GRASSROOTS TOURNAMENT

GENERAL PRINCIPLES

• Adaptation to each particular situation
  – number of children
  – number of teams, schools, clubs
  – different age groups
  – playing fields available
  – format of the tournament

• Everyone plays the same number of matches

• Results are not the crucial issues

• Emphasis is placed on the concept of play & enjoyment

COMPETITION FORMAT

<table>
<thead>
<tr>
<th>AGE</th>
<th>6-8 years</th>
<th>9-10 years</th>
<th>11-12 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>FORMAT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 v 4</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>5 v 5</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>6 v 6</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>7 v 7</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>8 v 8 &amp; 9 v 9</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>
2 MAIN FORMULAS

(I) SINGLE LEAGUE SYSTEM

• Each team plays only once against each other team

(II) DOUBLE LEAGUE SYSTEM

• Each team plays twice against each other team (home & away matches)

TOTAL EXERTION PER AGE CATEGORY

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>Total Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-8 years</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>9-10 years</td>
<td>60-75 minutes</td>
</tr>
<tr>
<td>11-12 years</td>
<td>75-90 minutes</td>
</tr>
</tbody>
</table>
BASIC RULES

• Adaptation
  - to the level and needs of the children

• Refereeing
  • 6-8: no referees
  • 9-10: with or without referees
  • 11-12: with referees

• Enjoy football practice, have fun
BASIC RULES

Medical care
- First-aid kit and emergency number
- Secure goals
- Warm up and cool down
- Drink breaks

Spectators
- No spectators/parents in the coaching zone
- Safe distance
- Positive attitude

Fair Play
- Handshake before and after every match
TOURNAMENT WITH 3 TEAMS, 1 PITCH

- DOUBLE LEAGUE SYSTEM

- 4 MATCHES PER TEAM

- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7

- NO. OF PLAYERS: 4-7 per team
  12-21 players

- DURATION OF EACH MATCH

  → 6-8 years: 10-15 minutes per game
  2x5 - 2x7 minutes (half-time)

  → 9-10 years: 15-20 minutes per game
  2x7 - 2x10 minutes (half-time)

  → 11-12 years: 15-24 minutes per game
  2x7-2x12 minutes (half-time)

<table>
<thead>
<tr>
<th>ROUND</th>
<th>MATCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>C – A</td>
</tr>
<tr>
<td>2</td>
<td>A – C</td>
</tr>
<tr>
<td></td>
<td>B – A</td>
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<tr>
<td></td>
<td>B – C</td>
</tr>
<tr>
<td></td>
<td>C - B</td>
</tr>
</tbody>
</table>
TOURNAMENT WITH 4 TEAMS, 1 PITCH

• SINGLE LEAGUE SYSTEM
• 3 MATCHES PER TEAM
• FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9
• NO. OF PLAYERS: 4-7 per team
  16-28 players
• DURATION OF EACH MATCH

→ 6-8 years: 15-20 minutes per game
  2x7 - 2x10 minutes (half-time)

→ 9-10 years: 20-25 minutes per game
  2x10 - 2x12 minutes (half-time)

→ 11-12 years: 25-30 minutes per game
  2x12 - 2x15 minutes (half-time)

ROUND | MATCH | FIXTURES
--- | --- | ---
1 | 1 | A – B
2 | 2 | C – D
2 | 3 | B – C
2 | 4 | D – A
3 | 5 | B – D
3 | 6 | A – C
TOURNAMENT WITH 5 TEAMS, 1 PITCH

- SINGLE LEAGUE SYSTEM
- 4 MATCHES PER TEAM
- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9
- NO. OF PLAYERS: 4-7 per team
  20-35 players

Each team will play one game against the four others. One team will rest during each round.

