CISAA School Sport Model

Values: Integrity, Respect, Inclusion, Sportsmanship, Education

Last updated: October 30, 2025 (Tim White, CISAA Director)
Refer to Article1: Vision, Mission, and Values

Long-Term Development in Sport and Physical Activity
- Guiding Principles
- Quality Sport Is:
- Age Groups and LTD Stages
- Meaningful Competition

FALL OUTLINE
- Learn to Train (Block 1) U10, U11, U12
- Train to Train (Block 1) U13, U14, U15, U16, U17, U18, U19

WINTER OUTLINE
- Learn to Train (Block 2 Training Only) U10, U11, U12
- Learn to Train (Block 3) U10, U11, U12
- Train to Train (Early) U13, U14, U15, U16
- Train to Train (Late) U17, U18, U19

SPRING OUTLINE
- Learn to Train (Block 4) U10, U11, U12
- Train to Train U13, U14, U15, U16, U17, U18, U19

Long-Term Development Integration Timeline

Age Appropriate Format Guideline

Long-Term Development in Sport and Physical Activity

Guiding Principles

Quality is the Key	Optimal Programming is Critical
Inclusion is Non-negotiable	Collaboration Makes the System Better

Quality Sport Is:

Safe and Inclusive	Developmentally Appropriate
Well-Run	Promoting Individual Excellence & Optimal Health

CISAA School Sport Model

Age Groups and LTD Stages

LEARN TO TRAIN	TRAIN TO TRAIN	
Mid-Elementary Grades	Late Elementary and Early High School	Late High School
Boys age 9-12, Girls age 8-11	Boys age 12- 15, Girls age 11-15	Boys age 16-19, Girls age 16-19
Grades 4, 5, 6	Grades 7, 8, 9, 10	Grades 11 & 12
U10, U11, U12	U13, U14, U15, U16	U17, U18, U19
Training/Competition Ratio = 70/30	Training/Competition Ratio = 60/40	Training/Competition Ratio = 60/40
• Critical stage for physical literacy (run, jump, throw, balance) • Prime time for skill acquisition • Fun & Friendship are key • Avoid specialization • Body weight exercises • Flexibility, leg and arm speed • Introduce warm-up/cool-down, nutrition, and hydration • Introduce competition, fair play, and a variety of roles	• Critical stage as adolescents balance growing demands: academics, co-curriculars, friends, parents • Major fitness development stage: aerobic, strength, speed • Cultivate life skills and sport/life balance • Promote fun & friendship • Introduce strength training, free weights, and correct technique • Attention to mental preparation • Develop an ethical approach to sport: integrity, respect, inclusion, sportsmanship, education, and drug-free • Include participation in several sports.	

Meaningful Competition

Boys age 9–12, Girls age 8–11	Boys age 12–15, Girls age 11–15	Boys age 16–19, Girls age 16–19
Grades 4, 5, 6	Grades 7, 8, 9, 10	Grades 11 & 12
U10, U11, U12	U13, U14, U15, U16	U17, U18, U19
TYPES OF COMPETITION		
Regular season. Multi-Game Based. End of Season Event for All Teams	Regular season. Variable Formats. Playoffs & Championships	Regular season. Variable Formats. Playoffs & Championships
PLAYING TIME		
EQUAL/FAIR	U13/U14 EQUAL/FAIR U15/U16 APPROPRIATE	APPROPRIATE
• Designed to support what has been practiced in training • Modified in terms of game duration, size of playing area, rules that match the developmental stage of the participants, and officiating approach • Offers equal competition opportunities by keeping participants, rather than eliminating them	• Designed to support what has been practiced in training • Modified in terms of game duration, size of playing area, rules that match the developmental stage of the participants, and officiating approach • Offers equal competition opportunities by keeping participants, rather than eliminating them	• Designed to support what has been practiced in training • Modified in terms of game duration, size of playing area, rules that match the developmental stage of the participants, and officiating approach • Offers equal competition opportunities by keeping

