

VETERANS CUP PLAYER'S GUIDE 2026



BURLINGTON, VT
VETERANS CUP | 2026
USASA NATIONAL TOURNAMENT





CONTENTS

02 [WELCOME](#)

13 [FAQS](#)

05 [ABOUT VETERANS CUP](#)

14 [ABOUT USASA](#)

07 [2026 FIELDS](#)

15 [EMERGENCY ACTION PLAN](#)

09 [DIVISION INFORMATION](#)

16 [BURLINGTON, VT](#)

11 [TENT SCHEDULES](#)

WELCOME 2026 TEAMS!



US ADULT SOCCER
ASSOCIATION

Dear Teams,

It is our pleasure to welcome you and your team to the 2026 Veterans Cup in Burlington, Vermont. We are delighted to bring this premier event to one of New England's most vibrant and scenic cities, and we look forward to an outstanding week of adult soccer.

- 7 Each year, the Veterans Cup reminds us why this sport is truly a game for life. Watching players of all ages compete with passion, determination, and sportsmanship on the field, while sharing friendships and camaraderie off the field throughout the week, is what makes this tournament so special. The Veterans Cup is a celebration of competition, community, and the enduring love of the game.

I look forward to seeing many of you during the tournament. Please don't hesitate to stop and say hello. On behalf of everyone at the US Adult Soccer Association, thank you for being part of this year's Veterans Cup. To our returning teams, we sincerely appreciate your continued loyalty and support. To those joining us for the first time, welcome—we wish you the very best of luck and hope you enjoy an unforgettable tournament experience in beautiful Burlington.

Sincerely,

Bruce Bode
Executive Director
US Adult Soccer Association



welcome to the home of soccer in Burlington!

Céad Mile Failte - 100,000 welcomes in Irish - to the participants & supporters of the 2026 USASA Veterans Cup.

While you're in town, why not visit Burlington's original & authentic Irish pub, home to the 'beautiful game' for local soccer fans for over a quarter of a century.

You'll feel right at home!

ALL
MAJOR
SOCCER GAMES
SHOWN ON
BIG SCREENS
WITH SOUND!

SCAN TO VISIT
WEBSITE



RiRa
IRISH PUB &
RESTAURANT

123 Church Street, Burlington, VT 05401

rira.com/burlington

[@riraburlington](https://www.facebook.com/riraburlington)



VTSTRA
VERMONT SHORT TERM RENTAL ALLIANCE



Thank you for staying local!

Your Support Keeps Vacation Rentals in the Game

Thank you for choosing a vacation rental during your visit to Vermont for the 2026 Veterans Cup! For thousands of athletes, families, and fans, vacation home rentals have become an essential part of the tournament experience, allowing you privacy, comfort, and the opportunity to support locals in the communities you travel to.

But travelers often don't realize that local governments are making it illegal for people to rent vacation homes, reducing lodging options for visitors. This happened in Burlington, Vermont, and it's happening elsewhere.

That's why organizations like the Vermont Short Term Rental Alliance (VTSTRA) and the Right to Rent Collaborative work to protect vacation rental access for travelers and to preserve homeowners' property rights everywhere.

VTSTRA is actively engaged here in Vermont, while the Right to Rent Collaborative is building a network of vacation rental advocates in every state.

The future of vacation rentals depends on people who use them, value them, and are willing to speak up for them. Just as every player contributes to a team's success, every traveler can help protect the accommodations they love.

As a valued visitor, thank you for being part of the vacation rental community. With your support, we can keep vacation rentals in the game.

Sincerely,
Your local community of vacation rental hosts

Support your local hosts>>

Visit VTSTRA.org & R2RCollaborative.org to learn more



ABOUT THE VETERANS CUP

The love for soccer doesn't fade with age—it only grows stronger and knows no age limit, it's a "Game for Life". The Veterans Cup, proudly presented by the United States Adult Soccer Association (USASA), invites players of all ages and skill levels to lace up their cleats and return to the pitch.

Since its kickoff in 1998, the Veterans Cup has grown into the largest sanctioned adult soccer tournament in the United States, offering a full week of spirited competition, great food, cold beer, and unmatched camaraderie.

