



Operating Procedures Outdoor 2026

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1. League Membership & Player Registration

1.1. Minor Membership including Senior Division 2

- 1.1.1. Minor teams will be associated with an established area.
- 1.1.2. Each area representatives shall be responsible for furnishing the Board Administrator with a list of the names and phone numbers of its coaches no later than May 15th of the current season. Any change to said list shall be forwarded in writing to the Secretary of the League within 7 days of the change.
- 1.1.3. Team Colours

Each team (U10 and up) must receive Board approval for using a jersey colour that does not match their area colour (the Board to keep a record of area colour).

2026 Minor Area Colours	
Area	Colour
Alexandria	Maroon
Char-Lan	Royal Blue & Yellow
Glen Sandfield	Kelly Green
Laggan	Black & Gold
North Lancaster	Yellow
Maxville	Teal, White and Red
Vankleek Hill	Silver

A team that does not follow this rule will be forced to provide a change of jerseys if a conflict with another team arises.

Coaches will ensure that at no time their goalkeepers' uniform resembles that worn by their own team or that of the opposition.

The U6 and U8 divisions will be sponsored by Timbits. Different color jerseys will be worn based on availability from Timbits Soccer.

1.1.4. Fields

The Area Representatives are responsible for the conditions of the fields in their area. This includes:

- Maintaining a proper, safe playing surface.
- Supplying and maintaining goal structures and nets.
- Proper marking of the playing surface.
- The supply and use of corner flags for both minor and senior.

1.1.5. Goals

Goals shall be provided to the minor teams, from their areas, according to the sizes laid out by the OSA's, Long Term Player Development Recreational Matrix. See Appendix A: Canada Soccer Grassroots Standards

1.2. Senior Membership

1.2.1. Senior Team entries are due by April 1, 2026. New senior teams are required to pay their Team Bond of \$300 prior to entry.

1.2.2. All senior teams indebted to the League on the first day of April shall be notified by the Treasurer of the amount of their indebtedness, and if the said fee is not paid before or on April 15th, their membership will cease. They may be reinstated by the Board upon full payment of their debt.

1.2.3. Team Colours

2026 Senior Team Colours			
Men		Women	
Team	Colour	Team	Colour
Alexandria Drillers	Maroon	Alexandria	Light Purple
Alexandria FC	Red	Glen Sandfield	Green
Apple Hill	Orange	CharLan	Yellow/Blue
Glen Sandfield	Green	Dunvegan	Royal Blue
Kenyon FC	Gold/Navy	Laggan	Black
McCrimmon	White	SD&G	Red
Char-Lan	Yellow/Blue	Vankleek Hill	Silver

1.3. Registration of Players

1.3.1. All players must be registered online in the GSL registration system (currently PowerUp) and with Ontario Soccer (OSCAR) by the posted registration deadline.

2025 Division Breakdown		
Age Group	Birth Year	Registration Fee
U4 Timbits	2022	\$95
U6 Timbits	2021 - 2020	\$95
U8	2019 - 2018	\$110
U10	2017 - 2016	\$115
U12	2015 - 2014	\$120
U15	2013 - 2012 -2011	\$130
U18	2010 - 2009-2008	\$150
Senior Division 2	2007 and older	\$170
Senior	2007 and older(Team coaches/managers recruit players)	\$185
Tier 2	1996 and older(Team coaches/managers recruit players)	\$185

1.3.2. A family discount for families with 4 or more registered children will apply. The 3 highest registrations will be charged full price while the rest of the registrations will be at no cost.

1.3.3. Any player who is under suspension in another League will not be eligible to play in the League until their suspension is served in the league in which the incident occurred.

1.3.4. Minor players must be within the proper age range to register with a team unless approved by the Board.

1.3.5. Any minor player challenged as to age must submit proof of age to the secretary within one week of age being challenged. Proof not forthcoming results in suspension.

