

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