

Force Soccer Academy

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Burlington Force Soccer Academy Policy on Alignment with Canada Soccer Grassroots Standards

Updated November 2023

I. Purpose

The purpose of this policy is to outline Burlington Force Soccer Academy's (BFSA) commitment to aligning all playing formats with Canada Soccer Grassroots Standards. The policy ensures that all BFSA teams participate in festivals, leagues, and competitions that adhere to the highest standards of play, as sanctioned by Canada Soccer and Ontario Soccer.

II. Policy Statement

BFSA is dedicated to promoting and adhering to the Canada Soccer Grassroots Standards, which provide a structured, player-focused development pathway. We affirm our responsibility to offer a playing environment that prioritizes the growth and enjoyment of our players in line with these national standards.

III. Sanctioned Festivals and Leagues Participation

BFSA teams will only participate in competitions, leagues, and festivals that have received official sanctioning from Ontario Soccer. All sanctioned events must comply with the standards set by Canada Soccer Grassroots Standards, ensuring quality and consistency of the player development experience.

IV. Compliance with Grassroots Standards

BFSA will regularly review and update its programs to align with the age-specific recommendations provided by Canada Soccer and Ontario Soccer. Modifications to game formats, including the number of players, field size, and duration of play, will reflect the guidelines established by Canada Soccer for each developmental stage.

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V. Player Development Focus

- The Academy will place the highest priority on player development over competition outcomes.
- Festivals and league play will be chosen based on their ability to provide a developmental environment consistent with Canada Soccer's LTPD model.

VI. Education and Communication

- BFSA will educate coaches, players, and parents about the importance of Canada Soccer Grassroots Standards and the rationale behind our participation policy.
- Clear communication will be maintained with all stakeholders about which festivals and leagues are sanctioned and align with our player development philosophy.

VII. Monitoring and Evaluation

BFSA will monitor and evaluate the experiences of our teams in sanctioned festivals and leagues to ensure ongoing alignment with Canada Soccer Grassroots Standards. Feedback from coaches, players, and parents will be considered in the evaluation of these events.

VIII. Policy Review

This policy will be reviewed annually and revised as necessary to remain current with Canada Soccer's Grassroots Standards and Ontario Soccer's guidelines.

IX. Enforcement

- Non-compliance with this policy may result in the adjustment of BFSA team participation in festivals and leagues to ensure alignment with the prescribed standards.

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- The Academy's leadership will address any concerns regarding non-compliance and take appropriate action.

By adhering to this policy, BFSa reinforces its commitment to providing the best possible soccer development environment for our players, in accordance with national standards.

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CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 (U12) 9v9 or 11v11 (U13)
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes (U12) 80 minutes (U13)
Maximum match time per player per day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 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 Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	9v9 Width: 42-55m Length: 60-75m 11v11 Width: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year <i>*One (1) event may be overseas</i>
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in
Offside	N/A	N/A	No	No	Yes
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (one third)
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season or block length (indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team travel time	Within organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players
Player-to-coach ratio	Ideal: 4:1 Maximum: 8:1	Ideal: 6:1 Maximum: 8:1	Ideal: 8:1 Maximum: 10:1 (5v5)	Ideal: 10:1 Maximum: 12:1	9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1
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 duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Match day roster guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	9v9 Ideal: 14 players 11v11 Ideal: 16 players
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)

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