What began as a tournament for seasoned players has become a beloved tradition, where rivalries on the field evolve into lifelong friendships. With over 3,000 players, families, and fans coming together each year, the Veterans Cup is more than just a tournament—it's a celebration of the beautiful game at every stage of life.





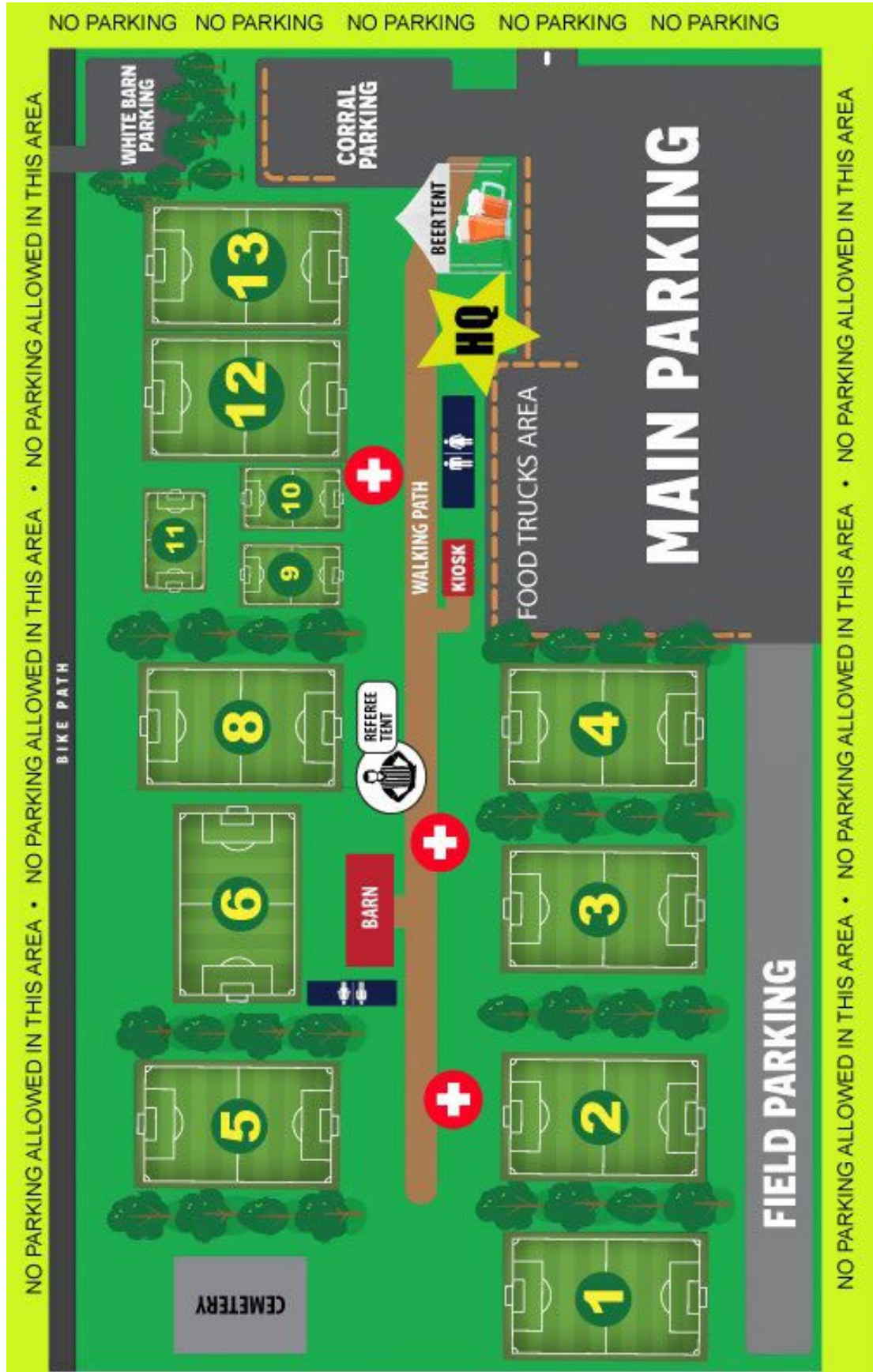
VETERANS CUP

1998-2026

1998 Bellingham, WA
1999 Bellingham, WA
2000 Nashua, NH
2001 Beckley, WV
2002 Beckley, WV
2003 Honolulu, HI
2004 Honolulu, HI
2005 Wilmington, NC
2006 Wilmington, NC
2007 Bellingham, WA
2008 Bellingham, WA
2009 Lancaster, MA
2010 Lancaster, MA
2011 Sanford, FL
2012 Escondido, CA
2013 Escondido, CA
2014 Virginia Beach, VA
2015 Virginia Beach, VA
2016 Denver, CO
2017 Nashville, TN
2018 Bellingham, WA
2019 Lancaster, MA
2022 Chattanooga, TN
2023 Greensboro, NC
2024 Greensboro, NC
2025 Traverse City, MI
2026 Burlington, VT



FIELD MAP



PARKING & TRAFFIC FLOW



DIVISION INFORMATION

GENDER/AGE DIVISIONS	PLAYING FORMAT	PLAYING START DATE / 8 AM FOR ALL DAYS
Men's & Women's Over 30	11v11	July 17, 2026 (Friday – Sunday)
Men's & Women's Over 40	11v11	July 16, 2026 (Thursday – Sunday)
Men's & Women's Over 50	11v11	July 16, 2026 (Thursday – Sunday)
Women's Over 55	11v11	July 16, 2026 (Thursday – Sunday)
Men's & Women's Over 60	11v11	July 15, 2026 (Wednesday – Sunday)
Women's Over 65	11v11	July 15, 2026 (Wednesday – Sunday)
Men's Over 70	11v11	July 15, 2026 (Wednesday – Sunday)
Women's Over 70*	8v8	July 15, 2026 (Wednesday – Sunday)
Men's & Women's Over 75*	8v8	July 15, 2026 (Wednesday – Sunday)

Divisions are limited to 8 teams



MARIO TREGLIA, CPA

CERTIFIED PUBLIC ACCOUNTANT

