

**2026 BODYARMOR STATE GAMES**  
**OFFICIAL ADULT ICE HOCKEY WINTER TOURNAMENT PLAYING RULES**

*This is not a sanctioned USA Hockey event, but USA Hockey Rules will be in effect with the following additions and exceptions:*

1. **All protective equipment as required by USA Hockey must be worn. Please visit [www.usahockey.com](http://www.usahockey.com) for requirements.**
2. Multiple skill divisions will be offered for this year's BODYARMOR State Games. Teams will be divided into various divisions once rosters have been submitted and checked. We will aim to offer something similar to the following:
  - **Men's A Level:** No restrictions.
  - **Men's B Level:** No professional, NCAA Division 1 or Major Junior experience allowed.
  - **Men's Upper C Level:** A max of Single A travel experience allowed.
  - **Men's Lower C Level:** No travel hockey experience allowed.
3. Rosters must be submitted online on or before March 2 for all divisions. This should be done using the Team Member Log-in registration option on the Adult Ice Hockey Winter Tournament website. A maximum of 20 players may be on the roster. A maximum of 3 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. If a player will be absent for part of the tournament, another player should be put on the roster prior to the roster deadline to fill his/her spot. All roster changes must be approved by and made directly with the BODYARMOR State Games office on or before the roster deadline.
4. Your team roster will be checked in multiple databases and phone calls may be made to various hockey directors in an effort to keep the skill divisions as accurate and appropriate as possible. Players may have to submit score sheets to prove that they are in the proper division. Any team with players not registered in the appropriate division must remove the player(s) from the roster. No roster additions will be allowed for removed players after the maximum number of roster changes or additions have been made by a team or after the roster deadline.
5. Adult players may not compete for more than one team in the same division. An exception for goalies can be requested in writing to the BODYARMOR State Games office.
6. **YOUTH BOYS PLAYERS** may **NOT** compete in the Adult Men's divisions. No exceptions!
7. Absolutely NO ONE will be allowed to participate in the BODYARMOR State Games without a properly signed Agreement to Participate on file. This can be done by each player when completing the Team Member Log-in registration option. Players that fail to complete the Team Member Log-in form prior to the portal closing will need to print and complete a BODYARMOR State Games Athlete Form and turn it in at the rink prior to the team's first game.
8. All teams must have matching color jerseys and each player must have a unique number on the back. 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.
9. The coach/captain must ensure that score sheets are filled out properly and submitted to tournament officials prior to the warm-up. A minor penalty (delay of game) will be given to any team not submitting an accurate score sheet in a timely manner prior to warm-up.
10. Adult players must have a valid picture ID at all times during the tournament. Players unable to provide a valid picture ID immediately upon request from the tournament staff will not be allowed to continue participating in the BODYARMOR State Games.
11. A three-minute warm-up will be granted at the beginning of each game. The referees and/or the BODYARMOR State Games tournament staff may reduce warm-up times if necessary. **Teams must be ready to play 15 minutes before their scheduled start time!**
12. Time periods will be three, 20-minute running time periods. The last 1 minute of the first and second periods will be stop-time. Note: The clock will stop for excessive injury time, facility problems, or other excessive delays as determined by the referee(s).

13. The last 2 minutes of the third period in all games will be stop-time if the goal differential is, or becomes, 2 goals or less. The time will remain stop-time for the remainder of the game regardless of the score.
14. Penalty times: 2-minute minors, 5-minute majors and 10-minute misconducts.  
\*Penalty time will commence at puck drop
15. All game ejection penalties (i.e. game, misconducts or match penalties) will be subject to review by the Tournament Director and/or a BODYARMOR State Games official prior to that player's next game. All decisions are final.
16. 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
  - 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 goals against.
  - 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 (see #17) will be used to determine the medal winners.

17. The following points will be awarded in tournament competition:
  - 3 points for winning the game in regulation
  - 2 points for a shootout win
  - 1 point for a shootout loss
  - 0 points for a loss
18. Overtime Format:
  - a. If the score is tied at the end of regulation, a shoot-out period will be held. Three (3) players from each team will be chosen to take alternating shots (with visitors shooting first).
  - b. 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. Players who are serving penalties at the end of regulation time are ineligible for the shoot-out. No player may shoot twice in the shoot-out period until all other teammates have shot.
19. Any complaints or protests must be made immediately to the referee. The decision of the referee shall be final.
20. A team must have a minimum of 6 skaters to start the game.
21. Forfeits will be scored 5-0. Any team that forfeits a game will not be eligible to receive medals.
22. Good sportsmanship is expected from all players, coaches, spectators, off-ice officials and parents at all times. Please make sure to review the Code of Conduct and Ejection Policy posted on the website prior to arriving at the facility.