

REGULATIONS OF BALTIC SENIOR FOOTBALL CUP 2026

1. Goals and objectives

1.1. The Baltic Senior Football Cup 2026 (hereinafter - CUP) is an international club competition for senior teams from the Baltic states, held in two separate age groups: 40+ and 50+

1.2. Purpose of the competition:

1.2.1. to determine the CUP winners and best players.

1.2.2. to develop veteran football and strengthen friendly international relations between Latvia, Lithuania and Estonia.

1.2.3. to provide a possibility for senior players to gain experience of international matches.

2. Management

2.1. The CUP will be hosted and organized by the Latvian Football Federation in cooperation with the Lithuanian Football Federation and the Estonian Football Association. Each age group shall consist of three teams as specified under Competition Participants.

2.2. The Organizing Committee shall consist of three members: one representative each of the Latvian Football Federation, Lithuanian Football Federation and Estonian Football Association. The Latvian representative shall chair the Committee. Committee's email address: sacensibas@lff.lv. The Committee shall decide by a majority of its members entitled to participate in the decision. Consultations and decisions may take place remotely.

2.3. Vladimirs Direktorenko (mob.: +371 20 383 016) shall act as the Organizing Committee's authorized on-site Tournament Organizer and shall be responsible for the day-to-day management of the CUP.

2.4. The Tournament Organizer may decide routine organizational matters and straightforward disputes or protests on site on behalf of the Organizing Committee. Complex matters requiring consultation or coordination between associations shall be referred to the Organizing Committee. Where immediate action is necessary to ensure safety or the orderly continuation of the CUP, the Tournament Organizer may take provisional measures and shall promptly inform the Committee.

3. Venue and time

3.1. The CUP matches will be played in Latvia at Salaspils Stadium (Salaspils stadions), Rudzu iela 2, Salaspils, Latvia.

3.2. The matches will be played on an artificial turf pitch divided into two separate playing areas: one designated for matches in the 40+ age group and the other for matches in the 50+ age group.

3.3. The CUP is planned for 31 October 2026. The first matches are scheduled to kick off at 13:00 local time (Latvia). The detailed match schedule for both age groups shall be communicated to the participating teams by the Organizing Committee.

3.4. The Tournament Organizer may adjust kick-off times where necessary due to delays, weather conditions, safety considerations or other organizational circumstances.

4. Competition Participants

4.1. In the 40+ age group, the two highest-ranked teams in the final standings of the 2026 Latvian senior championship and the highest-ranked team in the final standings of the 2026 Lithuanian senior championship shall participate. In the 50+ age group, the winners of the respective national senior championships of Latvia, Lithuania and Estonia shall participate.

4.2. Player eligibility is determined by year of birth: in the 40+ age group, players must have been born on or before 31 December 1986; in the 50+ age group, players must have been born on or before 31 December 1976.

4.3. Each team shall register a tournament squad consisting of a maximum of 20 players and 3 staff members using the official application form in Annex 1, which shall be circulated separately for completion. The form shall include the team name, age group, players' first and last names, dates of birth, shirt numbers, staff details and participants' signatures. The completed application form shall be submitted to the p.2.3. mentioned Tournament Organizer upon arrival. Squad lists shall be fixed for the entire tournament in accordance with clause 4.7. Each player may represent only one team in one age group throughout the CUP. Participation in both the 40+ and 50+ competitions is prohibited.

4.4. The registered tournament squad shall apply to all of the team's matches. Each match sheet may include only players and staff members from that squad, with a maximum of 20 players and 3 staff members. A maximum of 11 substitute players and 3 staff members may be on the bench. Teams may change their starting line-up and substitutes between matches within the registered squad.

4.5. Unlimited return substitutions are permitted. A substituted player may return to play. Substitutions shall be made in the team's designated substitution area. The player being replaced must leave the field before the substitute enters.

4.6. A player who is given a red card (including two yellow cards in one match) will be suspended for the next match. Yellow cards shall not accumulate from one match to another. In case of serious offences, the Organizing Committee may impose a longer suspension.

4.7. Once the final tournament squad list has been submitted, no players or staff members may be added or replaced during the CUP, including in the event of injury or illness.

4.8. Each participating club is responsible for its own insurance coverage. Each participant is responsible for ensuring that their health and physical condition are suitable for participation in the CUP and for their own health during the tournament. Each participant shall confirm this responsibility by signing the tournament squad list. A player shall not participate or continue playing if the doctor on duty determines that participation is unsafe.

5. Competition system

5.1. A separate single round-robin tournament shall be held in each age group. Each team shall play each other team in its age group once, in accordance with the approved match schedule. The standings and CUP winners shall be determined separately for the 40+ and 50+ age groups.

5.2. Three points will be awarded for a win, one point for a draw and zero points for a defeat.

5.3. If two or more teams are equal on points the following criteria are applied to determine the rankings:

- result in matches played among teams in question (number of points, goal difference, number of goals scored);
- superior goal difference in all the matches;
- higher number of goals scored in all the matches;
- If two teams remain equal after the application of the above criteria, their ranking shall be determined by a penalty shoot-out, with each team taking three kicks from the 9-metre penalty mark. If three teams remain equal, penalty shoot-outs shall be organized between the teams concerned, with the order of the shoot-outs and the procedure for determining the final rankings established by the Tournament Organizer..