1.3.6. Senior Tier-II league players must be 30 years of age as of December 31st of the current year.

1.3.7. Final registration dates for the season is July 1st, 2026 unless otherwise approved by the Board of Directors.

- 1.3.8. Registration of a player, including payment must be completed at least 24 hours prior to his/her playing in a regular scheduled game.
- 1.3.9. Minor players who sign after the final advertised registration date must go to whichever team has the lowest number of players in the appropriate division at the discretion of the Area Reps.
- 1.3.10. Minor players who register in an area other than the one they usually play for may be asked to return to their “home team.”
- 1.3.11. A maximum of 21 players will be allowed to be rostered to a team playing 11v11. A maximum of 9 players will be allowed to be rostered to a team playing 5v5. A maximum of 13 players will be allowed to be rostered to a team playing 7v7.
- 1.3.12. A minimum of 14 rostered players, excluding call-ups, must be signed for senior divisions.

1.4. Player Transfers (Senior only)

- 1.4.1. A transfer or release must occur before July 1st, with approval from the board.
- 1.4.2. A written transfer request must be submitted to the League before a transfer can take place.
- 1.4.3. A \$50.00 transfer or release fee must accompany any transfer request.
- 1.4.4. A team shall not obstruct a player from transferring unless he/she has financial obligations to the team.
- 1.4.5. Once transferred he/she cannot transfer back.

1.5. Call up Cards

- 1.5.1. Teams are able to sign unlimited call up cards; however teams are only able to dress up to 6 call ups in a given game.
- 1.5.2. Players can only be called “up” to higher divisions and to a maximum of one (1) age division higher and one (1) team only.
- 1.5.3. Senior Call ups eligibility: Division 2 can be called up to Division 1, Tier 2 can be called up to Div 1 **OR** Division 2 and U18 can be called up to both Division 2 **AND** Division 1 (One team per division, Unlimited games).

- 1.5.4. Lower division players can be called up to play unlimited games to a higher division team provided they have signed a call-up card.
- 1.5.5. A parent's signature must be on call up forms for underage players. Regular division coaches must be informed that one of their players will be playing for a higher division team.
- 1.5.6. The call-up is obligated to play their registered division first. If a player chooses to play in a higher division game instead of playing with their registered division first without written permission from their coaches, the player will be considered an ineligible player and the team will be penalized accordingly.
- 1.5.7. There shall be no call-ups permitted for either the Tier II men or women's leagues.
- 1.5.8. Only players registered to a GSL team are eligible to be used as call ups. Players registered solely to a competitive team (Hearts, Blazers, etc...) are not permitted to sign a call up card for a GSL team.
- 1.5.9. Once a player signs as a call up, that card is used regardless of whether he/she ever plays for the team.
- 1.5.10. A player must have played a minimum of 40% of regularly scheduled games in the division where they are registered in order to qualify for playoffs. This will permit lower division players to play in a higher division playoff provided they have signed a higher division card a minimum of 24 hours prior to the first game of the playoffs, including semi-finals.

1.6. Team Officials

Each team must appoint a head coach. In accordance with OSA Policies, all coaches must be fully certified in the following categories:

Respect in Sport
Coaching Soccer in Canada

The GSL will pay for coaches to take these certifications.

All coaches must have a criminal reference check with vulnerable sector screening every 3 years. The seasons that checks aren't required, it is best practice to have the coaches sign a form attesting that they haven't had any new occurrences since their most recent official check.

As per EODSA regulations, all coaches/volunteers will be required to participate in an orientation that will introduce them to the clubs policies and expectations.

All personal information provided by volunteers will be held in strict confidentiality, and will only be used to determine if the individual is suitable for the specific position.

Coaches will be reimbursed the cost of one registration for the age of the division they are coaching once all the coaching requirements are met.

2. League Rules & Regulations

2.1. General Rules of Play

The rules for all outdoor competitions will follow the FIFA Laws of the Game. Exceptions and special rules are listed in the sections below.

