

2026 BODYARMOR State Games

High School Team Tournament Rules

All matches will be played in accordance with FIFA Laws of the Game except where noted below:

Field of Play:

- Approximate Field Size = 210 ft x 150 ft
- Goal Size = 8 x 24 ft
- # of Players: 7v7 including the goalkeeper
 - A match may not start if either team consists of fewer than 5 players. The team with less than 5 players will be forced to forfeit the game.

Game Rules:

- Matches will consist of two 20-minute halves with a 5-minute break at halftime.
- There will be no offside offenses.
- Slide tackling is prohibited.
 - If a player commits this offense, an indirect free kick will be awarded to the opposing team. If the action was also a foul, a direct kick will be awarded.
- No throw-ins. Players must pass the ball in with their foot from the spot that the ball went out of bounds.
- Goalkeepers are not permitted to punt the ball after a save.
- Substitutions can be made at any point during the game. There is no limit to the # of substitutions a team can make.
- Any player receiving two yellow cards during a game will be required to serve a one-match suspension for the next game.
- Any player who receives a red card during a game must leave the field of play for the remainder of the match and will also serve a one-game suspension for the next game.
- During a Free Kick, all opponents must be at least 8 yards from the ball.

Player Eligibility:

- Players must be currently enrolled or be soon enrolled for the 2026-2027 academic year at the school they are representing.
- No player can play for two or more teams in the tournament.
- All players must be registered through the BODYARMOR State Games portal prior to the start of the tournament. No player is permitted to simply “walk on” during the event.

Rosters:

- Rosters may consist of no more than 12 players and are due to the BODYARMOR State Games office no later than June 8. A maximum of 2 roster changes or additions will be allowed after the roster deadline. Absolutely no roster changes or additions will be allowed after 5:30p.m., three business days prior to your team’s first scheduled game.
- Teams are required to wear matching uniforms with numbers. Uniforms will not be provided. It is highly recommended that each team have two differently colored jerseys. If two teams playing each other have similarly colored jerseys, the team listed as the Visitor will be required to wear a pullover jersey or a substitute jersey.

Point System:

Every attempt will be made to have medal games in all divisions. If medal games are played in a division, the format for advancement to the medal round is as follows:

- a. Total points (see below for point structure)
- b. Head to head competition
 - If two teams that played each other are tied, the higher seed goes to the winner
 - If three teams are tied and one team has beaten the other two teams, that team will be the higher seed. If that is not the case, it goes to the goals against tie breaker.
- c. Goals against
- d. Goal differential (maximum goal differential will be 5)
- e. Coin flip

If medal games are not possible in a division, the point system below will be used to determine the medal winners.

- 3 points for winning the game in regulation
- 1 point for a tie
- 0 points for a loss

Overtime Rules:

- If the score is tied at the end of regulation in a medal game or game in which we must have a winner, a shoot-out will be held. Three players from each team will be chosen to take alternating shots with visitors shooting first.
- If the score remains tied, a second round of single shots will be taken. One player from each team will shoot until a team scores and the other does not. No player may shoot twice in the shoot-out period until all other teammates have shot.