

## SUNDAY, JULY 26 - SOSA U8 & U9 FESTIVAL #4

**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 1-6

**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 24. An email will be sent to all teams on the Monday before the festival (July 20) 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 (arriving at 4:30), Jumbo Freezies, Gatorade, Juice boxes, Chips, Candy Bags  
Visit the fun games that BSC will have set up on an empty field during your break!

**OTHER:** [Striker, the World Pup](#) will be visiting!



**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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- We are allowing a half-hour for each block (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                                                                     | U8 BOYS                                                                           | U9 BOYS                                                                                 |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Belleville U8G<br>Belleville U9G<br>KU U8G<br>KU U9G White<br>KU U9G Navy<br>QW U9G | Belleville Red<br>Belleville White<br>QW Green<br>QW White<br>KU White<br>KU Navy | Belleville Red<br>Belleville White<br>QW Chevrefils<br>QW Mercer<br>KU Navy<br>KU White |

|                    | FIELD 1                                      | FIELD 2                                        | FIELD 3                                  | FIELD 4                                   | FIELD 5                                   | FIELD 6                                 |
|--------------------|----------------------------------------------|------------------------------------------------|------------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------|
| <b>4:00 - 4:30</b> | Belleville U8G v<br>KU U8G                   | Belleville U9G v<br>KU U9G Navy                | QW U9G v<br>KU U9G White                 | Belleville U8B<br>Red v<br>KU U8B Navy    | Belleville U8B<br>White v<br>QW U8B White | KU U8B White v<br>QW U8B Green          |
| <b>4:30 - 5:00</b> | Belleville U9B<br>Red v<br>KU U9B Navy       | Belleville U9B<br>White v QW U9B<br>Chevrefils | KU U9B White v<br>QW U9B Mercer          |                                           |                                           |                                         |
| <b>5:00 - 5:30</b> | Belleville U8G v<br>KU U9G Navy              | Belleville U9G v<br>QW U9G                     | KU U9G White v<br>KU U8G                 | KU U8B Navy v<br>Belleville U8B<br>White  | QW U8B White v<br>KU U8B White            | QW U8B Green<br>v Belleville U8B<br>Red |
| <b>5:30 - 6:00</b> | KU U9B Navy v<br>Belleville U9B<br>White     | QW U9B<br>Chevrefils v<br>KU U9B White         | QW U9B Mercer<br>v Belleville U9B<br>Red |                                           |                                           |                                         |
| <b>6:00 - 6:30</b> | KU U9G White v<br>Belleville U9G             | Belleville U8G v<br>QW U9G                     | KU U8G v<br>KU U9G Navy                  | QW U8B Green<br>v Belleville U8B<br>White | Belleville U8B<br>Red v<br>KU U8B White   | KU U8B Navy v<br>QW U8B White           |
| <b>6:30 - 7:00</b> | QW U9B Mercer<br>v Belleville U9B<br>White   | Belleville U9B<br>Red v<br>KU U9B White        | KU U9B Navy v<br>QW U9B<br>Chevrefils    |                                           |                                           |                                         |
| <b>7:00 - 7:30</b> | KU U8G v<br>Belleville U9G                   | KU U9G Navy v<br>QW U9G                        | KU U9G White v<br>Belleville U8G         | Belleville U8B<br>Red v<br>QW U8B White   | Belleville U8B<br>White v<br>KU U8B White | KU U8B Navy v<br>QW U8B Green           |
| <b>7:30 - 8:00</b> | Belleville U9B<br>Red v QW U9B<br>Chevrefils | Belleville U9B<br>White v<br>KU U9B White      | KU U9B Navy v<br>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 ( <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)<br>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:                          | <a href="#">Modified Corner Kicks</a>                                                                                                                                            |
| 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<br>( <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<br>-Teams cannot be formed using try-outs or evaluation methods<br>-Tiering of players is not permitted before U10 |
| Scores and Standings:                  | <b>No scores or standings to be published by league or teams</b>                                                                                                                 |

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



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