Mario Treglia C.P.A. is a boutique accounting firm that has over 30 years of experience. We establish a personal interest with every client to assist in pursuing their financial needs and objectives. This firm takes pride in what we do and stand behind our ability to help our clients succeed. Our staff is very knowledgeable and courteous in answering any of your questions. If you would like to learn more about how we can help you, please contact us to set up a free consultation with our team. We offer services for:

- Accounting & Auditing
- Taxation
- Corporate & Business Setups
- International Tax Services
- Payroll & Bookkeeping Services
- Wealth Management
- Notary Services
- Consulting

Mario Treglia, CPA

E: mario@tregliacpa.com

QUEENS

T: 718.358.3602

F: 718.475.9422

46-20 Hollis Court Blvd.
Flushing, NY 11358

WESTCHESTER

T: 914.771.9200

F: 718.475.9422

8 Depot Square, Ste. 5
Tuckahoe, NY 10707

www.Treglia.CPA



TENT SCHEDULE

BEER TENT

Wednesday: 1:00 pm - 5:00 pm

Thursday: 10:00 am - 7:00 pm

Friday: 10:00 am - 7:00 pm

Saturday: 10:00 am - 7:00 pm

Sunday: Closed

Beer Tent & Alcohol Notes

- Valid photo ID is required for all alcohol purchases
- Guests must be 21 years of age or older to enter the beer tent.
- No outside alcohol is permitted on tournament grounds.
- Cash only due to limited cellular and internet service.

MERCHANDISE TENT

Wednesday: 1:00 pm - 5:00 pm

Thursday: 8:30 am - 5:30 pm

Friday: 8:30 am - 5:30 pm

Saturday: 8:30 am - 5:30 pm

Sunday: 8:30 am - 2:00 pm

Merchandise Notes

- Tournament merchandise will be available throughout the event while supplies last.
- Please plan to bring cash. If cellular and internet service is available at the complex, credit cards will also be accepted.