2.2. Game Details

Each team shall play 10 games. Games shall consist of two (2) halves. Each League, Cup and Playoff game half will be timed by the game official as follows:

Game Details		
Division	Length of Half	Ball Size
U8	20 minutes*	#3
U10	25 minutes	#4
U12	30 minutes	
U15		
U18	35 minutes	#5
Senior Division 1 and 2	45 minutes	
Tier 2	40 minutes	

*U8 - Games will consist of 20 minutes of practice time prior to 2x 20 minute halves

GSL Game Nights						
Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
6:30	U10 Boys	U8 Girls	U4/U6 Timbits 5:30 (Alexandria)	U8 Boys	*U6 Coed (6:00)	Reschedule Games (With the exception of long weekends)
	U15 Girls	U12 Girls	U10 Girls	U15 Boys		
			U12 Boys			
8:30	Division 2 Men	U18 Boys Sr. Women	U18 Girls T2 Women	Division 2 Women	Sr. Men	

* As of August 1st game times will switch to 6:00pm instead of 6:30pm.

**Alexandria U6 Coed will be held on Wednesday nights 5:30 to 6:30 at the Arena.

2.3. Abandoned Games & Game Postponement

- 2.3.1. If the game is terminated before regulation time, it will be replayed in its entirety unless 80% of the full game's regulation time is complete.
- 2.3.2. For minors – A minor game may be postponed due to a school function that affects the teams involved, with a minimum of 48 hours notice in advance of the scheduled game time, and with permission of the League Secretary or Chairman.
- 2.3.3. For Seniors – A senior game may be postponed due to EOSSAA/OFSAA that affects the teams involved, with a minimum of 48 hours notice in advance of the scheduled game time, and with permission of the League Secretary or Chairman.
- 2.3.4. The Secretary will reschedule the game for the following Friday, Saturday, or Sunday at an available time and field location.
- 2.3.5. Postponement due to localized weather during a game is the decision of the Referee.

If a severe storm **warning** is issued by Environment Canada, and is in effect for game hours, coaches will be notified by the GSL office that all games will be cancelled for that night.

In cases where use of the field would cause lasting damage to the field, it is the responsibility of the Field Committee to postpone the game and to notify the teams, referee and secretary of their decision by 4:00pm for 6:30pm/7:00pm kickoffs, and by 6:00pm for 8:30pm kickoffs on game night.

2.3.6. Extreme Heat Policy

The Glengarry Soccer League will reschedule games League-wide for U8 and older, where the temperature at the start of play is predicted to be in excess of 37 degrees Celsius or humidex of 39 degrees Celsius at kick-off time for Alexandria, according to Environment Canada (weather.gc.ca).

The League will post on FB/email by 4:10pm in regards to the 6:30pm/7pm kick-offs, if the projection is 39 degrees or higher for 7pm. The League will post on FB/email by 6:10pm in regards to the 8:30 pm kick-offs, if the projection is 39 degrees or higher for 9pm.

The League may make the call to reschedule games earlier in the day if the Humidex is going to significantly higher than 39 degrees. For games that start on the half hour, we will use the next available projected rating to determine if the game is on. For example, a 6:30pm kick-off time will use the 7:00pm projected Humidex rating to determine whether the game will or will not be played.

Note: If U8 games are canceled they may not be rescheduled (depending on how many games have been canceled in the week) as there are no official standings or playoffs in the U8 divisions. If you get an email that your game has been rescheduled, then the U8s will be playing.

U6 cancellations will be left to the discretion of the area reps as to what temperature they would like to cancel their sessions at and can be done prior to 5pm.

Games that are to be rescheduled will be put on either the Friday, Saturday or Sunday of the week of cancellations. If teams are unable to play on the rescheduled date, the coach is asked to let the GSL know ASAP that they will have to unfortunately forfeit.

2.3.7. Non-Appearance for Fixtures

A "Team" shall be in accordance with FIFA rules, consisting of a minimum of seven players. Minor teams shall run in accordance with the OSAs, LTPD recreation matrix. See Appendix A: Canada Soccer Grassroots Standards (LTPD)

A team failing to field the minimum number of players by the scheduled kick-off time shall:

Forfeit the points to the opposing team
Shall have a score 0-2 assessed against them

Shall be fined by the Board the total Officials' fees for the game (senior divisions only) and must be paid prior to the next game. If two teams show up without

the minimum required number of players, they will split the official fees. No points for either team will be awarded.

