

SSDSA Summer 2025 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	5
Restart from Sideline	Pass In (no dribble in)	Pass In (no dribble in)	Throw In
Retreat Line	Half Line	1/3 of the Field	No
Offside	No	No	Yes
Substitutions	Unlimited at any stoppage	Unlimited at any stoppage	Unlimited at any stoppage
Goalkeeper Drop Kick/Punt	No	Yes	Yes
Heading the Ball	No	No	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/>