- DURATION OF EACH MATCH

  → 6-8 years: 10-15 minutes per game
    2x5 - 2x7 minutes (half-time)

  → 9-10 years: 15-20 minutes per game
    2x7 - 2x10 minutes (half-time)

  → 11-12 years: 25-30 minutes per game
    2x10 - 2x12 minutes (half-time)

ROUND | MATCH | FIXTURES
--- | --- | ---
1 | 1 | A – B
1 | 2 | C – D
1 | STAND BY | E
3 | 3 | B – E
2 | 4 | C – A
2 | STAND BY | D
5 | 5 | E – A
3 | 6 | D – B
3 | STAND BY | C
7 | 7 | C – E
4 | 8 | A – D
4 | STAND BY | B
9 | 9 | D – E
5 | 10 | B – C
5 | STAND BY | A
TOURNAMENT WITH 6 TEAMS, 1 PITCH

• SINGLE LEAGUE SYSTEM

1. First round with 2 pools of 3 teams
   - Pool P1: A, B, C
   - Pool P2: D, E, F
   - 2 matches per team

2. Second round
   - Group W: 2 winners of pool P1 & P2 + the best second-placed team
   - Group L: the three other teams
   - 2 matches per team

<table>
<thead>
<tr>
<th>Final round</th>
<th>W</th>
<th>Final round</th>
<th>L</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1st P1</td>
<td>D</td>
<td>2nd P1/2</td>
</tr>
<tr>
<td>B</td>
<td>1st P2</td>
<td>E</td>
<td>3rd P1</td>
</tr>
<tr>
<td>C</td>
<td>Best 2nd P1/2</td>
<td>F</td>
<td>3rd P2</td>
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<table>
<thead>
<tr>
<th>POOL</th>
<th>1st ROUND</th>
<th>FIXTURES</th>
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</thead>
<tbody>
<tr>
<td>P1</td>
<td>1</td>
<td>A – B</td>
</tr>
<tr>
<td>P2</td>
<td>2</td>
<td>D – E</td>
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<tr>
<td>P1</td>
<td>3</td>
<td>C – A</td>
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<td>P2</td>
<td>4</td>
<td>F – D</td>
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<td>P1</td>
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<td>B – C</td>
</tr>
<tr>
<td>P2</td>
<td>6</td>
<td>E – F</td>
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<th>POOL</th>
<th>FINAL ROUND</th>
<th>FIXTURES</th>
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<td>1</td>
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<tr>
<td>L</td>
<td>2</td>
<td>D – E</td>
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<tr>
<td>W</td>
<td>3</td>
<td>C – A</td>
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<tr>
<td>L</td>
<td>4</td>
<td>F – D</td>
</tr>
<tr>
<td>W</td>
<td>5</td>
<td>A – B</td>
</tr>
<tr>
<td>L</td>
<td>6</td>
<td>E – F</td>
</tr>
</tbody>
</table>
TOURNAMENT WITH 6 TEAMS, 2 PITCHES

• DOUBLE LEAGUE SYSTEM

• 4 MATCHES PER TEAM

• FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9

• NO. OF PLAYERS: 4-7 per team
  24-42 players

• DURATION OF EACH MATCH

  → 6-8 years: 10-12 minutes per game
    2x5 - 2x6 minutes (half-time)

  → 9-10 years: 12-15 minutes per game
    2x6 - 2x7 minutes (half-time)

  → 11-12 years: 15-20 minutes per game
    2x7 - 2x10 minutes (half-time)

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</thead>
<tbody>
<tr>
<td>P1</td>
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</tr>
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<td>2</td>
<td>D – E</td>
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<tr>
<td>P1</td>
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<td>C – A</td>
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<tr>
<td>P2</td>
<td>4</td>
<td>F – D</td>
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<tr>
<td>P1</td>
<td>5</td>
<td>B – C</td>
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<tr>
<td>P2</td>
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<td>E – F</td>
</tr>
<tr>
<td>P1</td>
<td>7</td>
<td>B – A</td>
</tr>
<tr>
<td>P2</td>
<td>8</td>
<td>E – D</td>
</tr>
<tr>
<td>P1</td>
<td>9</td>
<td>A – C</td>
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<td>10</td>
<td>D – F</td>
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<tr>
<td>P1</td>
<td>11</td>
<td>C – B</td>
</tr>
<tr>
<td>P2</td>
<td>12</td>
<td>F – E</td>
</tr>
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</table>
TOURNAMENT WITH 8 TEAMS
2 PITCHES