• Multiple teams of the same age need to be evenly skilled, with no top and bottom teams • Rosters are fluid, not fixed, when a school has multiple teams in the same league, but the balanced skill level of each team should remain • In the early stages, it focuses on the process of competing and using learned skills, not on results. • In the "challenge zone", not too difficult or too easy, resulting in close competition without humiliation, and reduces travel and cost. • Means creating similar skilled groups for season play and end-of-season events • End-of-season event involves all teams playing multiple games, and no champions will be declared • Incorporates a skill session at each competition event • Results tracking is not public	• In the early stages, it focuses on the process of competing and using learned skills, not on results • In the "challenge zone", not too difficult or too easy, resulting in close competition without humiliation, and reduces travel and cost • Playoffs to involve as many teams as possible, CISAA plaques, medals, and ribbons will be distributed according to CISAA guidelines • League standings and results are public	participants, rather than eliminating them • In the early stages, it focuses on the process of competing and using learned skills, not on results • In the "challenge zone", not too difficult or too easy, resulting in close competition without humiliation, and reduces travel and cost • Playoffs to involve as many teams as possible, CISAA plaques, medals, and ribbons will be distributed according to CISAA guidelines • League standings and results are public

FALL OUTLINE

Learn to Train (Block 1) U10, U11, U12

		2025-2026	2026-2027	2027-2028
Length of Overall Season	1st Monday after Labour Day to the final season event	7 weeks	7 weeks	7 weeks
Competition Start Date:	3rd Monday following Labour Day	Sept 22	Sept 28	Sept 27
Competition End Date:	7th Friday following Labour Day	Oct 17	Oct 23	Oct 22
End-of-season Event:	8th week following Labour Day Monday	Oct 20-25	Oct 26-30	Oct 25-29
Number of Playdates (1x per week)	5	5	5	5
Weeks for Competition:		5 weeks	5 weeks	5 weeks
Average # of practices per week	2-3			
Competition season practice total	10-15			
Using the 70/30 ratio means	7-11 practices			
Includes end-of-season event	3-5 competitive opportunities			

CISAA School Sport Model

Train to Train (Block 1) U13, U14, U15, U16, U17, U18, U19

		2025-2026	2026-2027	2027-2028
Length of Overall Season	1st Monday after Labour Day to the end of the playoffs	8 weeks	8 weeks	8 weeks
Regular Season Start Date:	2nd Monday following Labour Day	Sept 15	Sept 21	Sept 20
Regular Season End Date:	8th Friday following Labour Day	Oct 24	Oct 30	Oct 29
Playoffs and Championships	9th week following Labour Day Monday	Oct 27-Nov 1	Nov 2-6	Nov 1-5
Number of Playdates (1x per week)	6 + 1 week for playoffs and finals	6 + playoffs	6 + playoffs	6 + playoffs
Weeks for Competition:	(includes playoffs & championships)	7 weeks	7 weeks	7 weeks
Average # of practices per week	2-3		Late Labour Day	Late Labour Day & November Break
Competition season practice total	14-21			
Using the 60/40 ratio means	8-13 practices			
Includes playoffs	6-8 competitive opportunities			

WINTER OUTLINE

Learn to Train (Block 2 Training Only) U10, U11, U12

Training to prepare for BLOCK 3 Competition Season		2025-2026	2026-2027	2027-2028
Length:	Monday prior to the November Break to Christmas Break	7 weeks	6 weeks	6 weeks
	1st Monday after November Break	Nov 17	Nov 23	Nov 22
	Thursday of the week that Christmas Break begins	Dec 18	Dec 17	Dec 16
Average # of practices per week:	2-3			
Practices Total:	10-15			

Learn to Train (Block 3) U10, U11, U12

		2025-2026	2026-2027	2027-2028
Length of Overall Season	1st week back after Christmas Break to the end of the season	7 weeks	7 weeks	7 weeks
Competition Start Date:	2nd week back after Christmas Break	Jan 12	Jan 11	Jan 17
Competition End Date:	The week before (or after) the Family Weekend holiday	Oct 24	Oct 30	Oct 29
Playoffs and Championships	9th week following Labour Day Monday	Feb 19	Feb 18	Feb 24
Number of Playdates (1x per week)	6	6	6	6
Weeks for Competition:	(includes playoffs & championships)	6 weeks	6 weeks	6 weeks
Average # of practices per week	2-3		Late March Break	Late Family Break and Late March Break
Competition season practice total	12-18			
Using the 70/30 ratio means	8-12 practices			
Includes end-of-season event	3-5 competitive opportunities			

