



# CANADA SOCCER GRASSROOTS STANDARDS

|                                                                                                                                                                                                                        | ACTIVE START   | FUNDAMENTALS                                      |                                                                          | LEARN TO TRAIN                              |                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|---------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------|
| CRITERIA                                                                                                                                                                                                               | U4-U6          | U6-U7                                             | U8-U9                                                                    | U10-U11                                     | U12-U13                                                                                      |
| Principle: Grassroots Programs should be appropriately structured for the age and stage of the participating players and allow for the opportunity for multi-sport participation, activity sampling, and life balance. |                |                                                   |                                                                          |                                             |                                                                                              |
| Season or Block Length                                                                                                                                                                                                 | 6-16 weeks     | 6-16 weeks                                        | 6-22 weeks                                                               | 10-22 weeks                                 | 10-22 weeks                                                                                  |
| Practice-to-Match Ratio                                                                                                                                                                                                | N/A            | 1:1 or 2:1                                        | 2:1 or 3:1                                                               | 2:1 or 3:1                                  | 2:1 or 3:1                                                                                   |
| Structured Practice Duration                                                                                                                                                                                           | 30-60 minutes  | 30-60 minutes                                     | 45-75 minutes                                                            | 60-75 minutes                               | 60-90 minutes                                                                                |
| Number of Match Days per Week                                                                                                                                                                                          | N/A            | 1 [ Respecting the practice-to-match ratio]       |                                                                          |                                             |                                                                                              |
| Number of Memorable Events (tournaments)                                                                                                                                                                               | N/A            | N/A                                               | 2 per season                                                             | 2 per season                                | 3 per season                                                                                 |
| Principle: Grassroots Matches should be played on fields, with goals and balls, and following a match day format that is developmentally appropriate for the participating players.                                    |                |                                                   |                                                                          |                                             |                                                                                              |
| Match Format (maximum)                                                                                                                                                                                                 | Informal Games | 3v3                                               | 4v4 (No GK) <b>or</b> 5v5 (With GK)                                      | 7v7                                         | 9v9                                                                                          |
| Maximum Goal Size                                                                                                                                                                                                      | N/A            | Pop-up Goals<br>3ft [0.91m] x 5ft [1.52m]         | 5ft [1.52m] x 8ft [2.44m]                                                | 6ft [1.83m] x 16ft [4.88m]                  | 6ft [1.83m] x 18ft [5.49m]                                                                   |
| Field Size                                                                                                                                                                                                             | N/A            | Width: 18-22m<br>Length: 25-30m                   | Width: 25-30m<br>Length: 30-36m                                          | Width: 30-36m<br>Length: 40-55m             | Width: 45-55m<br>Length: 65-75m                                                              |
| Ball Size                                                                                                                                                                                                              | 3              | 3                                                 | 3 or 4                                                                   | 4                                           | U12: 4<br>U13: 5                                                                             |
| Match Duration (maximum)                                                                                                                                                                                               | N/A            | 30 minutes<br>(2x15 min, or 4x7.5 min)            | 40 minutes<br>(2x20 min or 4x10 min)                                     | 50 minutes<br>(2x25 min or 4x12.5 min)      | 70 minutes (U12)<br>(2x35 min or 4x 17.5 min)<br>80 minutes (U13)<br>(2x40 min or 4x 20 min) |
| Maximum Match Time Per Player Per Day                                                                                                                                                                                  | N/A            | 60 minutes                                        | 80 minutes                                                               | 100 minutes                                 | 120 minutes                                                                                  |
| Minimum Rest Time Between Matches                                                                                                                                                                                      | N/A            |                                                   | Duration of one match                                                    |                                             |                                                                                              |
| Match Day Roster                                                                                                                                                                                                       | N/A            | Ideal: 6 players<br>Maximum: 9 players            | Ideal: 8-10 players<br>(depending on game format)<br>Maximum: 12 players | Ideal: 10-12 players<br>Maximum: 14 players | Ideal: 14 players<br>Maximum: 18 players                                                     |
| Match Day Format                                                                                                                                                                                                       | N/A            | Festival Format                                   |                                                                          | Festival or League Format                   |                                                                                              |
| Referee or Game Leader                                                                                                                                                                                                 | N/A            | Game Leader                                       | Game Leader or Referee                                                   |                                             | Referee                                                                                      |
| Restarts from Sidelines                                                                                                                                                                                                | N/A            | Dribble-in and Pass-in                            |                                                                          |                                             | Throw-in                                                                                     |
| Offside                                                                                                                                                                                                                | N/A            | No                                                |                                                                          |                                             | Yes                                                                                          |
| Substitutions                                                                                                                                                                                                          | N/A            | Unlimited (on the fly or at designated stoppages) |                                                                          | Unlimited (any stoppage)                    |                                                                                              |
| Retreat Line                                                                                                                                                                                                           | N/A            | Yes (halfway line)                                |                                                                          | Yes (one third)                             | No                                                                                           |

