



Eastside Champions Cup 2026

January 9 - 11th, 2026
Saskatoon, Saskatchewan



Table of Contents

[Welcome Letter](#)

[Before the Tournament](#)

[Dates](#)

[Rosters](#)

[Equipment](#)

[Tournament Format](#)

[Tie breaking](#)

[Statistics](#)

[Player of the game](#)

[Field marshals](#)

[Game Format](#)

[Game duration](#)

[Field size](#)

[Number of players](#)

[Defaulting](#)

[Substitutions](#)

[Offside](#)

[Slide tackles](#)

[Team Responsibilities](#)

[Home team responsibilities](#)

[Game sheets](#)

[Uniforms](#)

[Time expectations](#)

[Change rooms](#)

[Discipline and Hearings](#)

[Yellow and red cards](#)

[Protests](#)

[Cancellation Policy](#)

[Saskatchewan Laws](#)

[Facilities](#)



Welcome Letter

Welcome to the 2nd annual Eastside Champions Cup 2026!

We are excited to celebrate another Eastside tournament, and provide a fantastic weekend of soccer in Saskatoon.

This package contains a welcome letter, tournament format, rules, discipline policy, etc. There is a lot of important information, so please be sure to read through thoroughly and contact us ahead of time with any questions.

On the weekend, tournament headquarters are located upstairs at the Saskatoon Soccer Centre (150 Nelson Road). Ahead of the weekend, questions can be sent to tournament@eastsidesoccer.ca.

Admission for the tournament weekend is FREE! Please bring your friends and family to cheer your team on. We will have a raffle table and 50/50 sales throughout the weekend to help support the tournament.



Before the Tournament

Unless otherwise stated in this document, "FIFA Laws of the Game", and Saskatoon Youth Soccer "[Indoor Rules](#)" shall govern this competition.

Dates

- Registration opens: Friday, November 7th, 2025.
- Registration closes: Friday, November 28th, 2025.
- All teams will be waitlisted and contacted the first week in December if they have been accepted into the tournament. Payment is due upon acceptance.

Rosters

- Rosters must be submitted prior to the beginning of the tournament, and can be confirmed on our website.
 - Initial roster submission is required upon registration, with **minor changes being allowed up until January 8th.**
- There is no permitting or guest players beyond the submitted final roster. (Playing unregistered players will result in a game default).
- Players may only play for 1 team during the tournament.
- Teams are allowed up to 3 guest players from an equal or lower division or age group. These guest players must have a signed permission letter from their home team.
- Maximum of 16 players per roster.
- Out of province teams must complete and submit travel permits a minimum of 2 weeks prior to the tournament.

Equipment

- Footwear, etc.
 - No metal cleats are allowed in any matches.
 - All ¼ field age groups and divisions should come with running shoes (or other flat bottomed shoes) appropriate for smooth, hard-court surfaces.
 - Shin guards are required and must be fully covered by socks.
- Balls and sizes:
 - U11 - FIFA approved size 4 ball.
 - U13 and up - FIFA approved size 5 ball.



Tournament Format

- Division pools and schedules are at the discretion of the tournament committee.
- All teams are guaranteed 3 matches at minimum.

Tie breaking

- During the group stage, there will be no overtime permitted.
- During semi-final/final matches, tie matches will proceed to penalty kicks according to FIFA rules.

Statistics

- Statistics will be kept for all divisions and age groups U13 and above:
 - 3 points for a win
 - 1 point each for a tie
 - 0 points for a loss
 - In the event of a team defaulting, the team that defaults will have a 0 - 3 loss recorded, and the team that did not default will have a 3 - 0 win recorded.
- Breaking ties in group ranking:
 - If, at the end of the group stage, 2 or more teams are tied in overall points, the following criteria (in order) will be followed:
 - Previous Head-to-Head match results: the team with the most points in the matches between the tied teams shall be awarded the higher position. (Only applicable for a two-way tie, if three teams are tied, proceed to next step)
 - Goal difference (max of 5 goal difference for each game played)
 - Least goals conceded
 - Team with least games lost
 - Least number of cards
 - If two or more teams are still tied, teams must contact the tournament office to have a Coin toss
- It is the responsibility of the teams to determine if they advance to the semi-final/final matches. Information will be available at Tournament Headquarters.

Player of the game

- At the end of each match, each team will have 1 player awarded with a player of the game prize.



Field marshals

- Field marshals will be provided by the tournament organisers.
- Teams will be held responsible for their players, coaches, and fans.

Game Format

Game duration

- Each match will consist of two 25 minute halves.
 - Games **MUST** start on time. If a match starts late, the officials have been instructed to shorten halves so the match still ends on time.