ADULT SOCCER + TRAVEL EXPERIENCES

Recreational Teams & Free Agents 18+ to 80+



2026
-
2027

Brandi
Mitchell



2027 Riviera Maya, Mexico

ONLINE ADULT TOURNAMENT DIRECTORY
WWW.SANDIEGOSOCCERWOMEN.COM

UPCOMING TRAVEL TOURNAMENTS

Porto, Portugal – October 2026
(Women 40+ 7v7)

Riviera Maya, Mexico – March 2027
(Beachfront Resort. Women, Men & Youth)

Toronto, Canada – June 2027
(Women 40+ to 60+ & Mixed Walking Format)

Iceland – June 2027
(Women and Men 35+ to 60+)

Salou, Spain – October 2027
(Sports Resort. Women, Men & Youth)

Interest Lists Forming 2027/2028: Argentina,
Austria, England, Norway, Peru, Scotland



ADULT SOCCER TRAVEL

California Seller of Travel # 2145146



✉ BRANDI@SANDIEGOSOCCERWOMEN.COM ☎ +1-858-229-0697

FAQS

How many teams is a player allowed to play on?

Players are permitted to play on a maximum of two teams.

Note: Schedule conflicts will not be accommodated.

Who do I contact with questions about the tournament?

Email: tournaments@usasa.com

Will water be available at the fields?

Yes, shared water stations will be placed between fields.

Please note:

- Cups will not be provided.
- Players should bring at least two large water bottles or a team cooler.

How long are the games?

Game length varies by age group and bracket size.

Games may be shortened in the event of inclement weather.

Are spectators allowed on the sidelines?

Only players and team officials (coach/manager) are allowed on the team bench side of the field. All other spectators must remain on the opposite sideline.

How many subs are teams allowed?

Unlimited substitutions are allowed in all divisions.

Will Veterans Cup merchandise be available?

Yes! Tournament merchandise will be available for purchase each day at the Merchandise Tent while supplies last. Please plan to bring cash. If cellular and internet service is available at the complex, credit cards will also be accepted.

How will teams be notified of any important information during the tournament?

All important updates — including schedule changes, game adjustments, or inclement weather notices — will be sent via email to the team manager listed in the team registration.

Teams/Players can also check the latest information including schedules and scores at: <https://usadultsoccer.com/veterans-cup/>

Where can I find the tournament rules?

https://usadultsoccer.com/wp-content/uploads/2026/02/USASA-Veterans-Cup_Rules_2026.docx.pdf



The United States Adult Soccer Association (USASA) is the national governing body for adult amateur soccer in the United States. With over 225,000 members, USASA is the largest organization devoted to adult soccer nationwide. It is made up of 54 state associations, along with multi-state leagues, national leagues, and affiliate members.

Joining a local league and affiliating with US Adult Soccer is an easy process.

To find leagues in your area check out our directories to contact your state association. [Click here.](#)

Whether you already have a team or are looking to join one, our member associations are here to help you find the right fit.

Benefits to joining include:

- Consistent playing rules in league play as well as in tournament play throughout the US.
- An appeals system which includes an impartial governing body to oversee all play of soccer.
- Liability and medical insurance.
- A referee training, education and evaluation program.
- Participation in National Cup programs.
- Assurance that all current players are registered and not under suspension for violent conduct.
- The ability to participate in sanctioned tournaments in and out of state with the assurance of the rules and appeals procedure available.
- Marketing support services.



