

Grassroots Field Orientation Guide

Starting for Indoor 2025-26, the Canada Soccer Grassroots Standards will be mandated nation-wide. To assist Clubs with field setup, the following information provides a *how to* adapt existing 11v11 fields for all Grassroots Match Formats (3v3, 4v4, 5v5, 7v7 and 9v9). Recognizing the varying constraints across Ontario relative to field inventory, the below serve as recommend best practice.

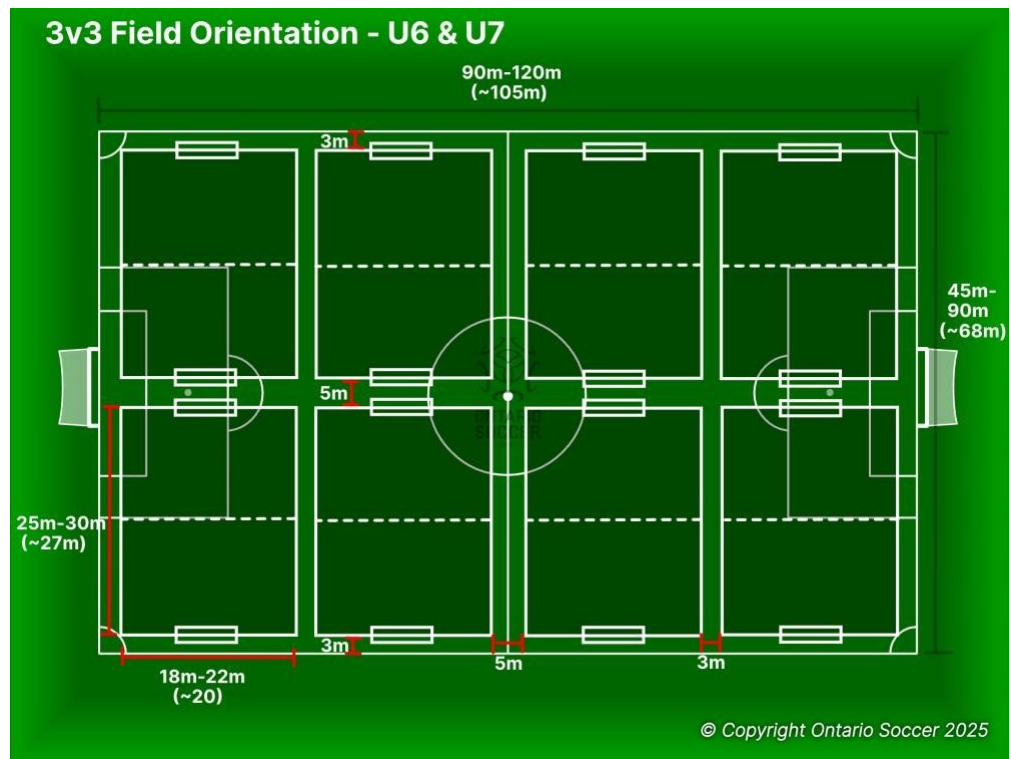
Field Setup Overview

Summary Table (on 105m x 68m Field)

Format	Field Size	Fit Across Width	Fit Along Length	Total Pitches
3v3	27m x 20m	2	4	8
4v4 & 5v5	36m x 30m	2	2	4
7v7	55m x 36m	1	2	2
9v9 (U12)	68m x 50m	1	2	2
9v9 (U13)	72m x 50m	1	1	1

3v3 (U6-U7)