With a minimum of 24 hours before game notice, a Senior team may forfeit a game with no fine imposed with the permission of the league secretary/Board member.

A team who forfeits a game will receive no credit towards the required amount of games played for playoff eligibility or towards suspensions needing to be served. For the team who wins the forfeit, the game will count as a game played and as a suspension game served.

2.3.8. Mercy Rule

A game shall be officially ended when the difference in score between the teams competing has reached an 8 goal differential.

The coach of the team that is trailing when the game is ended has the choice to:

- a) Continue with the game as is. In this case, any further goals no longer count.
- b) U8 to U13 Divisions the game can continue as a practice with teams mixing players. U15 or U18 division game that reaches a mercy rule point is not permitted to continue as a practice. The game is officially over and all players must leave the field.
- c) Forfeit the rest of the game.

Any discipline handed out during a game AFTER a mercy rule will be recorded.

2.4. Practice Time & Exhibition Games

No member team shall arrange a non-scheduled practice or game without first obtaining permission of the Board and the Field Committee.

2.5. Players and Substitutes

2.5.1. Team size

Youth U10 and down will follow the OSAs, LTPD Recreational Matrix. See Appendix A: Canada Soccer Grassroots Standards (LTPD)

Senior and Youth (U12, U15 & U18) teams may dress up to 21 players. Teams may sign unlimited call ups but can only dress 6 call ups per game.

2.5.2. Player Eligibility

Players will be allowed onto the field of play providing:

- Their name has been placed on the score sheet prior to the start of the game's 2nd half.

Players cannot play in overtime unless they have been physically present before the completion of the 2nd half of regulation.

2.5.3. Substitutions

Substitutions will be permitted by the referee and must occur at the touchline.

Teams will be allowed to sub on:

Goal kicks.

Kick-offs after goals.

Injuries.

Throw-ins. A team can request a substitution on only their own throw-in. However, if the opposing team requests a substitution on their throw-in, the defending team can also substitute.

A team may change its goalkeeper at any stoppage provided permission has been granted by the referee.

2.6. Game Sheets

Both the home team and away team will be responsible for printing the game sheet with the official record containing both the players' name and numbers prior to the second half kick-off.

All game officials must sign the game report at the conclusion of the game. For any red cards produced, a written report must accompany the game sheet when returned to the League office.

The coaches of the teams playing are permitted to check the report at the end of the game prior to the referee writing their comments.

The names of players who were not present at the game but whose names appear on the game record must be removed by the coach at the end of regulation time.

Any players not typed on the scoresheet are ineligible to play in that game. Only callup players may be hand-written on a scoresheet.

2.7. League Championship

2.7.1. Regular Season Standings

Statistics will be kept for wins/losses/ties as well as goal scorers. Regular season championships will be determined by team point totals at the end of the regular season.

Team points will be assessed as follows:

Win: 3 pts

Draw: 1 pt

Loss: 0 pts

Teams are not permitted to play games for double points; if a team cannot make a scheduled game they will be required to forfeit points to the opposing team.

2.7.2. Playoff Seeding Tiebreaker

In the case of a tie at the end of the regular season, the seeding will be decided in the following format:

1. Head-to-Head Aggregate Record
2. Season Overall Goal differential
3. Fewest Goals Against
4. If still tied, Board to determine an appropriate tie-break.

2.8. Playoff Competitions

2.8.1. Format

Due to our lack of referees, we are recommending that we adopt this playoff format for the 2025 Season. It will also mean the lower teams get an extra game against their closest competition.

