

SUNDAY, JULY 12 - SOSA U8 & U9 FESTIVAL #3

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, July 10. If you have already participated in a Festival and submitted a Participation List, you can confirm there are no changes with an email OR submit a new list if there are changes. This form closes at 11:59 PM, Thursday, July 9. Only players and coaches listed on this form may be on the team's sidelines during games. <https://forms.gle/6wrLrvJTDcAWo9bLA>

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 if there are 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:

[Heat Stroke and Heat Exhaustion](#)

[Weather-Ready Coaching](#) - Extreme Heat and Humidity

[Weather-Ready Coaching](#) - Air Quality Heat Index

[Weather-Ready Coaching](#) - UV Index

[Weather-Ready Coaching](#) - Lightning Safety

SUNDAY, JULY 12 - SOSA U8 & U9 FESTIVAL #3

- We are allowing a half-hour for each block (20-minute games; 2x10min halves, 2-3 mins halftime, plus time for field changeover)
- Please warm up away from other fields so as not to interfere 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.

Time	Field 3A	Field 3B	Field 3C	Field 3D
1:00-1:30	QW U8B White vs KU U8B Navy	ATK U8B White vs ATK U8B Blue	QW U9B Chevrefils vs Belleville U9B Red	ATK U9B White vs ATK U9B Red
1:30-2:00	ATK U8B Red vs Belleville U8B White	QW U9G vs Belleville U8G	KU U8G vs Belleville U9G	KU U9G White vs KU U9G Navy
2:00-2:30	ATK U8B White vs Belleville U8B Red	KU U8B Navy vs ATK U8B Blue	KU U9B White vs ATK U9B White	QW U9B Chevrefils vs QW U9B Mercer
2:30-3:00	QW U8B White vs ATK U8B Red	KU U8B White vs Belleville U8B White	Belleville U9B White vs Belleville U9B Red	ATK U9B Blue vs ATK U9B Red
3:00-3:30	ATK U8B White vs QW U8B Green	QW U9G vs KU U9G Navy	KU U8G vs KU U9G White	Belleville U8G vs Belleville U9G
3:30-4:00	KU U8B White vs KU U8B Navy	Belleville U8B Red vs ATK U8B Blue	KU U9B White vs QW U9B Mercer	QW U9B Chevrefils vs ATK U9B White
4:00-4:30	QW U8B White vs Belleville U8B White	ATK U8B White vs ATK U8B Red	Belleville U9B White vs ATK U9B Red	Belleville U9B Red vs ATK U9B Blue
4:30-5:00	KU U8B White vs QW U8B Green	QW U9G vs KU U8G	Belleville U8G vs KU U9G Navy	Belleville U9G vs KU U9G White
5:00-5:30	Belleville U8B Red vs KU U8B Navy	ATK U8B Red vs ATK U8B Blue	KU U9B White vs QW Chevrefils	ATK U9B White vs QW U9B Mercer
5:30-6:00	QW U8B White vs KU U8B White	Belle U8B White vs QW U8B Green	Belleville U9B White vs ATK U9B Blue	Belleville U9B Red vs ATK U9B Red
6:00-6:30	QW U9G vs KU U9G White	KU U8G vs Belleville U8G	Belleville U9G vs KU U9G Navy	—
6:30-7:00	Belleville U8B Red vs QW U8B Green	KU U9B White vs Belleville U9B White	ATK U9B Blue vs QW U9B Mercer	—

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 (for 2026, defined as events outside of SOSA)

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

Match Format:	5v5 (With GK)
Goal Size:	Ideal: 5ft (1.52m) x 8ft (2.43m) Max: 6ft (1.83m) 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):	40 minutes (2x20 min or 4x10 min)
Maximum Match Time Per Player Per Day:	80 minutes
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 stoppages inc. free kicks
Retreat Line:	Yes (halfway line)
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

Resources used:

[Grassroots Standards](#)

[Match Format and Playing Time](#)

[Fair Playing Time](#)



SOUTHEAST ONTARIO SOCCER ASSOCIATION