

2025 Atlantic Bowl

Visitor Information Package



Football NL is proud to be hosting the annual 6-a-side tackle tournament July 7-12 at Dianne Whalen Soccer Complex, Paradise NL. Teams from Newfoundland & Labrador, Prince Edward Island, New Brunswick, and Nova Scotia will face-off against each other in U16 and U18 action.

Tournament Schedule

- July 7th ⚡ 9:00pm - 10:00pm
Check-in/Registration
- July 8th ⚡ 8:30am - 10:30am
Team PEI Practice
- ⚡ 10:30am - 12:30pm
Team NB Practice
- ⚡ 1:00pm - 3:00pm
Team NS Practice
- ⚡ 8:00pm - 9:00pm
Opening Ceremonies
- July 9th ⚡ 10:00am - 12:30pm
U16 - Team NS vs Team PEI
- ⚡ 1:00pm - 3:30pm
U18 - Team NS vs Team NB
- ⚡ 4:00pm - 6:30pm
U16 - Team NL vs Team NB
- ⚡ 7:00pm - 9:30pm
U18 - Team NL vs Team PEI
- July 10th ⚡ No Games
- July 11th ⚡ 10:00am - 12:00pm
Team NS Practice
- ⚡ 1:00pm - 3:00pm
Team NL Practice
- ⚡ 3:00pm - 5:00pm
Team PEI Practice
- ⚡ 6:00pm - 8:00pm
Team NB Practice
- July 12th ⚡ 10:00am - 12:30pm
U16 Bronze Medal Game
- ⚡ 1:00pm - 3:30pm
U18 Bronze Medal Game
- ⚡ 4:00pm - 6:30pm
U16 Gold Medal Game
- ⚡ 7:00pm - 9:30pm
U18 Gold Medal Game
- July 13th ⚡ 7:30am
Check Out

Explore the Avalon



Whether you're here cheering from the sidelines or enjoying a rest day between games, take time to discover some of the best sights, tastes, and stories the Avalon Peninsula has to offer. From the vibrant streets of downtown St. John's to the rugged coastal cliffs of Cape Spear, there's no shortage of things to do.

Scan the QR code below to explore NL's traveller information guide. For more on the Avalon Peninsula, turn to page 172.