Minor & Senior Division 2 Playoff Format			
Number of Teams	1st Round	2nd Round	3rd Round
6	Championship 1st vs 4th 2nd vs 3rd Consolation 5th vs 6th	Championship	
7	Championship 4th vs 5th (Play In) Consolation 6th vs 7th	1st vs Play In 2nd vs 3rd	Championship
8	Championship 1st vs 4th 2nd vs 3rd Consolation 5th vs 6th 7th vs 8th	Championship	
9	Championship 4th vs 5th (Play In) Consolation 6th vs 7th 8th vs 9th	1st vs Play In 2nd vs 3rd	Championship
10	Championship 1st vs 4th 2nd vs 3rd Consolation 5th vs 6th 7th vs 8th 9th vs 10th	Championship	

Senior Div 1 & Tier 2 Playoff Format		
Division	Matchup	Number of Games
Senior	Championship 1st vs 4th 2nd vs 3rd	Best-of-3 for both semi-finals and finals
Tier 2/Div 2	Championship 1st vs 4th 2nd vs 3rd Consolation 5th vs 6th	1 game per round at the location of the team with the higher seeding.

2.8.2. Playoff Eligibility

A player must be officially registered and eligible for league competition in order to be eligible for any cup or playoff competition.

To be eligible for playoffs, players must have played a minimum of 40% of regularly scheduled games in the division where they are registered.

If a player is injured, games missed due to the injury count towards the 40% minimum as long as they are marked as such on the score sheet. No more than 2 games missed due to injury shall count towards the 40% unless a Doctor's note is provided.

Any other special circumstances will be brought up at a board meeting and will then be decided if the player is entitled to count the game(s) missed.

2.8.3. Playoff Forfeits

Should a team forfeit a Playoff game, they will be out and the opposing team will advance and can win the trophy.

2.8.4. Extra Time

Senior playoff games will be decided by two 15-minute overtime periods. If the score remains tied at the end of the 30 minutes of overtime, the game will be decided by a shootout. Five players will be selected to shoot from each team. If the score remains tied after each team has shot 5 times, teams will continue to shoot until one team scores and the other does not. Shooters must be on the field at the end of the game to be eligible to shoot. No shooter may shoot twice until all eligible shooters (including the goalkeeper) have shot.

All minor playoff games will be decided by two 10-minute overtime periods if the score is tied at the end of regulation time. Golden Goal will apply during overtime. If after the extra time, the teams are still tied, penalty shots will be used to decide the winner. Five players will be selected to shoot from each team. If the score remains tied after each team has shot 5 times, teams will continue to shoot until one team scores and the other does not. Shooters must be on the field at the end of the game to be eligible to shoot. No shooter may shoot twice until all eligible shooters (including the goalkeeper) have shot.

2.8.5. U6 & U8 Fun Days

The U6 and U8 teams will have single day fun days organised by the league. Standings will be kept, but not posted, with the sole purpose to try and group the teams of similar strength at the end of the season.

3. Match Officials

3.1. Non-Appearance

In the event of non-appearance of the appointed game official by the stipulated kick-off time, the two teams may appoint, by mutual agreement, a game official as required.

Should there be no mutual agreement on the appointment of a game official, then the game will be postponed and rescheduled by the League.

3.2. Assistant Referees

ARs will be required (if available) for all games in Senior, Tier II, Division 2, U18 and U15/16 Divisions.

3.3. Record Keeping

Game officials must submit the score into PowerUp within 24 hours of the game being played and send a copy of the scoresheet to the Referee-in-chief.

3.4. Dealing with Unruly Fans

The referee has the right to warn the coach of a team whose fan(s) is disrupting the game. The coach shall speak to the offender. If the coach refuses or the fan continues after being warned, the coach will be ejected. Further problems will mean the game will be terminated and the League will investigate the fans conduct and possibly bar him/her from further games. The game will be awarded to the non-offending team. The area responsible will be expected to deal with the problem before it reaches this final stage.

3.5. Referee Game Fees

2025 Referee Game Fees		
Age Group	Referee	Assistant Referee
U6	NA	NA
U8	\$30	
U10	\$30	
U12	\$40	
U15	\$50	\$34
U18	\$60	\$37
Div 2 & Senior	\$70	\$50
Tier 2	\$70	\$50

4. Awards (U12 and Up)

All cups and trophies are the property of the League. Trophies will not be handed out to the recipients.

