

SUNDAY, AUGUST 30 - SOSA U8 & U9 FESTIVAL #7

FESTIVAL FORMAT AND INFORMATION: <https://sosaleague.com/sosa-u8-u9-festival-series-2026/>

HOST AND LOCATION: Quinte West Soccer Club, Centennial Park Fields 3A, 3B, 3C, 3D

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. 28. If you have already participated in a Festival and submitted a Participation List, you can confirm on the shared doc to be sent the week of the festival. If there have been changes to the approved roster, a new list must be sent. Only players and coaches listed on this form may be on the team's sidelines during games.

CANTEEN: A canteen will be set up near the fields. The canteen will accept both cash and card payments. It will have pop, chips, freezies, and other snacks. There are also [Pop-Up Shops](#) in Centennial Park and nearby fast food.

OTHER: Quinte West Centennial Park has a Splash Pad, changerooms, playground, picnic area, Skate Park, and waterfront walking trail.

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 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](#)

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- Each block is 30 minutes. 20-minute games; 2x10min halves, 2-3 mins halftime, 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. An odd number of teams means the break is sometimes two blocks long.

Aug 30 Quinte West	U8 Boys	U9 Boys	U8 Girls	U9 Girls
U8B -5 U9B - 6 U8/9G - 5 16 teams, 4 fields	QW U8B Green QW U8B White Belleville U8B Red Belleville U8B White KU U8B White	QW U9B Chevrefils QW U9B Mercer KU U9B Navy KU U9B White Belleville U9B Red Belleville U9B White	KU U8G	KU U9G White KU U9G Navy QW U9G Green QW U9G White

Time	Field 3A	Field 3B	Field 3C	Field 3D
1:00 PM - 1:30 PM	QW U9B Mercer vs Belleville U9B Red	KU U8B White vs Belleville U8B White	KU U9B Navy vs Belleville U9B White	QW U9G White vs KU U9G White
1:30 PM - 2:00 PM	QW U8B Green vs Belleville U8B Red	KU U8G vs KU U9G Navy	QW U9B Chevrefils vs KU U9B White	- - -
2:00 PM - 2:30 PM	QW U8B White vs KU U8B White	KU U9B Navy vs QW U9B Mercer	QW U9G Green vs KU U9G White	- - -
2:30 PM - 3:00 PM	Belleville U8B White vs Belleville U8B Red	Belleville U9B White vs KU U9B White	QW U9G White vs KU U8G	QW U9B Chevrefils vs Belleville U9B Red
3:00 PM - 3:30 PM	QW U9G Green vs KU U9G Navy	QW U8B White vs QW U8B Green	- - -	- - -
3:30 PM - 4:00 PM	QW U9B Chevrefils vs KU U9B Navy	KU U8G vs KU U9G White	Belleville U9B White vs QW U9B Mercer	KU U8B White vs Belleville U8B Red
4:00 PM - 4:30 PM	KU U9B White vs Belleville U9B Red	QW U8B White vs Belleville U8B White	QW U9G White vs KU U9G Navy	- - -
4:30 PM - 5:00 PM	QW U9G Green vs KU U8G	QW U8B Green vs KU U8B White	QW U9B Chevrefils vs Belleville U9B White	- - -
5:00 PM - 5:30 PM	QW U8B White vs Belleville U8B Red	QW U9B Mercer vs KU U9B White	KU U9B Navy vs Belleville U9B Red	KU U9G White vs KU U9G Navy
5:30 PM - 6:00 PM	QW U8B Green vs Belleville U8B White	QW U9G Green vs QW U9G White	- - -	- - -

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 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](#)



SOUTHEAST ONTARIO SOCCER ASSOCIATION