



Ontario Soccer Grassroots Standards



Revised: October 4, 2021

	Active Start	Fundamentals		Learn to Train	
Criteria	U5 and U6	U7	U8 and U9	U10 and U11	U12 and U13
Match Format	No Formal Matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7 (including GK)	U12: 9v9 (including GK) U13: 9v9 or 11v11
Coaching Qualification	Active Start + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP
Maximum Match Duration	Informal Play	30 minutes	40 minutes	50 minutes	U12: 70 minutes U13: 80 minutes
Maximum Match Time per Player per Day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum Rest Time between Matches	N/A	Duration of 1 match	Duration of one match	Duration of one match	Duration of one match
Maximum Goal Size	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	1.52m (5ft) x 2.44m (8ft)	1.83m (6ft) x 4.88m (16ft)	1.83m (6ft) x 5.49m (18ft)
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)
Memorable Events	N/A	N/A	*Two (2) per Year	*Two (2) per Year	**Four (4) per year
Referee or Game Leader	N/A	Game Leader	Game Leader or Small Sided Referee	Small Sided Referee	Referee
Sideline Restarts	N/A	Pass in and Dribble in	Pass in and Dribble in	Pass in and Dribble in	Throw-in
Offside	N/A	N/A	No	No	Yes



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	U5 and U6	U7	U8 and U9	U10 and U11	U12 and U13
Retreat Line	N/A	Yes (Halfway Line)	Yes (Halfway Line)	Yes (One Third)	Yes (One Third)
Substitutions	N/A	Unlimited (any stoppage or during play)	Unlimited (any stoppage or during play)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team Travel Time	Within Organization	***Within Organization	Under 60 minutes each way	Under 60 minutes each way	Under 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)	Ideal (10:1) Maximum (12:1)	Ideal (12:1) Maximum (16:1)
Practice-to-Match Ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1
Structured Practice Duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Match Day Roster (Game day only)	N/A	Ideal: 6 Maximum: 8	Ideal: 8 Maximum: 10	Ideal: 10 Maximum: 12	Ideal: 12 Maximum: 16
Match Day Format	N/A	Festival Format	Festival Format	Festival or League Format	Festival or League Format
Number of competition days per week	N/A	One (1)	One (1)	One (1)	One (1)