1. First round with 2 pools of 4 teams
   - Pool P1: A, B, C, D
   - Pool P2: E, F, G, H
   - 3 matches per team

2. Second round
   - Group W: top 2 teams of pool P1 & P2
   - Group L: the bottom 2 teams of pool P1 & P2
   - 3 matches per team

- Total no. of matches: 6

- Duration:
  - 6-8 years: 6-10 minutes per game
    6 minutes/2x5 minutes (half-time)
  - 9-10 years: 10-15 minutes per game
    2x5 - 2x7 minutes (half-time)
  - 11-12 years: 15-20 minutes per game
    2x7 - 2x10 minutes (half-time)

**ROUND POOL 1 FIXTURES**

1 1 A – B
2 C – D
3 2 B – C
4 D – A
5 3 B – D
6 5 A – C

**ROUND POOL 2 FIXTURES**

1 1 E – F
2 G – H
3 2 F – G
4 H – E
5 3 F – H
6 5 E – G
TOURNAMENT WITH 8 TEAMS
2 PITCHES

IF ONLY 1 PITCH IS AVAILABLE, THE MATCHES OF P1 & P2 AS WELL AS THE MATCHES OF POOL W AND POOL L WILL BE ORGANISED ALTERNATELY

<table>
<thead>
<tr>
<th>Final round</th>
<th>Pool W</th>
<th>Final round</th>
<th>Pool L</th>
<th>Fixtures</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1st P1</td>
<td>E</td>
<td>3rd P1</td>
<td>A – D</td>
</tr>
<tr>
<td>B</td>
<td>1st P2</td>
<td>F</td>
<td>3rd P2</td>
<td>B – C</td>
</tr>
<tr>
<td>C</td>
<td>2nd P1</td>
<td>G</td>
<td>4th P1</td>
<td>A – C</td>
</tr>
<tr>
<td>D</td>
<td>2nd P2</td>
<td>H</td>
<td>4th P2</td>
<td>D – B</td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>E</td>
<td>6</td>
<td>A – B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROUND</th>
<th>POOL L</th>
<th>Fixtures</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>E – H</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>F – G</td>
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<tr>
<td>2</td>
<td>3</td>
<td>E – G</td>
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<td>G – H</td>
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<tr>
<td>3</td>
<td>5</td>
<td>G – H</td>
</tr>
<tr>
<td>6</td>
<td>6</td>
<td>E – F</td>
</tr>
</tbody>
</table>
1. First round with 4 pools of 4 teams

- Pool P1: A, B, C, D
- Pool P2: E, F, G, H
- Pool P3: I, J, K, L
- Pool P4: M, N, O, P
- 3 matches per team

2. Second round

- 2 groups W: 2 winners of each pool
- 2 groups L: the bottom 2 teams of each pool
- 3 matches per team

* Total no. of matches = 6
THIRD ROUND:

• **SEMI-FINALS:**
  - 1\textsuperscript{st} match: winner W1 v/s 2\textsuperscript{nd} W2
  - 2\textsuperscript{nd} match: winner W2 v/s 2\textsuperscript{nd} W1

• **FINALS**
  - 3\textsuperscript{rd} / 4\textsuperscript{th} place match: losing semi-finalists
  - 1\textsuperscript{st}/ 2\textsuperscript{nd} place match: winning semi-finalists

  *NOTE:* 5\textsuperscript{th}-16\textsuperscript{th} place matches can also be organised in the same way.

• **Duration:**

  \rightarrow 6-8 years: 7-10 minutes per game  
  7 minutes/2x5 minutes (half-time)

  \rightarrow 9-10 years: 10-12 minutes per game  
  2x5 - 2x6 minutes (half-time)

  \rightarrow 11-12 years: 12-15 minutes per game  
  2x6 - 2x15 minutes (half-time)
The competition formulas, the number of matches, the level of the players and other factors such as climatic conditions will help the coach-educator to assess the appropriate time factor in organising tournaments.