- January – April: **\$185**
- Full 6 Months: **\$350**
- Price includes a full uniform (jersey, shorts, socks, and a personal soccer ball)