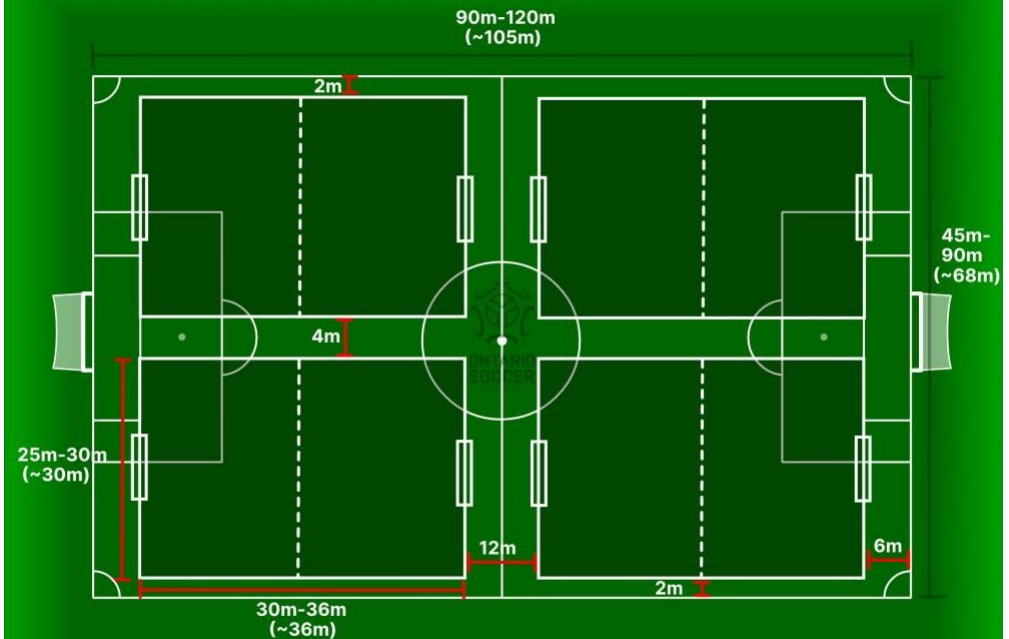
- Use of the full 11-a-side field.
- Set up a maximum of eight 3v3 fields across the entire 11v11 field to maximize space usage and support scheduling flexibility.
- Example Dimensions (per field with preferred measurements noted as ~#):
- 11v11 Field:
 - Length: 90m-120m (~105m)
 - Width: 45m-90m (~68m)
- 3v3 Field:
 - Length: 25-30m (~27m)
 - Width: 18-22m (~20m)
 - Goal Size: Pop-up Goals 4ft (1.22m) x 6ft (1.83m)
 - Retreat Line: Halfway Line
 - Field Buffer: ~3m between field sidelines and ~5m between field goal lines.



4v4 & 5v5 (U8-U9)

- Use of the full 11-a-side field.
- Set up a maximum of four 4v4 or 5v5 fields across the entire 11v11 field to maximize space usage and support scheduling flexibility.
- Example Dimensions (per field with preferred measurements noted as ~#):
- 11v11 Field:
 - Length: 90m-120m (~105m)
 - Width: 45m-90m (~68m)
- 4v4 & 5v5 Field:
 - Length: 30-36m (~36m)
 - Width: 25-30m (~30m)
 - Goal Size:
 - Ideal: 5ft (1.52m) x 8ft (2.44m)
 - Maximum: 6ft (1.83m) x 12ft (3.65m)
 - Minimum: 4ft (1.21m) x 6ft (1.83m)
- Retreat Line: Halfway Line
- Field Buffer: ~4m between field sidelines and ~12m between field goal lines.

