



Ontario Soccer Grassroots Standards

Revised: October 4, 2021

Revised: October 4, 2021						
Criteria	Active Start U5 and U6	Fundamentals U7		Learn to Train U10 and U11		U12 and U13
Retreat Line	N/A	Yes (Halfway Line)	Yes (Halfway Line)	Yes (One Third)	Yes (One Third)	
Substitutions	N/A	Unlimited (any stoppage or during play)	Unlimited (any stoppage or during play)	Unlimited (any stoppage)	Unlimited (any stoppage)	
Season Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks	
Team Travel Time	Within Organization	***Within Organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	
Playing Time	Players all play	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions	
Player-to-Coach Ratio	Ideal (4:1) Maximum (8:1)	Ideal (6:1) Maximum (8:1)	Ideal (8:1) Maximum (10:1)	Ideal (10:1) Maximum (12:1)	Ideal (12:1) Maximum (16:1)	
Practice-to-Match Ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1	
Structured Practice	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes	
Match Day Roster (Game day only)	N/A	Ideal: 6 Maximum: 8	Ideal: 8 Maximum: 10	Ideal: 10 Maximum: 12	Ideal: 12 Maximum: 16	
Match Day Format	N/A	Festival Format	Festival Format	Festival or League Format	Festival or League Format	
Number of competition days per week	N/A	One (1)	One (1)	One (1)	One (1)	