

SUNDAY, AUGUST 23 - SOSA U8 & U9 FESTIVAL #6

FESTIVAL FORMAT AND INFORMATION: [FESTIVAL SERIES 2026 - U8 and U9 - SOSA League](#)
[SOSA Festival Guidelines](#)

HOST AND LOCATION: Belleville Soccer Club, [Lower Riverside Park](#), Fields 2-7

SCHEDULE: on the next page and posted on the SOSA website, Festival tab

ROSTER: All teams need to file a Participation List *before* Friday, Aug. 21. An email will be sent to all teams on the Monday before the festival (Aug. 17) to confirm their players, **if** they have already participated in a festival.

A new [Participation List](#) must be submitted if there have been changes or if this is the first festival this team has entered. Only players and coaches listed on this form may be on the team's sidelines during games.

CANTEEN: Pizza, Jumbo Freezies, Gatorade, Juice boxes, Chips, Candy Bags

Visit the fun games that BSC will have set up during your break!

WEATHER POLICIES: regular SOSA League policies apply; games are played in rain or sun, and only pause for lightning strikes. In the case of predicted Extreme Heat or Air Quality advisories, a decision to cancel will be made by SOSA by 10 AM based on the Environment Canada forecast. Team Contacts will be emailed. Information will also be shared on Facebook/Instagram @sosaleague

LIGHTNING - <https://sosaleague.e2ehost.com/wp-content/uploads/CS-Severe-Weather.pdf>

HEAT & AIR QUALITY - <https://sosaleague.e2ehost.com/wp-content/uploads/heat-AQI-1.pdf>

Weather-Ready Coaching Resources: [Weather-Ready Coaching Resources](#)



SOUTHEAST ONTARIO SOCCER ASSOCIATION

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- Each block is 30 minutes. 20-minute games; 2x10min halves, 2-3 minutes halftime/hydration break, plus time for field changeover.
- Please warm up away from other fields to avoid interfering with other games. Be ready to take the field and leave the field area promptly to help us keep to our schedule.
- Grassroots Standards require that we allow for a break of the same duration as one match between matches.

U8 AND U9 GIRLS - 6	U8 BOYS - 6	U9 BOYS - 7
Belleville U8G Belleville U9G KU U8G KU U9G White KU U9G Navy QW U9G	Belleville U8B Red Belleville U8B White QW U8B Green QW U8B White KU U8B White KU U8B Navy	Belleville U9B Red Belleville U9B White QW U9B Chevrefils QW U9B Mercer KU U9B Navy KU U9B White Brockville U9B

Time	Field 1	Field 2	Field 4	Field 5	Field 6
3:00	Belleville U8B Red vs QW U8B White	QW U8B Green vs KU U8B White	Belleville U9B Red vs KU U9B Navy	Brockville U9B vs QW U9B Mercer	KU U9B White vs Belleville U9B White
3:30	Belleville U9G vs KU U8G	Belleville U8G vs QW U9G	KU U9G Navy vs KU U9G White		
4:00	QW U8B White vs KU U8B White	QW U8B Green vs Belleville U8B White	QW U9B Chevrefils vs KU U9B Navy	KU U9B White vs Brockville U9B	Belleville U9B Red vs QW U9B Mercer
4:30	KU U9G Navy vs Belleville U8G	KU U8G vs QW U9G	KU U9G White vs Belleville U9G		
5:00	KU U8B White vs Belleville U8B White	Belleville U8B Red vs QW U8B Green	QW U9B Chevrefils vs Belleville U9B White	KU U9B Navy vs Brockville U9B	KU U9B White vs QW U9B Mercer
5:30	Belleville U8G vs KU U9G White	KU U8G vs KU U9G Navy	Belleville U9G vs QW U9G		
6:00	Belleville U8B Red vs KU U8B White	QW U8B White vs Belleville U8B White	Brockville U9B vs Belleville U9B White	KU U9B White vs QW U9B Chevrefils	KU U9B Navy vs Belleville U9B Red
6:30	QW U9G vs KU U9G White	KU U8G vs Belleville U8G	KU U9G Navy vs Belleville U9G		
7:00	Belleville U8B White vs Belleville U8B Red	QW U8B White vs QW U8B Green	QW U9B Mercer vs Belleville U9B White	Belleville U9B Red vs QW U9B Chevrefils	



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CANADA SOCCER GRASSROOTS STANDARDS

FUNDAMENTALS - U8 & U9 - SOSA FESTIVALS

Principle: Grassroots Programs should be appropriately structured for the age and stage of the participating players and allow for the opportunity for multi-sport participation, activity sampling, and life balance.

Season or Block Length:	6-22 weeks
Practice-to-Match Ratio:	2:1 or 3:1
Structured Practice Duration:	45-75 minutes
Number of Match Days per Week:	1 (Respecting the practice-to-match ratio)
Number of Memorable Events (Festivals)	2 per season (<i>for 2026, defined as events outside of SOSA</i>)

Principle: Grassroots Matches should be played on fields with goals and balls, following a match-day format that is developmentally appropriate for the participating players.

Match Format:	5v5 (With GK)
Goal Size:	Ideal: 5 ft (1.52 m) x 8 ft (2.43 m) Max: 6 ft (1.83 m) x 12ft (3.65) Min: 4ft (1.21m) x 6ft (1.83m)
Field Size:	Width: 25-30m Length: 30-36m
Ball Size:	4
Match Duration (maximum):	20 minutes (2 x 10 mins)
Maximum Match Time Per Player Per Day:	80 minutes (4 x 20 mins)
Minimum Rest Time Between Matches:	Duration of one match
Match Day Roster:	Ideal: 8-10 players, Maximum: 12 players
Match Day Format:	Festival Format
Referee or Game Leader:	Referee
Restarts from Sidelines:	Dribble-in and Pass-in
Offside:	No
Substitutions:	Unlimited (at all designated stoppages)
Retreat Line:	Yes (halfway line)
Corner Kicks:	Modified Corner Kicks
Player to Coach Ratio:	Ideal 8:1, Maximum 10:1
Playing Time and Positions:	Fair Playing Time for all players. Players try all positions
Travel Time:	Under 60 minutes each way (<i>Special Dispensation for QW to Brockville and vice versa</i>)
Grouping Players for Match Play:	-Must support Open Rosters that allow the movement of players -Teams cannot be formed using try-outs or evaluation methods -Tiering of players is not permitted before U10
Scores and Standings:	No scores or standings to be published by league or teams

Resources used: [Grassroots Standards](#); [Match Format and Playing Time](#); [Fair Playing Time](#)



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