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INFORMATION BULLETIN

Bulletin #: I2025-09
Date: March 10, 2025
To: District Presidents/Chairs, District Administrators and District Ontario Cup Coordinators
CC: Board of Directors, Ontario Soccer Staff
From: Matt Ferreira, Director, Development
Subject: 2025 MilkUP Ontario Cup Entry Form Now Available

Ontario Soccer is excited to announce that the Entry Form for the 2025 MilkUP Ontario Cup is now open!

The MilkUP Ontario Cup, the Provincial Soccer Championship, is the largest Club competition of its kind in Canada. One of the oldest sporting events in the country, Ontario Soccer's MilkUP Ontario Cup was first staged in 1901 and has operated continuously, with the exception of the World War II period and during the Covid-19 Pandemic in 2020. The 2025 season will mark the **109th** year of the Competition.

The 2025 MilkUP Ontario Cup Entry Form is available on the [Ontario Soccer website here](#). The Entry Deadline is **April 2, 2025**. Please note that entries **will not** be accepted after the published deadline.

New MilkUP Ontario Cup Coach Certification Requirements

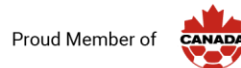
For the 2025 season, and going forward, the Coach Certification requirement for the 2025 MilkUP Ontario Cup requires that all Team **Head Coaches have a Grassroots Diploma** and/or higher licensing. As a provincial level competition, the introduction of education requirements will look to improve the experience of players through enhanced coach knowledge and skillsets.

Where a Head Coach does not meet the minimum requirement for the 2025 season, a Coach Development Plan can be [submitted here](#) which, when approved, will be valid for one season. This provides coaches the opportunity and time to meet the requirement ahead of the 2026 season.

As a reminder we would also like to highlight that Assistant Coaches, as per Ontario Soccer's Operational Procedures, require a minimum of [Soccer for Life certification](#) and the completion of the [Safe Sport Roster](#).



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More information on Coaching requirements and access to competition can be found through [Information Bulletin 2024-038](#).

MilkUP Ontario Cup Format

Under 13 to Under 17 Divisions

Informed by end-of-season evaluation survey and stakeholder consultation through the Competitions Management Committee, the 2025 MilkUP Ontario Cup format for the Under 13 to Under 17 divisions will once again be a knock-out format with a two-game guarantee. **All teams in these divisions will be guaranteed to be scheduled for at least two games in the competition.**

Under this format, all teams in an Under 13 to Under 17 division will play in an Opening Round. The Opening Round has been split into two weekends and may consist of some teams playing in an Opening Round Prelim game on May 24 or May 31 depending on the division. The winners will play again on May 31-June 1 or June 7-8. Some teams may not play in a Prelim game and may start on May 31-June 1 or June 7-8. It will depend on the number of teams entered in the division.

Teams that win on May 31-June 1 or June 7-8 will advance to either a First Round, Second Round or Third Round in the MilkUP Ontario Cup, again depending on the number of teams in the division. Teams that play only one game in the Opening Round and do not win, will advance to a Re-Entry Round.

Based on feedback from the surveys, the Re-Entry round has been split over two weekends. Teams that win their games on the second weekend of this Round will advance to the First, Second or Third Round of the MilkUP Ontario Cup. The remainder of the competition will be played under a single game knock-out format.

The Under 16 District divisions which saw two-tiers of competition at specific age groups has been removed for the 2025 season, after review of year-over-year participant entries, survey feedback and stakeholder consultation.

Under 18, Under 21 and Senior Open Divisions

These divisions will continue to play in a single game knock-out format with no changes made from the 2024 competition structure.

Masters Provincial Championships

The deadline for entering the Masters Provincial Championships is **May 7, 2025**. The online Entry Form will be available until that date. The Entry Form can be found [here](#).

For more information, and to stay up-to-date on MilkUP Ontario Cup news, please visit [our website](#).



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If you have questions, please contact [Robyn McComb, Senior Manager, Competitions.](#)

