



Canada Soccer has issued new Grassroots Standards. A copy of the new standards are attached below.

In consultation with Ontario Soccer, we have been advised that these new Grassroots Standards are **recommended** by not yet mandatory.

One of the main changes in the new Grassroots Standards relate to Match Format as follows:

OLD

U8 – 5v5

U9 and U10 – 7v7

U11 and U12 – 9v9

NEW

U8 and U9 - 5v5

U10 and U11 - 7v7

U12 - 9v9

U13 – 9v9 OR 11v11

The introduction of the new Grassroots Standards requires each District to undertake its due diligence with respect to, amongst other things, field availability (namely relating to 5v5).

Therefore, for the 2023 outdoor season, the ECSA Board will follow the OLD grassroots standards with a view of adopting the NEW standards for the 2024 outdoor season.

Ontario Soccer has indicated that the U13 division in OPDL will remain 11v11 for the 2023 outdoor season.

Ontario Soccer has also indicated each Regional League, including Western Region Soccer League (WRSL) will decide the format of its U13 division for the 2023 outdoor season.

Regards,

Your ECSA Board



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 [U12] 9v9 or 11v11 [U13]
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes [U12] 80 minutes [U13]
Maximum match time per player per day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field size	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: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year <i>*One (1) event may be over seas</i>
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Offside	N/A	N/A	No	No	Yes
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (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)
Season or block length (indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team travel time	Within organization	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	9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1
Practice-to-match ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1
Structured practice duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Match day roster guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	9v9 Ideal: 14 players 11v11 Ideal: 16 players
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)