



Grassroots Game Formats

Outdoor*					
Age Group	Game Duration	Format (Incl. GK)	Restart from Sideline	Retreat Line	Offside
U5	No formal matches	Informal Play	N/A	N/A	No
U7	Two 20-minute halves ¹	5v5 ¹	Pass or Dribble In	Yes (halfway line)	No
U9	Two 20-minute halves	5v5	Pass or Dribble In	Yes (halfway line)	No
U11 ²	Two 25-minute halves	7v7	Pass or Dribble In	Yes (one third)	No
Indoor*					
Age Group	Game Duration	Format (Incl. GK)	Restart from Sideline	Retreat Line	Offside
U5	No formal matches	Informal Play	N/A	N/A	N/A
U7	Two 25-minute halves	7v7	Pass In	Yes (one third)	N/A
U9	Two 25-minute halves	7v7	Pass In	Yes (one third)	N/A
U11 ²	Two 25-minute halves	7v7	Pass In	Yes (one third)	N/A

¹ Canada Soccer Grassroots Standards recommends two 15-minute halves and 3v3 for U7. Mini tournaments may be in the above format. Clubs are asked to trial 3v3 in their home communities.

² Should U11 be scheduled for games during the regular Lakeland League, all regular league processes should be followed in the Lakeland Rules & Regulations.

*Any team participating in tournaments outside of the District should follow the District Card and ASA Roster Process in the Lakeland Rules & Regulations.