



*Excellence through Development*

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## **LISA Rules & Regulations - Grassroots Compliance Red-Line Summary**

### **Purpose**

Specific areas with LISA's Rules & Regulations that require clarification, amendment, or formal addition to align with the Canada Soccer Grassroots Standards (U4 - U13).

### **1. FOUNDATIONAL GOVERNANCE ADDITIONS (NEW SECTIONS REQUIRED)**

#### **1.1. Grassroots Alignment Clause (NEW)**

**Current State:**

- No explicit reference to Canada Soccer Grassroots Standards.

**Required Update:**

- Add a clause stating that LISA recognizes and aligns U4 - U13 soccer with the Canada Soccer Grassroots Standards.

**Why This Matters:**

- Establishes authority and intent
- Supports consistent interpretation across the district
- Anchors all future decisions

**Note:** "Required Updates" identify areas where the LISA Rules & Regulations must be amended, clarified, or supplemented. In several cases, implementation may be supported through policy, guidance, or phased application rather than strict regulation.

### **2. PROGRAM STRUCTURE & SEASON DESIGN**

#### **2.1. Season / Block Length (NEW)**

**Current State:**

- No defined minimum or maximum season lengths
- No mandated rest periods

**CSA Requirement:**

- U4 - U7: 6 - 16 weeks
- U8 - U9: 6 - 22 weeks
- U10 - U13: 10 - 22 weeks
- Minimum 2-week break between blocks

⇒ Example - Block 1 (Sept to Dec), Block 2 (Jan - March), Block 3 (April to June)

**Required Update:**

- Add a section defining **maximum season/block lengths** and **minimum rest periods**

## 2.2. Practice-to-Match Ratios (NEW)

**Current State:**

- No limits on the number of matches
- No reference to training-to-game balance

**CSA Requirement:**

- U6 - U7: 1:1 or 2:1
- U8 - U13: 2:1 or 3:1

**Required Update:**

- Insert a rule limiting match scheduling to support required ratios
- Cap match days to **one per week**

## 3. MATCH FORMAT & GAME ENVIRONMENT

### 3.1. Small-Sided Formats (CONFIRM / CLARIFY)

**Current State:**

- Small-sided formats are defined and largely compliant

**CSA Requirement (MAXIMUMS):**

- U8 - U9: 4v4 / 5v5
- U10 - U11: 7v7
- U12 - U13: 9v9

**Required Update:**

- Explicitly state these are **maximum formats**

### 3.2. Field & Goal Specifications (CLARIFY)

**Current State:**

- Field and goal sizes listed
- Inconsistencies across clubs - *Club resource restrictions*

**CSA Requirement:**

- Reduced field sizes mandatory
- Goal sizes are defined as **maximums**

**Required Update:**

- Clarify that CSA sizes are maximums
- Permit flexibility where facilities limit exact compliance

### 3.3. Ball Size (CONFIRM)

**Current State:**

- Ball sizes are generally aligned

**CSA Requirement:**

- U6 - U7: Size 3
- U8 - U9: Size 3 or 4
- U10 - U12: Size 4
- U13: Size 5

**Required Update:**

- Confirm ball sizes explicitly by age

## 4. MATCH DURATION & PLAYER LOAD

### 4.1. Match Length (CONFIRM)

**Current State:**

- Match durations listed

**CSA Maximums:**

- U6 - U7: 30 min
- U8 - U9: 40 min
- U10 - U11: 50 min
- U12: 70 min
- U13: 80 min

**Required Update:**

- Confirm durations as **maximums**

### 4.2. Maximum Match Minutes per Player per Day (NEW)

**Current State:**

- No limits defined

**CSA Requirement:**

- U6 - U7: 60 min
- U8 - U9: 80 min
- U10 - U11: 100 min
- U12 - U13: 120 min

**Required Update:**

- Add limits to protect players – applies primarily to tournaments, festivals and multi-match days.

#### 4.3. Minimum Rest Between Matches (NEW)

**Current State:**

- Not addressed

**CSA Requirement:**

- Minimum rest is equal to one full match duration

**Required Update:**

- Add rest requirement with dispensation flexibility

### 5. COACHING QUALIFICATIONS & SAFETY

#### 5.1. Minimum Grassroots Coach Standard (NEW / CONSOLIDATE)

**Current State:**

- Coaching requirements are referenced inconsistently

**CSA Requirement:**

CSA Coaching Certification (online and on-field)

- CRC (Vulnerable Sector)
- Respect in Sport - Activity Leader
- NCCP: MED, Making Headway, EAP, Rule of Two

**Required Update:**

- Create a single consolidated section listing mandatory requirements
- Include timelines rather than immediate exclusion
- Update coaching requirements (U14 - U18)
- Distinguish between eligibility requirements and recommended coach development pathways
  - Prevents volunteers from being excluded and aligns with the implementation plan

### 6. PLAYER EXPERIENCE & DEVELOPMENT

#### 6.1. Playing Time (NEW)

**Current State:**

- No minimum playing time defined

**CSA Requirement:**

- Target minimum 50% playing time

**Required Update:**

- Insert a **target standard** (not punitive) – development expectation

## 6.2. Position Rotation (NEW)

**Current State:**

- Not addressed

**CSA Requirement:**

- Players experience multiple positions

**Required Update:**

- Add expectation language – emphasize U4-U10 (U11?)

## 7. PLAYER GROUPING & SELECTION

### 7.1 Tryouts & Tiering (NEW / CLARIFY)

**Current State:**

- No explicit prohibition

**CSA Requirement:**

- No tryouts or tiering before U11
- No select teams before U14

**Required Update:**

- Explicitly prohibit early selection practices in grassroots programming

### 7.2 Open Rosters (CONFIRM)

**Current State:**

- Permits movement, but is not emphasized

**CSA Requirement:**

- Open rosters encouraged

**Required Update:**

- Reinforce open roster philosophy

## 8. SCORES, STANDINGS & COMPETITION OUTCOMES

### 8.1. League Standings (ALMOST ALREADY COMPLIANT)

**Current State:**

- No standings exist in the grassroots League format

**CSA Requirement:**

- No standings in grassroots leagues

### 8.2. Tournaments (CLARIFY)

**Current State:**

- Tournaments permitted

**CSA Guidance:**

- Limited frequency

- Development-first focus -

**Required Update:**

- Insert tournament limits by age

## 9. TRAVEL & EVENTS

### 9.1. Travel Time (NEW) - *Unrealistic*

**Current State:**

- No travel limits

**CSA Requirement:**

- ~60 minutes each way

**Required Update:**

- Add travel guidelines with geographic flexibility

## 10. DISPENSATION & COMPLIANCE PROCESS (NEW)

**Current State:**

- No formal dispensation process

**Required Update:**

- Create a process for clubs unable to meet standards due to:
  - Facilities
  - Geography
  - Registration numbers
  - Dispensation reviewed annually

## Summary for Committee

**High Priority Governance Changes:**

- Grassroots alignment clause
- Season/block limits
- Practice-to-match ratios
- Coach qualification consolidation
- Playing time expectation and fluid positioning
- Explicit prohibition of early tryouts/assessments - reinforce open registration by age group rather than tiered division.

**Medium Priority Adjustments:**

- Tournament limits
- Player load protections

**Low Risk / Clarification Items:**

- Ball sizes
- Match durations

- Field/goal size language
- Travel guidelines (?)