



Football Ontario
21 King Street West
Hamilton, ON
L8P 4W7

ROSTER SIZE POLICY

Below you will find roster size chart.

2019 Mandate: As listed on the chart below, Football Ontario Alliance members must have the “Minimum to play game” for 2019.

2022 Mandate: Football Ontario members must follow the full chart listed below.

| | Minimum to start season | Minimum to play game | Recommended to play a game | Maximum to begin thinking of other alternative options |
|-----------|-------------------------|----------------------|----------------------------|--|
| Touch 5's | 7 | 5 | 7 | 7 |
| Touch 7's | 9 | 7 | 9 | 9 |
| Flag 5's | 7 | 5 | 7 | 7 |
| Flag 7's | 9 | 7 | 9 | 9 |
| 6-a-side | 9 | 8 | 10 | 10 |
| 9-a-side | 17 | 13 | 15 | 15 |
| 12-a-side | 30 | 24 | 28 | 45 |

Mandating a team's roster size at the start of a season with a minimum number of players makes sure that teams have enough players to continue during a season should in-season injuries occur.

The recommended maximum to being thinking of alternative options is a threshold at which having too many players restricts the ability for all players to get playing time or adequate development opportunities.