

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

*This is a sanctioned **NOT** a 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. **Division Details:** Age divisions will be divided based on skill level when possible. A minimum of 6 teams (3 for each division) will be required to hold 2 separate divisions within a particular age group. Teams will indicate their skill level during the registration process which should be based on the level in which your team is competing or competed in during the 2025-2026 season. Divisions will be grouped and tiered accordingly depending on numbers after all rosters have been submitted.
3. **Eligibility:** Youth players may not compete for more than one team in the same division. **Youth players must play in the BODYARMOR State Games according to the age division that they are playing or played in the 2025-26 season or may play up one age division.** Those looking to play up an age division must have a parent or legal guardian send an e-mail to the BODYARMOR State Games Staff at [roxanne@ncsports.org](mailto:roxanne@ncsports.org) granting permission for that player to play up.

<b>Date of Birth</b>	<b>Age Category</b>	<b>Age Division</b>
2007	18 Years	18 & Under (Midget)
2008	17 Years	18 & Under (Midget)
2009	16 Years	16 & Under (Midget)
2010	15 Years	16 & Under (Midget)
2011	14 Years	14 & Under (Bantam)
2012	13 Years	14 & Under (Bantam)
2013	12 Years	12 & Under (Pee Wee)
2014	11 Years	12 & Under (Pee Wee)
2015	10 Years	10 & Under (Squirt)
2016	9 Years	10 & Under (Squirt)
2017	8 Years	8 & Under (Mite)

4. Rosters must be submitted online on or before March 1st. This can be done using the Team Member Log-in registration option on the Youth Winter Ice Hockey Tournament website. A maximum of 20 players may be on the roster plus 3 coaches for the bench, 1 team manager and 1 penalty box attendant. 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 after the roster deadline.
5. Your team roster will be checked against the rink's information as well as through USA Hockey. 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 following the roster deadline.
6. Absolutely NO ONE will be allowed to participate in the BODYARMOR State Games without a properly signed Agreement to Participate on file. This will be done by each player and coach/manager that will be on the bench when completing the Team Member Log-in registration option. Those 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. 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!**
11. Period lengths for this event will be as follows:
  - 8U (Mite) - Time periods will be three, 16-minute running time periods. (This division will play half ice.)
  - 10U (Squirt) - Time periods will be three, 13-minute stop-time periods.
  - 12U (PeeWee) - Time periods will be three, 13-minute stop-time periods.
  - 14U (Bantam) - Time periods will be three, 13-minute stop-time periods.
  - 16U (Midget) - Time periods will be three, 13-minute stop-time periods.
  - 18U (Midget) - Time periods will be three, 13-minute stop-time periods.

**Note:** Running time will be played at any time during the 3rd period of any game in which the score differential is 5 goals or more and only during that time, commencing immediately with the scoring of the goal that causes running time. Any time the score differential is 4 goals or less, the clock will revert to stop time, commencing immediately with the scoring of the goal that causes stop time. The on-ice officials will have sole discretion in determining whether to stop the clock during running time situations should a delay occur due to extenuating circumstances (e.g. player injury).

13. Penalty times: 1.5-minute minors, 5-minute majors and 10-minute misconducts.  
\*Penalty time will commence at puck drop.
14. 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.
15. 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 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 (see #16) will be used to determine the medal winners.

16. 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
17. 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.
18. Any complaints or protests must be made immediately to the referee. The decision of the referee shall be final.

19. A team must have a minimum of 6 skaters to start the game.
20. Forfeits will be scored 5-0. Any team that forfeits a game will not be eligible to receive medals.
21. 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.