



Grassroots Standards Fair Playing Time – One-Pager



Who This Is For: Coaches, Club Technical Staff, Parents

Why It Matters: Fair playing time ensures that all players, regardless of ability, receive meaningful opportunities to participate in games. This approach supports skill development, builds confidence, and fosters a sense of belonging. It also aligns with the values of inclusion, enjoyment, and long-term engagement in sport.

Purpose: To clarify expectations around fair playing time and support coaches in delivering developmentally appropriate and inclusive experiences.

Key Standards:

- All players should receive fair playing time over the course of a season.
- Coaches should rotate players through different positions and game situations.
- Playing time should not be based on skill level, game score, or perceived competitiveness.
- Clubs should monitor and support coaches in implementing fair playing time policies.

Implementation Tips:

- Use a rotation chart to track playing time and positions.
- Communicate expectations clearly to parents and players.
- Reflect on playing time distribution after each match.
- Provide mentorship and training for coaches on inclusive coaching practices.

Alignment with Sport for Life's LTPD Principles

Fair Playing Time is a cornerstone of Canada's Long-Term Player Development (LTPD) model. LTPD emphasizes that all children should have access to meaningful playing opportunities regardless of skill level. By ensuring fair playing time, coaches support the development of confidence, competence, and enjoyment in sport.

This approach aligns with the 'FUNdamentals' and 'Learn to Train' stages of LTPD, where the focus is on skill development, participation, and fostering a lifelong love of the game. Fair playing time also helps prevent early dropout and promotes equity, ensuring that every child feels valued and included in their soccer experience.



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