|                                                                                                                                                                                     | ACTIVE START                                                                                                                                                                                                                                                                                             | FUNDAMENTALS                                                                                                                         |                            | LEARN TO TRAIN                                               |                             |
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| CRITERIA                                                                                                                                                                            | U4-U6                                                                                                                                                                                                                                                                                                    | U6-U7                                                                                                                                | U8-U9                      | U10-U11                                                      | U12-U13                     |
| Principle: Coaches have the greatest impact on the experience of players and every child deserves a properly qualified coach.                                                       |                                                                                                                                                                                                                                                                                                          |                                                                                                                                      |                            |                                                              |                             |
| Coaching Qualifications                                                                                                                                                             | As outlined in the Canada Soccer Coach Education Minimum Standards, Canada Soccer Safe Sport Roster and presented below                                                                                                                                                                                  |                                                                                                                                      |                            |                                                              |                             |
|                                                                                                                                                                                     | Grassroots Stream*<br>1. Criminal Record Check with Vulnerable Sector Screen<br>2. NCCP Make Ethical Decisions Module and/or Online Evaluation<br>3. Respect in Sport Activity Leader Program<br>4. NCCP Making Headway Module<br>5. NCCP Emergency Action Planning Module<br>6. NCCP Rule of Two Module |                                                                                                                                      |                            |                                                              |                             |
|                                                                                                                                                                                     | Active Start – Online Theory Module and Practical Workshop                                                                                                                                                                                                                                               | Fundamentals – Online Theory Module and Practical Workshop                                                                           |                            | Learn to Train – Online Theory Module and Practical Workshop |                             |
|                                                                                                                                                                                     | Grassroots – Community Stream*<br>1. Criminal Record Check with Vulnerable Sector Screen<br>2. Canada Soccer Coaching Soccer in Canada Online Module<br>3. Respect in Sport Activity Leader Program                                                                                                      |                                                                                                                                      |                            |                                                              |                             |
|                                                                                                                                                                                     | * these coach qualifications represent the minimum standard for the Grassroots Streams. Member Association may increase the requirements within their jurisdiction.                                                                                                                                      |                                                                                                                                      |                            |                                                              |                             |
| Player-to-Coach Ratio                                                                                                                                                               | U4: One-with-One (child-with-adult informal play)<br>U6: Ideal: 4:1; Maximum 8:1                                                                                                                                                                                                                         | Ideal: 6:1<br>Maximum 9:1                                                                                                            | Ideal: 8:1<br>Maximum 10:1 | Ideal: 8:1<br>Maximum 12:1                                   | Ideal: 8:1<br>Maximum 14:1  |
| Principle: Children register to play soccer, not to watch others play or spend time traveling. Teams should strive for fair playing time and limit travel time as much as possible. |                                                                                                                                                                                                                                                                                                          |                                                                                                                                      |                            |                                                              |                             |
| Playing Time and Positions                                                                                                                                                          | N/A                                                                                                                                                                                                                                                                                                      | Fair Playing Time for All Players (Coaches should target a minimum of 50% playing time for each player)<br>Players Try All Positions |                            |                                                              |                             |
| Team Travel Time                                                                                                                                                                    | Within organization                                                                                                                                                                                                                                                                                      | Under 60 minutes each way                                                                                                            |                            |                                                              |                             |
| Principle: Talent Identification and selection should be delayed as long as possible to provide as many players as possible with the best training environment available.           |                                                                                                                                                                                                                                                                                                          |                                                                                                                                      |                            |                                                              |                             |
| Grouping Players for Match Play                                                                                                                                                     | Must support “Open Rosters” that allow the movement players between teams on a regular and ongoing basis                                                                                                                                                                                                 |                                                                                                                                      |                            |                                                              |                             |
|                                                                                                                                                                                     | Teams cannot be formed using try-outs or other similar evaluation methods                                                                                                                                                                                                                                |                                                                                                                                      |                            |                                                              |                             |
|                                                                                                                                                                                     | Tiering of players is not permitted before U11                                                                                                                                                                                                                                                           |                                                                                                                                      |                            |                                                              |                             |
| Select Teams                                                                                                                                                                        | No provincial/territorial or regional select teams before U14.                                                                                                                                                                                                                                           |                                                                                                                                      |                            |                                                              |                             |
| Principle: Match results should not be the focus of grassroots soccer as this restricts player development and negatively impacts the player experience.                            |                                                                                                                                                                                                                                                                                                          |                                                                                                                                      |                            |                                                              |                             |
| Scores and Standings                                                                                                                                                                | N/A                                                                                                                                                                                                                                                                                                      | No scores or standings                                                                                                               |                            |                                                              |                             |
| Scores and Standings in Tournaments                                                                                                                                                 | N/A                                                                                                                                                                                                                                                                                                      |                                                                                                                                      | No                         |                                                              | Permitted but not preferred |