

Grassroots Standards	Active Start	Fundamentals	Fundamentals	Learn to Train	Learn to Train
Age Group	U6 and younger	U7	U8-U9	U10-U11	U12
Game Format	No formal games	3v3 (No GK)	4v4 (no GK) 5v5 (including GK)	7v7 (including GK)	9v9 (including GK)
Coaching Qualifications	Active Start + MED + RiS + Making Headway	Fundamentals + MED + RiS + Making Headway	Fundamentals + MED + RiS + Making Headway	Learn to Train + MED + RiS + Making Headway	Learn to Train + MED + RiS + Making Headway
Maximum Game Duration	Informal play	30 min	40 min	50 min	70 min
Maximum Game Time per Player per Day	N/A	Max 60 minutes	Max 60 minutes	Max 80 minutes	Max 100 minutes
Minimum rest time between games	N/A	Duration of one (1) game	Duration of one (1) game	Duration of one (1) game	Duration of one (1) game
Maximum Goal Size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5f/1.52mx8f/2.44m	6ft (1.83m) x 16ft (4.88m)	6f /1.83m x18f /5.49m
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 42-55m Length: 60-75m
Ball size	3	3	3 (or 4 super light*)	4 (or 5 light*)	4 (or 5 light*)
Number of memorable events	N/A	n / a	2 within Ontario	2 (1 within Ontario + 1 within North America)	4 (2 within Ontario + 2 within North America, 1 may be overseas)
Referee/Game Leader	N/A	Game Leader (can be the two coaches)	Game Leader (can be the two coaches)	Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in
Offside	N/A	No	No	No	Yes
Retreat Line	N/A	1/3	1/3	1/3	1/3
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season Length	10- 22 weeks	10- 22 weeks	10- 22 weeks	10- 22 weeks	10- 22 weeks
Team Travel Time	Within organization	60 minutes each way	60 minutes each way	60 minutes each way	60 minutes each way
Playing Time	Players all play	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions
Player to coach ratio	Ideal: 4:1 / Maximum: 8:1	Ideal: 6:1 / Maximum: 8:1	Ideal: 8:1 / Maximum: 10:1 (5v5)	Ideal: 10:1 / Maximum: 12:1	Ideal: 12:1 / Maximum: 16:1
Training to game ratio	N/A	1:1 to 2:1	1:1 to 2:1	2:1 to 3:1	2:1 to 3:1
Structured Training Duration	30 – 45 Minutes	30 – 45 minutes	45 – 60 minutes	60 – 75 minutes	Ideal 14 / Max 16
Game Day Roster Size (Game day only)	N/A	Ideal 6 / Max 9	Ideal 8 / Max 10	Ideal 10 / Max 12	Festival or League Format
Game Day Format	N/A	Festival Format	Festival Format	Festival Format	1
Number of game days per week	N/A	1	1	1	



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