5.4. Matches last 2x20 minutes. Break between halves - 10 minutes.

5.5. Number of players on the field:
  5.5.1. 40+ age group: 8 per team (7 outfield players + 1 goalkeeper), playing 8-a-side.
  5.5.2. 50+ age group: 9 per team (8 outfield players + 1 goalkeeper), playing 9-a-side.
5.6. A match may not start or continue if either team has fewer than six players on the field.
5.7. Each match will be played on one half of the full-size artificial turf pitch, using the playing area designated for the relevant age group.
5.8. The goal dimension is 2x5 m.
5.9. Goalkeeper area dimension is 15x9 m.
5.10. Penalty kicks are taken from 9 meters.
5.11. During penalties, kick-ins, and free kicks, players from the opposing team must stand 5 meters away from the ball.
5.12. When the ball passes over the touchline, it is returned to play with the foot.
5.13. When play restarts from the goal, the goalkeeper shall put the ball into play by hand.
5.14. The game is played without an offside.
5.15. The IFAB Laws of the Game shall apply except where expressly modified by these regulations for the CUP. These specific modifications shall take precedence. All teams shall respect the principles of fair play and respect.
5.16. If a team fails to appear for a match, refuses to play or is responsible for a match being abandoned, the Organizing Committee may declare the match forfeited and award a 3:0 victory to the opposing team, unless the actual score at the time of abandonment is more favourable to the opposing team.

6. Organizational and financial provisions

6.1. The Latvian Football Federation shall organize the CUP and cover the costs of providing the stadium (artificial turf pitch with dressing rooms), balls, a doctor on duty to provide first aid (in the event of a serious injury emergency medical services shall be called immediately), and 30 litres of drinking water for each team for the tournament.
6.2. Each match shall be officiated by referees appointed and provided by the Latvian Football Federation, which shall cover the refereeing costs.
6.3. The Latvian Football Federation shall provide the awards. In each age group, the winning team shall receive a cup and 23 medals, and the second and third-placed teams shall receive medals (each 23 medals). In addition, one player from each participating team shall receive an individual award as that team's best player of the tournament.
6.4. Each participating team shall arrange and pay for its own transportation, provide its own playing kits and equipment, and cover all other costs associated with its participation that are not expressly covered by the Latvian Football Federation under these regulations.
6.5. Teams shall notify the Organizing Committee of their kit colours no later than 28 October 2026. The kit colours to be used in each match shall be communicated to the teams before the start of the CUP.
6.6. The Latvian Football Federation, as the host association, holds all commercial and media rights relating to the CUP and its matches.

7. Protests and disciplinary matters

7.1. A team shall verbally notify the Tournament Organizer of any protest as soon as possible and, in all cases, before the start of its next match. A protest relating to the team's final match shall be notified verbally before the award ceremony. The Tournament Organizer shall examine the matter promptly and communicate the decision before the next affected match or the award ceremony. Referees' decisions on facts connected with play shall not be subject to protest.
7.2. Serious disciplinary incidents shall be reported in writing to sacensibas@lff.lv for referral to the Latvian Football Federation Disciplinary Committee and consideration in cooperation with the disciplinary committees of the Estonian Football Association and Lithuanian Football Federation, under the applicable disciplinary procedures. Pending such consideration, the Tournament Organizer, following consultation with the Organizing Committee where practicable, may impose provisional measures necessary

for the safe and orderly continuation of the CUP, including temporary exclusion from participation.

7.3. Decisions affecting eligibility, match results or disciplinary measures shall be recorded in writing and communicated to the affected teams. On-site decisions shall apply for the conduct of the CUP, without prejudice to subsequent disciplinary proceedings. A Committee member with a direct personal or team-related interest in a matter shall not take part in deciding it. Representation of an association alone shall not constitute such an interest.

8. Unforeseen Circumstances and matters not mentioned in the regulations

8.1. Any matters not provided for in these regulations, including cases of force majeure, shall be decided by the Tournament Organizer within the authority set out in section 2 or, where consultation is required, by the Organizing Committee. Serious disciplinary matters shall be referred in accordance with clause 7.2.

Approved by:

Latvian Football Federation	Lithuanian Football Federation	Estonian Football Association
		
Arturs Gaidels *General Secretary*	Edgaras Stankevičius *President*	Mihkel Uiboleht *General Secretary*

Annex 1

BALTIC SENIOR FOOTBALL CUP 2026

Team squad list and personal health status confirmation

Team: _____ **Age group:** _____

By signing this squad list, each player confirms that they:

- consider their health and physical condition suitable for participation in the tournament and accept responsibility for their own health throughout the competition;
- agree to being filmed and photographed during the competition and to the publication of these materials online for the purpose of promoting the tournament;
- have read the REGULATIONS OF BALTIC SENIOR FOOTBALL CUP 2026 and undertake to comply with them and the principles of Fair Play.

	Nr.	Shirt Nr.	Name, surname	Date of birth	Signature
PLAYERS	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
	17				
	18				
	19				
	20				

	Nr.	Name, surname	Date of birth	Role	Signature
STAFF	1				
	2				
	3				

Team leader or coach: _____

(name,surname,signature)