EMERGENCY ACTION PLAN (EAP)

Quick Guide

Location: Tree Farm Recreational Facility, 189 Old Colchester Road, Essex Junction, VT 05452

Tournament Dates: July 15–19, 2026

In Case of Emergency

- Call 911 immediately
- Be ready to provide:
 - Exact field/location at the park
 - Nature of the emergency
 - Contact name and phone number

Medical Services

- Medical tents are the red MEDIC tents.
- Staffed by licensed athletic trainers with AEDs and radios
- Trainers are for on-field injuries only — no pre-game taping or post-game ice

Severe Weather

- Monitored throughout the event
- An air horn will be used to stop play
 - ONE LONG BLAST -- all play stops
 - THREE SHORT BLASTS – play resumes
 - Referees will have information on timing of resuming play

Severe Weather Protocols Being Used

US Soccer Guidelines regarding severe weather, heat and air quality will be followed throughout the event. These guidelines can be found at www.ussoccer.com

- When thunder is heard within 30 seconds of seeing lightning:
 - All play stops
 - Seek shelter in your vehicle
 - There must be 30 minutes without thunder/lightning before resuming play



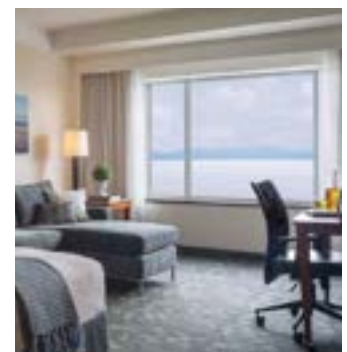
ABOUT BURLINGTON

60 Main Street
Burlington, VT 05401

802-863-3489
helloburlingtonvt.com
hello@helloburlingtonvt.com

GENERAL INFO AND RECENT ACCOLADES

- **Home to over 42,000 residents, Burlington is the most populous city in Vermont.**
- In 2015, Burlington became the first city in the country to run entirely on renewable energy.
- Home to the University of Vermont (UVM) and Champlain College, visitors can enjoy college-town liveliness along with idyllic rural scenery.
- Located centrally between Boston, New York, and Montreal, Burlington is an ideal location. Burlington International Airport is located within 5 miles of the city's downtown and is an easy trip from over 12 major air hubs.
- **Travel and Leisure** listed Burlington as #8 of the 50 best places to travel in 2021.
- **Fodor** referenced Burlington as a domestic destination that feels like Europe (2021).
- **Marriot Bonvoy Traveler** featured Burlington as 1 of 7 Off-the-Beaten-Path Beach Towns (2021).



ACCOMMODATIONS

- The city of Burlington currently has 5 hotels within the downtown district and an additional 15 hotels throughout the region.
- Burlington offers an eclectic blend of properties for visitors, including downtown boutique hotels, corporate chains, and locally owned spas and resorts.
- The Hilton Burlington Lake Champlain and the DoubleTree by Hilton are the city's largest conference centers, offering group newly renovated meeting spaces that can accommodate 500-1200 attendees.

ATTRACTIONS

- The Church Street Marketplace is Burlington's famous pedestrian walkway, made up of a collection of over 75 local shops, restaurants, cafes, and bakeries. These local businesses are picturesquely situated along the brick-paved street adoringly known as "downtown".
- There is nothing more Vermont than Ben & Jerry's ice cream, so be sure to stop at the storefront down on Church Street or splurge and take a factory tour at Ben and Jerry's first manufacturing site.
- The Spirit of Ethan Allen cruise ship offers daily scenic tours and sunset cruises for up to 350 people on Lake Champlain.



ATTRACTIONS [CONT'D]

- The Echo Leahy Center is a museum on the waterfront with a mission to engage families in the joy of scientific discovery, the wonder of nature, and the care of Lake Champlain.
- The Ethan Allen Homestead was built in 1787 by Revolutionary war hero Ethan Allen and is the only surviving residence of his in the state. Visitors can experience a taste of 18th-century life in the museum and can explore walking and bicycling paths as well as community gardens.
- Shelburne Farms is a non-profit education center for sustainability. This National Historic Landmark is a local gem with a 1,400-acre working farm that has walking trails, dining, an inn, and a farm store open to the public.

OUTDOOR

- Burlington offers proximity to a wide range of outdoor activities in the Green Mountains and on Lake Champlain. Its unique climate provides the best of both worlds: glorious, warm summers and snow-filled winters! Year-round, there are endless ways to take advantage of the outdoors.

