

SSDSA Summer 2024 League Standards Summary

| Criteria | U9 | U11 | U13 |
|----------------------------------|---------------------------|---------------------------|---------------------------|
| Game Duration | 25min/game | 2x 30min halves | 2x 35min halves |
| # of Players | 5v5 | 7v7 | 9v9 |
| Ball Size | 4 | 4 | 4 |
| Restart from Sideline | Pass In (no dribble in) | Pass In (no dribble in) | Throw In |
| Retreat Line | Half Line | 1/3 of the Field | 1/3 of the Field |
| Offside | No | No | Yes |
| Substitutions | Unlimited at any stoppage | Unlimited at any stoppage | Unlimited at any stoppage |
| Goalkeeper Drop Kick/Punt | No | Yes | Yes |
| Power Play Rule | Yes | Yes | No |
| Playing Time | Fair Play | Fair Play | Fair Play |

Additional Notes:

- Ensure coaches ask referee for substitutions at all levels and have players go to half to sub on (good practice to start at U9). Players are to wait until the referee signals for subs which is at the referee's discretion based on the flow of play
- Goalkeeper drop kick/punting at U11 & U13 should not be used exclusively, the focus should be on the goalkeeper making the right decision, i.e. play short to build from the back or play long to counterattack effectively
- Power play rule is in effect for U9/U11 (refer to <https://www.soccerns.ca/wp-content/uploads/2018/12/Power-Play-Initiative.pdf>)
- Balancing teams is encouraged at U9/U11
- No jewelry of any kind, including earrings
- Ensure nets are weighted
- More detailed League Standards can be reviewed at <http://southshoredistrictsoccer.msa4.rampinteractive.com/> and <https://canadasoccer.com/play-landing/canada-soccer-grassroots-standards/>