4.1. Nominations

Each team is to submit to the Secretary, by the required date, two (2) candidates for each trophy for which they are eligible.

The Secretary shall compile a listing of the submitted candidates and send it to the area representatives for distribution to the appropriate teams.

4.2. Voting

The area or team representative will be responsible for getting the completed ballots back to the Secretary by the designated date.

A team cannot vote for its own candidates. Should they choose to abstain from voting their candidate will be removed from the ballot.

Each team has one vote and is to select from the circulated list of eligible candidates a first, second and third choice.

The Chairman and the Secretary will be responsible for tabulating the votes:

5 pts for every 1st place vote
3 pts for every 2nd place vote
1 pt for every 3rd place vote

4.3. Special Awards & Bursaries

Senior Play-off MVP

The senior playoff MVP will be awarded as co-winners, with one from each team in the final. Each team nominates their own recipient.

Louis Shephard Award (Advancement of Sport)

Each area will nominate one representative and the Board will determine the winner through a vote.

Brian Filion Award (Leadership)

Each minor team will nominate one male and female minor ref and is voted on by the teams. Each senior team will nominate one senior ref and is voted on by the teams.

5. Discipline and Appeals

5.1. Disciplinary Committee Hearings

Every team/player shall have the right to be present and to have a written statement at any disciplinary committee hearing which involves that team/player.

5.2. Fines & Suspensions

The Disciplinary Committee of the League has the right to levy fines and/or suspensions against teams and/or players.

GSL administration will notify, via email, a player and/or coach of a fine or suspension.

Fines are required to be paid 24 hours prior to the suspended player stepping on the field. Fines can be paid via e-transfer to the league email at admin@glengarrysoccerleague.ca.

Please note: Cash will not be accepted by the referee at the field.

A player or team failing to pay a fine is suspended from any future games until the fine is paid.

5.3.

2025 GSL Discipline Standards		
GSL Standard Penalties	Minimum Suspension (# of games)	Fines
Caution	N/A	N/A
2nd Caution in a game	1	N/A
Offensive, abusive language or gesture	1	\$50.00
Serious foul play	2	\$50.00
Violent Conduct	3	\$50.00
Offensive, abusive language or gesture directed at an Official	3	\$50.00

GSL Fines	
Penalty	Fine
Game Sheets not handed in	NA
Appeal Fee	\$50.00
Discipline Hearing	\$50.00
Failure to appear at a hearing	\$100.00

In the case of assault or attempted assault upon any game officials, the incident will be handled by the Board in accordance with the OSA guidelines.

In the event of a suspension coming at the end of a season, such suspension will carry over into the playoffs and on to the next season of play if applicable (GSL indoor or outdoor). This includes suspensions due to yellow card accumulation.

In the event of any team, player, official or member being proven to satisfaction of the Disciplinary Committee to have been guilty of any reported violations of the Laws of the game, the rules and regulations and by-laws of the League or of the Ontario Soccer Association, or any misconduct, the Disciplinary Committee shall have the power to impose fines and/or order the offending team, player, official or member to be removed from membership or suspended for a period of time.

Any team playing a suspended player will automatically forfeit the game and have a score of 0-2 assessed against them.

A suspended player's name must appear on the score sheet with "suspended" indicated beside it.

Any suspended player who attends a game must be pointed out to the referee by the team coach. If this player causes any issues while at the field, the referee will document it and further suspension will be handed out by the Discipline committee.

Suspended games do not count toward the 40% of games played required for playoff eligibility.

The league has the power in these instances to further discipline the player and/or coach who played illegally, or was illegally present.

Drinking on the player's bench is never permitted during a game. If a referee reports that drinking on the bench occurred, a fine of \$105 will be imposed on the team.

5.4. Appeals

Should a team wish to appeal a suspension, they need to contact GSL via email to admin@glengarrysoccerleague.ca within 48 hours of receiving notice of suspension and specify in writing the exact nature of the appeal.

