

CMSA U7 – U9

Grassroots League

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CMSA Grassroots League U7 – U9

Goals of the CMSA Grassroots League

CMSA's Grassroots League is modelled after national and international best practices and [Canada Soccer Grassroots Standards](#). The league strives to provide children with a developmentally appropriate playing environment that allows expression, creativity, and development to flourish. Match Day provides players with more time on the field, more time on the ball, and flexible matchups through an open roster system.

This league encourages mixed-ability (balanced) groupings prioritizing social relationships as the basis of Match Day groups. This allows players to move between groups as required to ensure that each participant has a positive and developmentally appropriate match environment. The CMSA Grassroots League prioritizes enjoyment, so players want to come back next week and more importantly, for many seasons to come!



Meaningful Matches

Ensuring all players have a positive experience in soccer



Consistent Match Days & Times

Allows families to plan their schedules in advance



Centralized Locations

Quadrant-based play to limit travel time for families



Child-first Approach

Encouraging activity, supporting the individual players development

Program Terminology

When speaking to parents and other stakeholders, and in promoting your club's grassroots programming, CMSA recommends using words such as accessible, family-friendly, fun, safe, developmentally appropriate, and best-practice or research-based. Below are some words and phrases to avoid, and some options to use instead.

Avoid:

- ☒ Competitive League / CMSA Festivals
- ☒ Game Day / Festival Day
- ☒ Competitive
- ☒ Top-level / Elite
- ☒ Best-with-best
- ☒ Team(s)

Recommendations to use instead:

- ☒ CMSA Grassroots League
- ☒ Match Day
- ☒ Meaningful matches
- ☒ Currently more developed
- ☒ Similarly developed
- ☒ Group(s)

Program Structure

	U7	U8	U9
Player Fee	Spring - \$35.00	Spring - \$35.00	Spring - \$35.00
Season Dates	May 4 – June 22	May 4 – June 22	May 4 – June 22
# of Match Days	7 Total	7 Total	7 Total
Match Day Play Dates	1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: <ul style="list-style-type: none"> • Dalhousie Community Centre • Our Lady of Fatima School • Flames Community Fields • Mid Sun Junior High 	1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: <ul style="list-style-type: none"> • Dalhousie Community Centre • Our Lady of Fatima School • Flames Community Fields • Mid Sun Junior High 	1 per week, Saturdays 7 Match Days (no Match Day May 18) Quadrant based: <ul style="list-style-type: none"> • Dalhousie Community Centre • Our Lady of Fatima School • Flames Community Fields • Mid Sun Junior High
Match Length	3 @ 20 min matches per Match Day	3 @ 20 min matches per Match Day	2 @ 25 min matches per Match Day
Post Season	Grassroots Rally, June 22	Grassroots Rally, June 22	Grassroots Rally, June 22
Fields	CMSA supplied fields	CMSA supplied fields	CMSA supplied fields
Referees	Coach facilitated	Coach facilitated	Coach facilitated
Jerseys	Shane Homes Jerseys at no cost to clubs	Shane Homes Jerseys at no cost to clubs	Shane Homes Jerseys at no cost to clubs
Standings	No scores or standings posted	No scores or standings posted	No scores or standings posted
Format	3v3	4v4	5v5 with goalkeeper
Min/Max Roster Sizes	Min 4 - Max 8	Min 4 - Max 8	Min 6 - Max 10

Final Reminders

- ✓ Individual player development is paramount
- ✓ The environment created by coaches and parents needs to be a stimulating learning environment focused on development and fun
- ✓ CMSA advocates for equal playing time for all players and for them to try all positions
- ✓ Information around jerseys, rules, the Grassroots League, and the Guidebook will be communicated later