Mountains

- Skiing and Riding: Burlington is less than an hour from five premier ski resorts including Stowe, Smuggler's Notch, Sugarbush, Mad River, and Bolton Valley. With some of the highest snowfall counts in New England, Burlington is a top destination for skiing.



- Snowshoeing, ice skating, Nordic and cross-country skiing, snowmobiling, fat tire biking, and ice climbing are also favorable activities throughout the winter season. Gear for these winter activities can be easily rented at various shops in Burlington, allowing anyone to try something new!

- Burlington's closest ski resort, Bolton Valley Resort, is a quick drive from downtown Burlington and offers access to some of the east coast's best backcountry terrain and night skiing on resort trails every night.
- Burlington boasts easy access to a vast number of year-round hiking trails in the Green Mountains. The breathtaking views are especially magnificent during Vermont's renowned fall foliage season.

Lake

- Roughly 120-miles long, Lake Champlain has a plethora of scenic adventures including paddle boarding, kayaking, canoeing, kitesurfing, and windsurfing.
- Private fishing charters that take advantage of Lake Champlain's acclaimed fishing can be arranged conveniently from the Burlington waterfront.
- Greater Burlington is home to many beaches overlooking Lake Champlain and the Adirondack Mountains. These beaches are a perfect spot to soak in the sun, picnic, and swim.
- The Burlington Greenway (Bike Path) is a prized possession of the city, an 8-mile paved path that runs along the shores of Lake Champlain. This is great for a scenic bike ride, run, or walk.

FOOD AND DRINK

- Farmer's Markets have long been a local staple. Held weekly from spring through autumn, the Burlington Farmer's Market features over 90 stands stocked with fresh produce, flowers, artisan wares, prepared foods, and more.
- Each as unique as the next, Burlington boasts over 100 different restaurants with every type of food imaginable. With an emphasis on locally sourced ingredients, many restaurants draw on the region's community farms to provide the freshest food around.
- James Beard nominated restaurants with daily-changing menus make Burlington a top foodie destination near and far.
- Pizza joints, vintage diners, fresh juice-pressing shops, noodle bars, kebab houses, cozy cafes, and food trucks are just examples of some of the marvelous eateries in Burlington.



FOOD AND RESTAURANTS

60 Main Street
Burlington, VT 05401

802-863-3489
helloburlingtonvt.com
hello@helloburlingtonvt.com

- Each as unique as the next, Burlington boasts over 100 different restaurants serving every type of food imaginable. With an emphasis on locally sourced ingredients, many restaurants draw on the region's community farms to provide the freshest food available.
- James Beard nominated restaurants with daily-changing menus make Burlington a top foodie destination near and far.
- Pizza joints, vintage diners, fresh juice-pressing shops, noodle bars, kebab houses, cozy cafes, and food trucks are just a few examples of the marvelous eateries in Burlington.



DOWNTOWN FAVORITES

- **Hen of the Wood**
A true Vermont dining experience showcasing the region's most vibrant foods with a romantic and rustic atmosphere in downtown Burlington.
- **Honey Road**
Sophisticated Mediterranean small plates, cocktails and creative desserts in a comfy tavern, situated on the corner of Main Street and Church Street in downtown Burlington.
- **A Single Pebble**
Classic Chinese cuisine served family style with vibrant flavors and food made from local and authentic ingredients.
- **Taco Gordo**
An authentic taqueria serving up the freshest local ingredients in the form of a taco.



AROUND THE REGION

- **Peg & Ter's**
A Shelburne gem that serves creative dinner and cocktails with a comfortable and classy atmosphere.
- **Misery Loves Company**
Rustic-chic hot spot dispensing innovative spins on American comfort food and craft cocktails in downtown Winooski.
- **Waterworks**
Nestled in the Champlain Mill on the Winooski River, Waterworks is a historic setting that offers a unique dining experience with a spectacular view of the Winooski river.
- **The Kitchen Table Bistro**
A Chef-owned bistro cooking seasonal Vermont fare in an historic brick farm house in Richmond, KTB is a local favorite with seasonal menus tied to the local farms, growers, and foragers that they support.