4v4 & 5v5 Field Orientation - U8 & U9

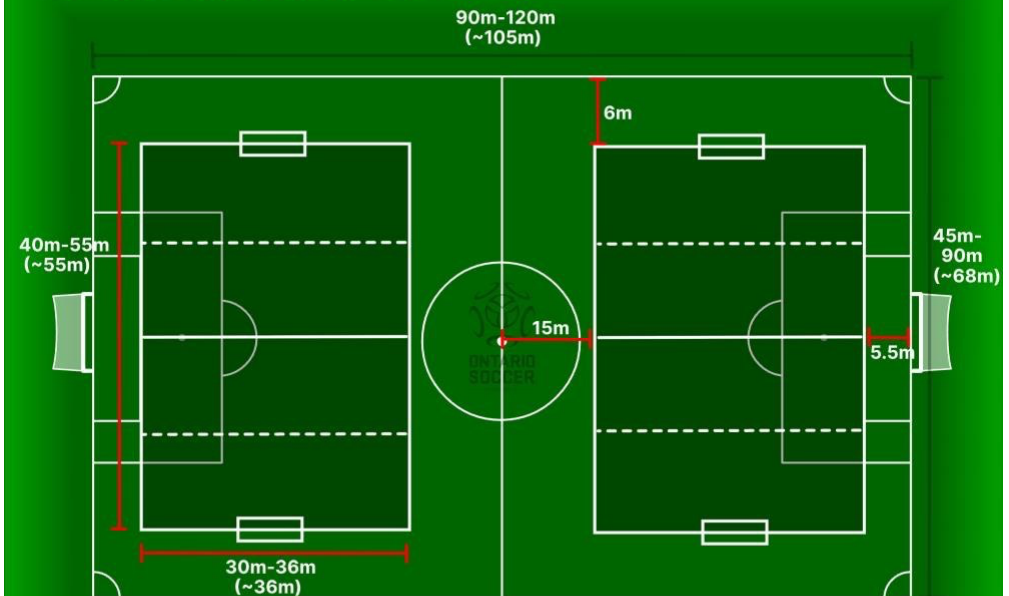


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7v7 (U10-U11)

- Use of the full 11-a-side field.
- Set up a maximum of two 7v7 fields across the entire 11v11 field to maximize space usage and support scheduling flexibility.
- Example Dimensions (per field with preferred measurements noted as ~#):
- 11v11 Field:
 - Length: 90m-120m (~105m)
 - Width: 45m-90m (~68m)
- 7v7 Field:
 - Length: 40-55m (~55m)
 - Width: 30-36m (~36m)
 - Goal Size:
 - Ideal: 6.5ft (1.98m) x 16.5ft (5.03m)
 - Maximum: 6.5ft (1.98m) x 16.5ft (5.03m)
 - Minimum: 6ft (1.83m) x 16ft (4.88m)
- Retreat Line: One Third
- Field Buffer: ~15m between field sidelines.

7v7 Field Orientation - U10 & U11



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9v9 (U12) – Double Field Setup

- Use of the full 11-a-side field width.
- Set up two 9v9 fields across the width of the 11v11 pitch – maximizes space usage and supports scheduling flexibility.
- Example Dimensions (per field with preferred measurements noted as ~#):
- 11v11 Field:
 - Length: 90m-120m (~105m)
 - Width: 45m-90m (~68m)
- 9v9 Field:
 - Length: 65-75m (~68m)
 - Width: 45-55m (~50m)
 - Goal Size:
 - Ideal: 6.5ft (1.98m) x 18.5ft (5.46m)
 - Maximum: 7ft (2.13m) x 21.5ft (6.55m)
 - Minimum: 6ft (1.83m) x 18ft (5.49m)
 - Field Buffer: ~7m between field sidelines.

9v9 Field Orientation - U12



9v9 (U13) – Preferred Setup

- Use of the full 11v11 pitch (use of width dependent on field dimensions).
- Play box-to-box (penalty area to penalty area) - provides appropriate playing space for all moments of the game and more advanced tactical development.
- Example Dimensions (preferred measurements noted as ~#):
- 11v11 Field:
 - Length: 90m-120m (~105m)
 - Width: 45m-90m (~68m)
- 9v9 Field:
 - Length: 65-75m (~72m)
 - Width: 45-55m (~50m)
 - Goal Size:
 - Ideal: 6.5ft (1.98m) x 18.5ft (5.46m)
 - Maximum: 7ft (2.13m) x 21.5ft (6.55m)
 - Minimum: 6ft (1.83m) x 18ft (5.49m)

9v9 Field Orientation - U13

