

# EASTERN ONTARIO DISTRICT SOCCER ASSOCIATION GRASS ROOTS STANDARDS DRAFT 1 (EODSA Changes highlighted in red)

Revised: June, 2023	Active Start	Fundamentals		Learn to Train
Criteria	U5/U6	U7/U8	U9/U10*	U11/U12*
Match Format	No Formal Matches	4v4 no GK or 5v5 (Including GK)	7V7 (Including GK)	9V9 (Including GK)
Coaching Qualification	Active Start + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP
Maximum Match Duration	Informal Play	40 minutes (2x20 minute halves)	50 minutes (2x25 minute halves)	U11/U12 - 70 minutes (2X35 minute halves)
Maximum Match Time per Player per Day	N/A	40 minutes	60 minutes	75 minutes
Minimum Rest Time between Matches	N/A	Duration of one match	Duration of one match	Duration of one match
Maximum Goal Size	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	U7 - Pop-Up Goals U8 - 1.52m (5ft) x 2.44m (8ft)	1.52m (5ft) x 2.44m (8ft)	1.83m (6ft) x 4.88m (16ft)
Field Size	N/A	Width: 25-30m 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)
Memorable Events	N/A	N/A	Unlimited	Unlimited
Referee or Game Leader	N/A	Game Leader	Game Leader*	Small Sided Referee
Sideline Restarts	N/A	Pass or Dribble in	Throw-in*	Throw-in
Offside	N/A	N/A	N/A	Yes
Retreat Line	N/A	Yes (Halfway Line)	1/3 of the field	N/A
Substitutions	N/A	Unlimited any stoppage during play	Unlimited any stoppage during play	Unlimited (any stoppage)
Season Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks
Team Travel Time	Within Organization	Unlimited	Unlimited	Unlimited
Playing Time	Players all play	Fair time in all positions	Fair time in all positions	Fair time in all positions
Player-to-Coach Ratio in Training	Ideal (4:1) Maximum (8:1)	Ideal (6:1) Maximum (8:1)	Ideal (8:1) Maximum (10:1)	Ideal (10:1) Maximum (12:1)
Practice-to-Match Ratio	N/A	2:1 or 3:1	2:1 or 3:1	2:1 or 3:1
Structured Practice Duration	30-45 minutes	45-60 minutes	45-60 minutes	60-75 minutes
Match Day Roster (Game day only)	N/A	Ideal: 7 Maximum 10	Ideal: 10 Maximum 14	Ideal: 12 Maximum 18
Match Day Format	N/A	U7 Festivals U8 League Format	League Format and 1 tournament style competitions during the season	League Format and 2 tournament style competitions during the season (if scheduling permits)
Number of competition days per week	N/A	One (1)	one	one

\* = TAG Group to finalize