CISAA School Sport Model

Train to Train (Early) U13, U14, U15, U16

		2025-2026	2026-2027	2027-2028
Length of Overall Season	1st Monday after the November Break to the end of the playoffs	13 weeks	13 weeks	13 weeks
Regular Season Start Date:	3rd Monday after the November Break	Dec 1	Dec 7	Dec 6
Regular Season End Date:	The week prior to the Family Weekend holiday	Feb 12	Feb 19	Feb 17
Playoffs and Championships	The 2 weeks following the regular season end date	Feb 17-28	Feb 22-Mar 5	Feb 22-Mar 3
Number of Playdates (1x per week)	9 + 2 weeks for playoffs and finals	9+ playoffs	9+ playoffs	9+ playoffs
Weeks for Competition:	(includes playoffs & championships)	11 weeks	11 weeks	11 weeks
Average # of practices per week	2-3		Late March Break	Late March Break
Competition season practice total	22-33			
Using the 70/30 ratio means	13-20 practices			
Includes end-of-season event	9-13 competitive opportunities			

CISAA School Sport Model

Train to Train (Late) U17, U18, U19

		2025-2026	2026-2027	2027-2028
Length of Overall Season	1st Monday after the November Break to the end of the playoffs	13 weeks	13 weeks	13 weeks
Regular Season Start Date:	2nd Monday after the November Break	Nov 24	Nov 30	Nov 29
Regular Season End Date:	The week prior to (or after) the Family Weekend holiday	Feb 12	Feb 19	Feb 18
Playoffs and Championships	The 2 weeks following the regular season end date	Feb 17-28	Feb 22-Mar 5	Feb 22-Mar 3
Number of Playdates (1x per week)	10 + 2 weeks for playoffs and finals	10+ playoffs	10+ playoffs	10+ playoffs
Weeks for Competition:	(includes playoffs & championships)	12 weeks	12 weeks	12 weeks
Average # of practices per week	2-3		Late March Break, Early Easter	Late March Break
Competition season practice total	24-36			
Using the 60/40 ratio means	15-22 practices			
Includes playoffs	9-14 competitive opportunities			

SPRING OUTLINE

Learn to Train (Block 4) U10, U11, U12

		2025-2026	2026-2027	2027-2028
Length of Overall Season	2nd week after March Break to end of season event	8 weeks	8 weeks	8 weeks
Competition Start Date:	4th week after March Break	April 21	April 20	April 18
Competition End Date:	week prior to Victoria Day Break weekend	May 13	May 19	May 17
End of Season Event	week following the Victoria Day Weekend holiday	May 19-23	May 25- 28	May 23- 26
Number of Playdates (1x per week)	4 + 1 for the end of season event	4 + 1	4 + 1	4 + 1
Weeks for Competition:	(includes end of season event)	5 weeks	5 weeks	5 weeks
Average # of practices per week	2-3			
Competition season practice total	10-15			
Using the 70/30 ratio means	7-11 practices			
Includes end-of-season event	3-5 competitive opportunities			

CISAA School Sport Model

Train to Train U13, U14, U15, U16, U17, U18, U19

		2025-2026	2026-2027	2027-2028
Length of Overall Season	2nd week after March Break to end of playoffs	8 weeks	8 weeks	8 weeks
Regular Season Start Date:	2nd Monday following Labour Day	April 13	April 12	April 10
Regular Season End Date:	week prior to Victoria Day Break weekend	May 13	May 19	May 17
End of Season Event	week following the Victoria Day Weekend holiday	May 19-22	May 25-28	May 23-26
Number of Playdates (1x per week)	5 + 1 week for playoffs and finals	5 + playoffs	6 + playoffs	6 + playoffs
Weeks for Competition:	(includes playoffs & championships)	6 weeks	7 weeks	7 weeks
Average # of practices per week	2-3			
Competition season practice total	12-18			
Using the 60/40 ratio means	7-11 practices			
Includes playoffs	5-7 competitive opportunities			

Long-Term Development Integration Timeline

	LTD Learn to Train	LTD early Train to Train	LTD late Train to Train
Year	Under 12 and below	U13 to U16	U17 to U19
2022–2023	LTD age-appropriate training to competition ratios used for league and playoff formats		
	Staggered start to regular season play to allow more development at younger age groups		
	Examine meaningful competition in leagues with a large number of teams		
	Attempt preferred days for age group play		
	End-of-season events will be formatted so all teams play the same number of games	U13 and U14 AD-HOC committee to research equal play time models	
	April 2022 discussion on how best to revise the recognition/ awards for this age group		
2023–2024	April - May 2023- further refinements to recognition/awards at this age group	U13 age group to require equal play time for all players on the team, all sports	
	Adjustments to all age groups with respect to regular season and postseason formats, so age-age-appropriate and sport-specific best practices can continue to develop.		

