



Rules & Regulations

Welcome to the 2026 BFit Heroes Cup! This document outlines the rules and regulations for the tournament weekend.

Civilian Position

Each team is allowed one **civilian** per game, who can play as either a skater or a goalie.

- **ID Checks:** ID checks will be performed at registration and throughout the tournament. Please keep a valid form of identification with you at all times to confirm your designated occupation.
 - **Violations:** If a team is found to have more than one civilian playing in a game, that team will forfeit the game.
 - **Verification:** All teams will be checked by a Healing Heroes Foundation Board Member before playoff and championship games to ensure compliance.
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Tournament Rules

- **Periods:** Games will consist of three 12-minute, stop-time periods.
- **Slap Shots:** Slap shots are allowed.
- **Timeouts:** Each team is allowed one timeout per game.

Penalties:

- **Minor Penalty:** 1 minute, 30 seconds
- **Major Penalty:** 4 minutes
- **Misconduct:** 10 minutes
- **Disqualification:** Two major penalties will result in a disqualification.
- **Fighting:** A fighting penalty will result in immediate ejection from the tournament.
- **Game Misconduct:** A game misconduct will result in the player being ejected for the remainder of the current game. Four minor penalties in one game will result in a game misconduct.
- **Suspension:** A disqualification will result in the player being ejected for the remainder of the current game plus the team's next game.
- **Penalty Minute Totals:**
 - **Disqualification:** 36 minutes will be added to the team's PIM total (Penalties in Minutes).
 - **Game Misconduct:** 14 minutes will be added to the team's PIM total (4-minute major and 10-minute misconduct).



- **Head Official:** All games will be reviewed by the Head Official. Any ejection or disqualification may be subject to further investigation, and tournament ejection may occur.

Icing:

- **Automatic:** Icing will be automatic; there is no "touch up" or "race to the dots."
- **Icing Line:** Icing will be called from the defensive blue line, not the center red line.

Offside:

- **Delayed Offside:** The delayed offside rule is in effect.
- **Shot on Goal:** A shot on goal will not stop play. If the puck goes in the net during a delayed offside, the goal will not be allowed.

Tiebreakers

Non-Playoff Games:

- Any non-playoff game ending in a tie will enter a **3-minute, 3-on-3 sudden-death overtime period**. Teams will switch defending zones from the third period.
- If the game remains tied at the end of overtime, it will be declared a tie, and each team will receive one point.

Standings Tiebreakers:

In the event of a tie in the standings, the tiebreaker will be decided based on the following order:

1. Head-to-head record
2. Goals Against
3. Total Penalties in Minutes (PIM)
4. Goals For
5. Coin flip

Playoff & Championship Tiebreakers:

- A 12-minute, stop-time, **3-on-3 sudden-death overtime period** will take place.
- Teams will switch defending zones after the third period and for each additional overtime period.
- No timeouts are allowed during overtime.
- **Penalties:** If a penalty is called, teams will play 4-on-3. If a second penalty is called, teams will play 5-on-3. The number of players on the ice for a team will not drop below three.