

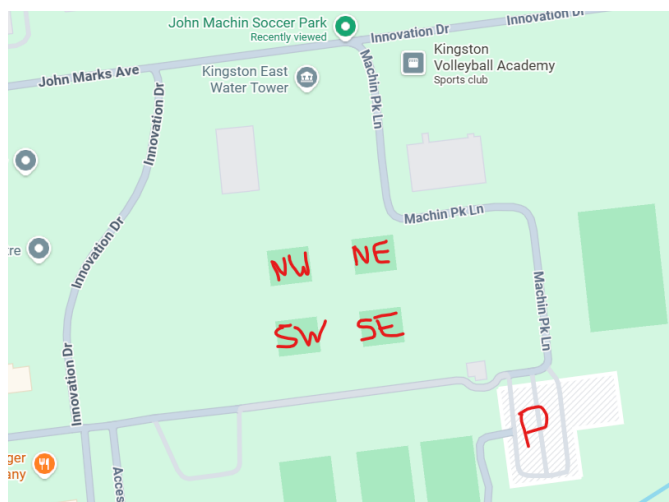
SUNDAY, AUGUST 16

SOSA U8 & U9 FESTIVAL SERIES

ENTRY SUMMARY	U8 Boys	U9 Boys	U8 Girls	U9 Girls
Aug 16 Kingston United U8B - 7 U9B - 8 U8/9G - 5	KU U8B ATK U8B Blue ATK U8B Red ATK U8B White QW U8B Green QW U8B White Westport U8B	KU U9B Brockville U9B QW U9B Chevrefils QW U9B Mercer ATK U9B Blue ATK U9B Red ATK U9B White Pegasus U9B	KU U8G	QW U9G KU U9G Navy KU U9G White ATK U9G

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

HOST AND LOCATION: Kingston United SC, John Machin Mini Fields



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. 14.

Teams that have participated in previous festivals need only confirm their entries on the shared document that will be sent out the week of the festival. Teams must submit a new form if there are changes to the approved roster.

CANTEEN: available with a selection of snacks and drinks

WEATHER: regular SOSA League policies apply; games are played in rain or sun, and only pause if there are lightning strikes

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

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

SUNDAY, AUG 16 - SOSA FESTIVAL SERIES

- 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 we allow for a break of the same duration as one match between matches. An odd number of teams causes some breaks to be two time-slots.

Aug 16 KU U8B - 7 U9B - 8 U8/9G - 5 20 teams, 4 fields	KU U8B White QW U8B Green QW U8B White ATK U8B Blue ATK U8B Red ATK U8B White Westport U8B	KU U9B Brockville U9B QW U9B Chevrefils QW U9B Mercer ATK U9B Blue ATK U9B Red ATK U9B White Pegasus U9B	KU U8G	KU U9G White KU U9G Navy ATK U9G QW U9G
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Time	John Machin Mini Field NW	John Machin Mini Field NE	John Machin Mini Field SW	John Machin Mini Field SE
2:00	ATK U8B Blue vs Westport U8B	ATK U8B Red vs ATK U8B White	QW U9B Mer. vs ATK U9B White	QW U9G vs KU U9G White
2:30	QW U8B Green vs KU U8B White	QW U9B Chev. vs Pegasus U9B	ATK U9B Red vs KU U9B	KU U8G vs ATK U9G
3:00	ATK U8B Red vs QW U8B White	ATK U8B White vs Westport U8B	Brockville U9B vs ATK U9B Blue	KU U9G Navy vs QW U9G
3:30	ATK U8B Blue vs KU U8B White	Pegasus U9B vs QW U9B Mer.	ATK U9B Red vs ATK U9B White	ATK U9G vs KU U9G White
4:00	QW U8B Green vs ATK U8B Red	Brockville U9B vs KU U9B	QW U9B Chev. vs ATK U9B Blue	KU U8G vs KU U9G Navy
4:30	KU U8B White vs ATK U8B White	QW U8B White vs Westport U8B	Pegasus U9B vs ATK U9B Red	QW U9G vs ATK U9G
5:00	ATK U8B Blue vs QW U8B Green	Brockville U9B vs ATK U9B White	ATK U9B Blue vs QW U9B Mer.	KU U9G Navy vs KU U9G White
5:30	KU U8B White vs ATK U8B Red	ATK U8B White vs QW U8B White	QW U9B Chev. vs KU U9B	KU U8G vs QW U9G
6:00	QW U8B Green vs Westport U8B	ATK U9B Blue vs Pegasus U9B	QW U9B Mer. vs ATK U9B Red	KU U9G Navy vs ATK U9G
6:30	ATK U8B Blue vs QW U8B White	Brockville U9B vs QW U9B Chev.	ATK U9B White vs KU U9B	KU U8G vs KU 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