FOOD TRUCKS

Burlington has a vibrant food truck scene. As a city with stunning rural landscapes and an attention to local ingredients that often brings the farm straight to the table itself, Vermont naturally takes to meals that meet you where you are.

- **Beansie's Bus**
A retrofitted 1944 school bus selling Americana staples near Battery Park.
- **Jamaica Supreme**
A destination on wheels for owner Bilon Bailey's jerk chicken, oxtails, and curry and veggie patties.
- **The Green Mountain Smoothie Truck**
Offers delicious and health-conscious smoothies perfect to fuel long distance bike rides, hikes, and mornings spent outside along Lake Champlain.
- **Farmers & Foragers**
Sitting dockside at the Burlington Harbor Marina, this food truck serves farm-sourced dishes inspired by global street fair.
- **Micro Mobile Kitchen**
Serving Persian fare inspired by owner Daryoush Khamnei's childhood in Tehran, rotating staples like his group lamb kabab have a devoted local following.

MUSEUMS

- **Rokeby Museum**

rokeby.org

This historic farm and museum on 90 acres of property in Ferrisburgh include a 1780's farmstead that's one of the best-documented Underground Railroad sites in the country. Take in the renowned exhibits and enjoy the hiking trails spanning over 50 acres.

- **Lake Champlain Maritime Museum**

lcmm.org

This non-profit museum in Vergennes is on a quest to preserve and share the history and archaeology of Lake Champlain. Check out their illuminating exhibits on the Revolutionary War, Prohibition, and women's suffrage.



- **Burlington City Arts**

burlingtoncityarts.org

The BCA, a three-level, year-round exhibition space, is a national model for centering the arts in community impact. Through their support and promotion of many Vermont artists, the BCA creates quality artistic experiences accessible to a broad audience.

- **ECHO, Leahy Center for Lake Champlain**

echovermont.org

Located squarely on Burlington's picturesque waterfront, the 34,500 square foot facility engages children and adults alike with over 100 interactive exhibits focused on the wonders of nature and the joys of scientific discovery.

- **Fairbanks Museum & Planetarium**

fairbanksmuseum.org

Founded in 1889, this St. Johnsbury staple inspires wonder, curiosity, and a sense of responsibility for the natural world through curated collections of ethnological items, natural specimens, and historical artifacts...as well as an opportunity to explore the cosmos at Vermont's only public planetarium.

- **Vermont Ski and Snowboard Museum**

vtssm.org

Since 1988, the VTSSM in Stowe has been dedicated to collecting, preserving, and celebrating the rich history of skiing and riding in Vermont, with exhibits ranging from the origins of biathlon to the technological advancements of locally designed boards.

- **Shelburne Museum**

shelburnemuseum.org

Spread out over 45 acres, this local treasure has 39 distinct structures - all featuring unique exhibits focused on American history, art, and design. The Shelburne Museum is a place to "envision the past and understand the present while looking to the future."

HISTORICAL SITES

- **Ethan Allen Homestead**

ethanallenhomestead.org

Located in a 294-acre park on the Winooski River, the Homestead celebrates one of the founders and legendary figures of Vermont - Revolutionary War hero Ethan Allen. Get a distinct taste of 18th-century life while learning about the Green Mountain Boys, and explore the art and ancestral traditions of the indigenous Abenaki as well.

- **Fort Ticonderoga**

fortticonderoga.org

Across the lake in New York (but easily accessible via the Champlain Bridge) is the historic stronghold of Ticonderoga, the scene of several critical battles during the Revolutionary War. Its history alone is worth a visit, but the 6-acre corn maze and stunning views of Lake Champlain make this landmark a must-see.

- **Chimney Point**

historicsites.vermont.gov/chimney-point

On the shore of Lake Champlain, this historic site has seen every period of human habitation since the first people arrived here nearly 9,000 years ago. Chimney Point explores the history of the area's three earliest cultures - Native American, French Colonial, and early American - as well as the genesis of the Lake Champlain Bridge.



BEST OF LUCK
TO ALL THE TEAMS AT
VETERANS CUP 2026
AND SEE YOU NEXT YEAR AT
VETERANS CUP 2027!