Field size

- ¼ field games will take place on any of the following fields: Sherwood, Kavia East or West, Trail East or West, or Family Focus.
 - U11 (all divisions), U13 (division 2 or 3)
- ½ field games will take place on either Kavia or Trail.
 - U13 (division 1), U15 (all divisions), U17/19 (all divisions)

Number of players

- Including the keeper:
 - ¼ field games are 7 vs. 7 (minimum of 4 to begin match)
 - ½ field games are 9 vs. 9 (minimum of 6 to begin match)

Defaulting

- If teams fail to have the minimum number of players at ten minutes past kick off time, the game will be considered a default.

Substitutions

- Substitutions will be unlimited, and on the fly from the centre line.

Offside

- ¼ field games have no offsides.
- ½ field games will follow FIFA laws of the game to determine offside calls.

Slide tackles

- Slide tackling is not permitted in **any** hard court game, regardless of age/division.

U11 specific

- There is no retreat line for goal kicks during the tournament.



Team Responsibilities

Home team responsibilities

- The first team on the game sheet is the home team.
- In the event of a jersey colour conflict, the home team must change jerseys or wear bibs.
- The home team will provide a game ball (as outlined above).

Game sheets

- Before your first match of the tournament, please report to Tournament Headquarters to confirm your rosters on your game sheets. Please strike any players not participating, and ensure jersey numbers are correct.
- Game sheets will be delivered and picked up on the field by our tournament volunteers.

Uniforms

- Teams must wear matching uniforms of the same colour (with the exception of the goalkeeper) with a number on the back.
- Each team should come prepared with two colour options for jerseys. (The second option may be bibs).

Time expectations

- Fields will generally not be open for warm up time. Please warm up away from the fields.
- Upon completion of your match, please exit the field immediately. Any post-match discussions should happen in the dressing rooms or corridors.
- Be on time! Matches cannot go over their allotted time. Plan to arrive at the facility at least half an hour before your match time.

Change rooms

- When available, SSC will provide change rooms with a key to teams (no earlier than 30 minutes before kick off time). Please check at the admissions desk for more information.
- No food or drink (besides water) are allowed in the change rooms.



Discipline and Hearings

Yellow and red cards

- Yellow card accumulation: Upon accumulating 3 yellow cards during the tournament, a player will be suspended for their next match. After serving an accumulation suspension, that player will be suspended 1 game for every yellow card received thereafter.
 - a. Two yellow cards received in the same match resulting in a red card are not counted towards the accumulation total.
- Red cards: Any player receiving a red card must report to tournament headquarters within one hour of the match ending. All players receiving a red card MUST sit a minimum of one game.
- All discipline matters will adhere to the [SYS League Operating Rules & Regulations](#).

Protests

- No protests will be heard on any judgement calls by the referee. All decisions by the referee will be final concerning the outcome of the game.
- Protests will be allowed on eligibility or other technical matters.
- Protests will be dealt with provided they are in writing and submitted to the Tournament Committee at Tournament Headquarters within 1 hour of completion of the game.

Cancellation Policy

- Following acceptance and full payment, if your team cannot attend the tournament, please inform us at tournament@eastsidesoccer.ca immediately.
- Refunds will not be issued after acceptance notifications are sent.
- Failure to appear at the tournament with no notification given will result in your Provincial Association being notified.
- Eastside is not responsible for hotel accommodations in any form.
- In the event that Eastside must cancel the tournament in its entirety, refunds will be issued to the original payment form.

Saskatchewan Laws

- All players participating in the Eastside Champions Cup are "minors" in the Province of Saskatchewan. Possession or use of alcohol by "minors" is illegal. Any report of use of alcoholic beverages or illegal drugs will result in expulsion from the tournament.



Facilities

- Saskatoon Youth Soccer and the Saskatoon Soccer Centre inc. will be enforcing their No Spitting Policy at the Saskatoon Sports Centre. Anyone seen spitting on the indoor fields or bench areas (unless in a garbage can) will be told to leave the playing area immediately. A Red Card will be issued for this, but the team will not be punished by having to play shorthanded. (They will be allowed to replace the player on the field). Anyone ejected for spitting will receive the following:
 - a. 1st Offence: Ejection from the game without further suspension
 - b. 2nd Offence: 2 game suspension
 - c. 3rd Offence: At the discretion of the Tournament Committee
 - The reason for the implementation of this rule is for the health and safety of everyone using the facilities.
- Spectators are expected to be upstairs to view games, and not along the walking track.
- Please use the north entrance of the building during the tournament weekend.
- Do not park in the staff or teacher's parking areas at any time.





Thank you for helping us make this a great tournament weekend!

