

AASC PLAYING FORMAT

GAME STRUCTURE - Following Canada Soccer's Grassroots Standards

AGE	FORMAT includes GK U8&up	BALL SIZE	RETREAT LINE	Sideline Restarts	CORNERS	OFFSIDE	SUBS	FIELD SIZE	GAME LENGTH	REFEREES	IDEAL # PLAYERS ON TEAM**
U5-U6G&B	3V3	3	n/a	n/a	NO	NO	on the fly	Turf	20X1*	NO	6
U7B	4v4	3	n/a	pass-in	NO	NO	on the fly	Turf	20X1*	NO	7-8
U7-U8G	4V4 or 5v5	3	n/a	pass-in	NO	NO	on the fly	Turf	30X1*	NO	7-8
U8B	5V5	4	halfway	pass-in	YES	NO	any stoppage	25x36	25X2	YES	8
U9B	5V5	4	halfway	pass-in	YES	NO	any stoppage	25x36	25X2	YES	8
U9/10G	5v5	4	halfway	pass-in	YES	NO	any stoppage	25x36	25X2	YES	8
U10/11B	7v7	4	1/3	throw-in	YES	YES	any stoppage	36x55	25X2	YES	10
U11/12/13G	8v8	4	1/3	throw-in	YES	YES	any stoppage	45x65	35X2	YES	12
U12/13B	8v8	4	1/3	throw-in	YES	YES	any stoppage	45x65	35X2	YES	12
U14+	8V8+	5	none	throw-in	YES	YES	any stoppage	Turf	40X2	YES	12

*U5,U6&U7 Games are informal at the end of a collaborative practice session with multiple teams

**Ideal number of players on a team does not account for Double Sided Games (DSG's). If DSG's are an option then teams can be larger