

RECREATIONAL MATRIX For 2013 and beyond



CANADIAN
SPORT FOR LIFE

STAGE	ACTIVE START	FUNDAMENTALS	FUNDAMENTALS / LEARNING TO TRAIN		
NO SCORES, NO STANDINGS					
Age Group	U4 and U5	U6	U7 and U8	U9 and U10	U11 and U12
Playing format	No games	3v3 (No GK)	5v5 (with GK) or 4v4 (no GK)	7v7 (including GK)	9v9 (including GK)
Coaching Recommendation	Active Start + MED and RiS	Fundamentals + MED and RiS	Fundamentals + MED and RiS	Learning to Train + MED and RiS	Learning to Train + MED and RiS
Squad Size (Game day only)	n / a	Max 6	Max 10	Ideal 9 / Max 12	Ideal 12 / Max 16
Substitutions	n / a	Unlimited	Unlimited	Unlimited	Unlimited
Training to playing ratio	n / a	1:1	1:1 to 2:1	1:1 to 2:1	1:1 to 2:1
Max games per outdoor season	n / a	20	20	20	20
Max Festivals per season **not to exceed max playing time per day**	n / a	n / a	10 (U8 Only)	3	3
Number of Competition Days Per Week	n / a	1 competition day	1 competition day	1 competition day	1 competition day
Recommended Training Time	30 – 45 Minutes	30 – 45 Minutes	30 – 45 minutes	45 – 70 minutes	45 – 70 minutes
Recommended Playing time	n / a	Equal time in all positions	Equal time in all positions	Equal time in all positions	Equal time in all positions
Game duration	n / a	2 x 15 min	2 x 15 min	2 x 25 min	2 x 35 min
Playing Time per day (Festivals)	n / a	Max 40 minutes	Max 80 minutes	Max 80 minutes	Max 80 minutes
Minimum rest between matches	n / a	15 min	20 min	30 min	30 min
Season length (outdoor or indoor)	4 - 16 weeks	12 - 20 weeks	12 – 20 weeks	16 – 20 weeks	16 – 20 weeks
Team Travel	n / a	n / a (club focus no travel required)	Within Club or District	Within district preferred. Within region permitted with district approval	Within district and region permitted
Referee	n / a	n / a	Recommended	Yes	Yes
Throw ins	n / a	No (pass ins)	No (pass ins)	No (pass ins)	Yes
Offside	n / a	No	No	No	Yes
Field width	n / a	18 to 22m	25 to 30m	30 to 36m	42 to 55m
Field length	n / a	25 to 30m	30 to 36m	40 to 55m	60 to 75m
Goal Size (no larger than)	n / a	Pug nets or 5f / 1.52m x 8f / 2.44m	5f / 1.52m x 8f / 2.44m	6f / 1.83m x 16f / 4.88m	6f / 1.83m x 18f / 5.49m
Ball size	3	3	3 or 4	4	4

PLEASE NOTE

MED = Making Ethical Decisions

RiS = Respect in Soccer

Participation mementos (certificates or t-shirts) are allowed at Festivals. The OSA would encourage clubs / districts organizing Festivals to move away from participation medals and trophies and look to lower participation costs where possible.

The current LTPD Development Stages (Fundamentals, Learning to Train etc) relate to the different development stages as players develop and are different for males and females. The CSA Coaching courses are tailored to these development stages. At the current time to assist in the understanding and acceptance of changes to competition we have kept competition specific to age groups and consistent for both male and female competition i.e. U8.