2024–2025	Sept 2024 discussion on how best to revise the recognition/ awards for the Under 12 age group	U13 age group continues with Fair and Appropriate Play	
2025–2026		U14 age group to require equal play time for all players on the team, all sports	

Age Appropriate Format Guideline

In consideration of sport specific best practices with respect to game length, total play time per day, number of games per day and facility capacities of member schools, the scheduling committee has begun the process of reviewing feedback from member schools and feedback from provincial and national sport organizations to further improve the CISAA School Sport Model.

U10, U11, U12 age groups:

- Meaningful competition during the season: How best to accomplish this?
- Meaningful end of season events: How should these be structured?
- Multi-sport model for this age group: How to best encourage schools to have children playing more than one sport in a season?

Future consideration: FOUR BLOCK model for U10 to U12 sports

Block 1: Traditional Fall – Sept. to Oct. Competition possible over 5 weeks
Block 2: Early Winter – Nov. to Dec. Competition possible over 5 weeks
Block 3: Traditional Winter – Jan. to Feb. Competition possible over 5 weeks
Block 4: Traditional Spring – April to May. Competition possible over 5 weeks

Block	Boys' Sports	Coed Sports	Girls' Sports
ONE	Soccer, Volleyball, Badminton	Cross Country	Soccer, Basketball, Swimming
TWO	Basketball, Hockey	Swimming	Volleyball, Hockey
THREE	Volleyball, Hockey	Swimming	Basketball, Hockey, Badminton
FOUR	Slow Pitch	Ultimate, Track & Field, Badminton	Softball

U13 and U14 age groups:

- Fair Play in all sports by 25-26 (U13 in 23-24 and U14 in 25-26)
- Regular season to be multi-game format where appropriate
- Post-season to involve all teams where possible
    - use of End of Season events for some/all in playoffs is not possible
    - 4th seed wants a chance to be in the playoffs and not relegated to an end-of-season event

Novice and Junior age groups:

- Create Novice leagues (grade 9 only) to encourage girls and boys to play a sport they enjoy
- Post season to involve as many teams where possible
    - no End of Season events for those not in playoffs

Senior age group:

- Single game format for regular season for specific sports as per PSO and NSO guidelines
- Multi-game format for regular season for specific sports where appropriate
- Post-season does not have to involve all teams
    - Where possible, include as many teams as is practical
    - Single-game formats were required in playoffs and championships
    - Final 4 format to be used where appropriate

The association will use preferred playdates based on age groups (first school year was 2022–2023)

- High school age group – Wednesdays
- Elementary age groups U13 and U14 – Tuesdays,
- Elementary age groups U10 to U12 – Thursdays

CISAA School Sport Model

Sport specific regular season & post-season formats:
(RS= regular season, PS = postseason)

		Senior	Novice/Junior	U13–U14
Soccer	RS	1 game per playdate	1 game per playdate	tri-meets may be used
	PS	1 game per playdate	1 game per playdate	Final 4s
Volleyball	RS	1 game per playdate (3 of 5)	1 game (3 of 5) or tri/quad (2 of 3)	Tri-meets can be used
	PS	1 game per playdate (3 of 5)	Final 4s (3 of 5)	Final 4s (2 of 3)
Basketball	RS	1 game per playdate	1 game per playdate	tri-meets can be used
	PS	DI – 1 game per playdate, DII, DIII – Final 4s	Final 4s	Final 4s
Field Hockey	RS	1 game per playdate	1 game per playdate	Tri-meets can be used
	PS	Final 4s	Final 4s	Final 4s
Hockey (contact)	RS	1 game per playdate	1 game per playdate	1 game per playdate
	PS	1 game per playdate	1 game per playdate	1 game per playdate
Hockey (non-contact)	RS	1 game per playdate	1 game per playdate	1 game per playdate
	PS	DIB, DII girls – Final 4s, Boys NC	Final 4s	Final 4s

CISAA School Sport Model

Baseball	RS	1 game per playdate		
	PS	Final 4s		
Lacrosse	RS	1 game per playdate		
	PS	1 game per date		
Slow Pitch Softball	RS	1 game per playdate	1 game per playdate	1 game per playdate
	PS	Final 4s	Final 4s	Final 4s
Ultimate	RS	1 game per playdate	1 game per playdate	1 game per playdate
	PS	Final 4s	Final 4s	Final 4s