



# MANITOBA SOCCER GRASSROOTS GUIDELINES

STAGE	FUNDAMENTALS		LEARN TO TRAIN	
Age Group	U6/U7	U8/U9	U10/U11	U12/U13
Playing Format	3v3	5v5 (Including GK)	7v7 (Including GK)	9v9 (Including GK)
Coaching Requirements (2019)	FUNDamentals + MED + RIS	FUNDamentals + MED + RIS	Learn to Train + MED + RIS	Learn to Train + MED + RIS
Roster Size (Recommended)	Ideal: 6	Ideal: 8	Ideal: 10	Ideal: 14
Game Duration	Player Festival	40 Minutes	45 Minutes	50 Minutes
Referee/Game Leader	Game Leader	Game Leader	Referee	Referee
Throw ins	No (Pass or Dribble in)	No (Pass or Dribble in)	No (Pass or Dribble in)	Yes
Offside	No	No	No	Yes
Substitutions	Unlimited (any stoppage or on fly)	Unlimited (any stoppage or on fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Field width/ field length	Width: 18-22m / Length 25-30m	Width: 25m-30m / Length 30-36m	Width: 30-36m / Length 40-55m	Width: 42-55m / Length 60-75m
Ball Size	3	3 or 4	4	4 (or 5 light)

Manitoba Soccer has aligned its grassroots guidelines with [Canada Soccer](#)