

CANADA SOCCER GRASSROOTS STANDARDS

(FINAL DRAFT)

	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
CRITERIA	U5 and U6	U7	U8 and U9	U10 and U11	U12 and U13
Game format	No formal games	3v3	4v4 (no GK) or 5v5 (including GK)	7v7	9v9 (U12) 9v9 or 11v11 (U13)
Coaching qualification	Active Start + MED + RiS	FUNDamentals + MED + RiS	FUNDamentals + MED + RiS	Learn to Train + MED + RiS	Learn to Train + MED + RiS
Maximum game duration	Informal Play	30 minutes	40 minutes	50 minutes	70 minutes
Maximum playing (game) time per player per day	60 minutes	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) game	Duration of one (1) game	Duration of one (1) game	Duration of one (1) game
Maximum goal size	Pop-up goals	Pop-up goals	5 ft. (1.52m) x 8 ft. (2.44m)	6 ft. (1.83m) x 16 ft. (4.88m)	6 ft. (1.83m) x 18 ft. (5.49m) 8 ft. (2.44m) x 24 ft. (7.32m)
Field width / field length	N/A	Width: 18-22m / Length: 25-30m	Width: 25-30m / Length: 30-36m	Width: 30-36m / Length: 40-55m	9v9: Width: 42-55m / Length: 60-75m 11v11: Width: 45-75m / Length: 90-110m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	4 (or 5 light)
Referee/Game Leader	N/A	Game Leader (can be the two coaches)	Game Leader (can be the two coaches)	Referee	Referee
Restarts from Sidelines	N/A	Pass in or Dribble in	Pass in or Dribble in	Pass in or Dribble in	Throw-in
Offside	N/A	N/A	No	No	Yes
Retreat line	N/A	N/A	If required (one third)	If required (one third)	If required (one third)
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Number of memorable events	N/A	N/A	One (1) per season	Two (2) per year (in province*)	Four (4) per year (3 in province*, maximum 1 international*)
Season or session length (indoor or outdoor)	10-22 weeks	10-22 weeks	10-22 weeks	10-22 weeks	10-22 weeks
Team travel time	Within Club	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players
Player to coach ratio	Ideal: 4:1 / Maximum 8:1	Ideal: 6:1 / Maximum: 8:1	Ideal: 8:1 / Maximum: 10:1 (5v5)	Ideal: 10:1 / Maximum: 12:1	Ideal: 12:1 / Maximum: 14:1
Training to game ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1
Structured training duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Game day roster guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	Ideal: 14 players (9v9) 16 players (11v11)
Game day format	N/A	Festival format	Festival format	Festival format	Festival or league format
Number of game days (Festival or league play) per week	N/A	1	1	1	1