

	Active Start	Fundamentals	Fundamentals	Learn to Train
Criteria	U5	U7	U9	U11
Match format (maximum)	No formal matches	3vs3	5v5 (with GK)	7v7 (with GK)
Coaching Qualifications	Active Start + MED + RiS + Making Headway + EAP	Fundamentals +MED + RiS + Making Headway + EAP	Fundamentals +MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum Match Duration	Informal Play	30 minutes	40 minutes	50 minutes
Maximum Match time per player per day	N/A	60 minutes	80 minutes	100 minutes
Minimum Rest time between matches	N/A	Duration of 1 match	Duration of 1 match	Duration of 1 match
Maximum Goal Size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	5ft (1.52m) x 8ft (2.44m)
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m
Ball Size	3	3	4	4
Number of Memorable Events (Maximum)	N/A	N/A	Two per year	Two per year
Referee or Game Leader	N/A	Game Leader	Junior Referee	Junior Referee
Restarts from Sidelines	N/A	Pass in or Dribble In	Pass in or Dribble In	Pass in or Dribble In
Offside	N/A	N/A	No	No
Retreat Line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (1 third)
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)
Season Length (Outdoor)	8-9 weeks	8-9 weeks	8-9 weeks	8-10 weeks
Team Travel Time (within NWC League)	N/A	N/A	N/A	80 minutes each way within NWC
Playing time (players encouraged to try all positions for U5-U11)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players

Player to Coach Ratio	4 to 1	4 to 1	8 to 1	8 to 1
Practice to Match Ratio	N/A	1 to 1	1 to 1	2 to 1
Structured Practice Duration	30 to 45 minutes	30 to 45 minutes	45 to 60 minutes	45 to 60 minutes
Match Day Roster Guidelines	N/A	Ideal: 6	Ideal: 8	Ideal: 10
Match Day Format	N/A	Festival Format	Festival Format	Festival Format
Number of Match Days Per Week (Festival or League)	N/A	One	One	One

Learn to Train	Train to Train	Train to Compete	Train to Win
U13	U15	U17	U19
9v9	11vs11	11v11	11v11
Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Soccer for Life + MED + RiS + Making Headway + EAP
80 minutes	80 minutes	80 minutes	80 minutes
120 minutes	No maximum	No maximum	No maximum
Duration of 1 match	Duration of 1 match	Duration of 1 match	Duration of 1 match
6ft (1.83m) x 18ft (4.88m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 16ft (4.88m)
Width: 45-55m Length: 65-75m	Width: 45-90m Length: 90-120m	Width: 45-90m Length: 90-120m	Width: 45-90m Length: 90-120m
5	5	5	5
Three per year	Four per year	Four per year	Four per year
Referee (Junior or Senior)	Senior Referee	Senior Referee	Senior Referee
Throw In	Throw In	Throw In	Throw In
Yes	Yes	Yes	Yes
Optional (1 third)	No	No	No
Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)
8-10 weeks	8-11 weeks	8-11 weeks	8-11 weeks
80 minutes each way	120 minutes each way	120 minutes each way	120 minutes each way
All players will play but playing time to be determined by coaching staff.	All players will play but playing time to be determined by coaching staff.	All players will play but playing time to be determined by coaching staff.	All players will play but playing time to be determined by coaching staff.

10 to 1	10 to 1	10 to 1	10 to 1
2 to 1	3 to 1	3 to 1	3 to 1
60 to 75 minutes	60 to 75 minutes	60 to 75 minutes	60 to 75 minutes
Ideal: 14	Ideal: 16	Ideal: 16	Ideal: 16
League Format	League Format	League Format	League Format
One	One	One	One