Grounds for Appeal:

1. New facts not available when the GSL decision was made or not available at previous hearings; or
2. Specific procedural errors made by the GSL or at previous hearings; No protests pertaining to the Laws of the Game will be entertained
3. Specific instances where Articles and Rules have been wrongly interpreted by GSL or at previous hearings; or
4. Alleged excessive fine, fee, bond or suspension.

Appeals to decisions based on items specifically covered in the GSL Constitution or its By-laws will not be entertained by the Board and will be rejected by the Administrator upon submission subject to the provisions above.

No protests pertaining to the Laws of the Game shall be entertained.

Appeal Fee:

The fee for such an appeal is \$50.00 by way of e-transfer and must be sent with the appeal. Appeal fee to be returned in the case of the appeal being upheld.

5.5. Ineligibility

An ineligible player shall be one whose name does not appear on the game sheet, or one who is not registered properly with the League, or who is under suspension.

A team playing a proven ineligible player or players shall forfeit the points, automatically lose 0-2, and at the discretion of the Executive, either the team and/or player(s) shall be fined. Protest will not cause a waiver from the ruling.

A suspended player must serve his/her games in the division he/she is registered with regardless of where the suspension occurred. A suspended player who is a call-up for a higher division may serve the remainder of his suspension as a call-up with the higher team, providing the team (the lower division team) he/she is registered to has completed play for the year. His/Her name must appear on the higher team's gamesheet.

6. In-Season Tournaments (Will not take place in 2026)

6.1. Season Opening Tournament - Gerald MacDonald

6.1.1 - This year the "Gerald MacDonald Day" will be the first game of each teams season

6.1.2 U8 and U10 will take place in Maxville on Sunday, May 17th, 2025

6.1.3 U12 and U15 will take place at Alexandria Park on Saturday, May 18th, 2025

6.2. Senior Tournaments - Greenspoon (Men) & MacLachlan Cup (Women) - Based on previous years standings

6.2.1 New teams will receive the lowest seed

6.2.2 Competition based on number of teams

6.2.3 5-Team Division

Round 1 (In-season game) - Top 3 teams bye to semi-final, 4 vs 5

Round 2 (Semi-Final outside of season schedule) - 1 vs (winner 4 vs 5) , 2 vs 3

Round 3 (Final outside of season schedule) - Winners of Round 2

6.2.4 6-Team Division

Round 1 (In-season game) - Top 2 team by to semi final 3 vs 4 , 5 vs 6

Round 2(Semi-Final outside of season schedule) - 1 vs lowest seed winner from round 1, 2 vs highest seed winner from round 1

Round 3 (Final outside of season schedule) - Winners of Round 2

6.2.5 7-Team Division

Round 1 (In-season game) - Top team bye, 2 vs 7 , 3 vs 6, 4 vs 5

Round 2 (Semi-Final outside of season schedule) - 1 vs lowest remain seed, 2 remaining teams

Round 3 (Final) - Winners of Round 2

7. Team Balancing (multiple teams within one area and one division)

7.1. Area Representatives - team balancing

7.1.1 Area representatives shall provide coaches with guidance prior to team sorting

7.1.2 Player ratings, player age, previous year position, and previous year team results shall be considered when forming the teams

7.1.3 Area representatives shall work with coaches to balance teams

7.1.4 Area representatives and/or coaches may hold "sort out" practices or scrimmages (time/weather permitting)

7.1.5 Area representatives shall work with coaches to draft teams (Coaches meeting)

7.1.6 If there is a conflict of interest (e.g., the Area Rep has a child in the division), another board member or area representative shall review the teams and discuss with the coaches involved

7.1.7 Area representatives and the GSL board shall review all area teams at the spring trade meeting to control mass area transfers.

7.1.8 No players shall change teams after the start of the season, extraordinary circumstances can be reviewed by the board

Appendix A: Canada Soccer Grassroots Standards (LTPD)

<https://www.canadasoccer.com/play-landing/canada-soccer-grassroots-standards/>



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



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
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)