



Tier I Girls Regular Season Rules and Regulations

2025-2026 Season

Team Registration and Rostering

1. All teams must submit a USA Hockey Team roster to the Affiliate Registrar for approval before playing any games. Any changes made in the USA Hockey roster before the December 31 cut-off date must be sent to the Affiliate Registrar as a supplement to the initial roster. The USA Hockey roster, plus all changes made, will be considered the final roster as of December 31. No player changes may be made to the rosters after December 31 of the current playing season for any reason whatsoever.
2. All players, coaches, managers, and volunteers must be properly registered and rostered with USA Hockey for the current season, which may include a valid SafeSport certification, background screening, age-appropriate modules, and valid CEP (for coaches).
3. Each Association must submit each team's approved USA Hockey roster in Gamesheet by September 1st or before each team's first game, whichever is earliest. Associations should populate each team's roster in Gamesheet by linking to their USA Hockey Roster rather than entering the rosters manually to ensure consistency and confirm the player information is carried forward from one season to the next.
4. A maximum of twenty (20) players (may dress a maximum of 18 skaters) are permitted on each team roster in accordance with USA Hockey registration rules, except Tier I Girls 19U, which may roster twenty-two (22) players (may dress a maximum of 20 skaters).
5. Tier I Vertical Roster Integration: Vertical roster movement shall be permitted at the Tier I 16U and 19U Girls levels within the same Organization through February 1st. Only those players otherwise eligible for a different age category within their Organization and currently appearing on a Tier I roster in the Organization shall be eligible to play on a different Tier I team from that Organization without being added to the official roster, subject to the following conditions:

- Each player is limited to a total of eight (8) games played outside of their official roster between September 1st and February 1st.
- Players may only compete at one age level per day.
- Tier I teams shall submit the Vertical Movement Tracking Form to the applicable Registrar for each game a player plays on a different roster within their Organization under this Vertical Roster Integration Rule.

6. Players are not permitted to play down a level. All approved roster moves must be made in Gamesheet before the game is played. Failure to do so will result in a \$50.00 fine to the offending team for each offense.

7. All roster changes must be sent to the AAHA Tournament Committee representative via email to info@aaahahockey.org before the impacted game is played.

8. No moves are permitted after December 31st of the playing season.

9. Only those players whose names appear on an approved USA Hockey roster uploaded in Gamesheet may participate in games. The first offense of this rule shall result in the forfeiture of the game and a fine of \$1,000 assessed to the offending team. Continuing offenses of this rule shall be reviewed by the AAHA, and its decision shall be final. There shall be no appeal of the forfeitures awarded due to registration and/or rostering violations.

10. *Player Declaration – USA Hockey Annual Guide – Rules and Regulations – Article III – Team Membership and Registration – F. National Championship-Bound Teams:* Girls may dual roster on a youth and girls team if the Affiliate rules permit dual registration for females. Dual-rostered females playing on youth and girls teams may continue playing on both teams until the end of the regular season. However, the player must declare in writing to her appropriate registrar, or his/her designee, by December 31, which national championship-bound team she wishes to be eligible to advance to the district, state, regional, and national championship. If the player does not indicate on which team she wishes to be eligible for district, state, regional, or national tournaments, the appropriate registrar shall have the final authority to certify the eligibility of any such player solely on the basis of the date of the earliest roster registration form as provided above, is received. This rule also applies at the AAHA 12U level.

Season Schedule

10. Any team wishing to change a scheduled game may do so only with the consent of the scheduled opponent and the AAHA Tournament Committee representative. All changes must be made at least seven (7) days before the scheduled game, except in the

event of extraordinary circumstances. Extraordinary circumstances are considered automobile accidents, hazardous road conditions, loss of ice due to equipment failure at the rink, etc. In these cases, the game may be postponed at any time up to game time. (Failure to appear at the appropriate time as shown on the schedule is not an extraordinary circumstance.) A game being rescheduled due to exceptional circumstances must be rescheduled within seven (7) days of the event, with notification to the AAHA Tournament Committee representative.

11. The entire schedule must be played. If, in the opinion of the AAHA Tournament Committee representative, the final standings may be severely affected by unplayed games, the AAHA may decide what additional course of action will be taken to allow for an equitable determination of District-advancing teams.

12. When any team, home or away, fails to appear for a scheduled game, or with fewer than the minimum number of players per USA Hockey rules, and there are no extraordinary circumstances, a forfeit win shall be awarded to the non-offending team. If the non-offending team prefers to play the game, it may be rescheduled at the convenience of the non-offending team and at the expense (ice time and officials) of the offending team. This amount must be received by the non-offending team before the start of the game. If it is not, the game will remain a forfeit, and the non-offending team shall no longer be responsible for playing the game.

Regular Season Games

Level	Warm-Up	Regulation Periods	OT Period	Time Out	Rest	Minor	Major	Misconduct
12AAA	5 min	15 min	5 min	1 – 60 sec	2 min before OT	1.5	4	8
14AAA	5 min	16 min	5 min	1 – 60 sec	2 min before OT	1.5	4	8
16AAA	5 min	17 min	5 min	1 – 60 sec	2 min before OT	2	5	10
19AAA	5 min	17 min	5 min	1 – 60 sec	2 min before OT	2	5	10

Points – All Levels			
Regulation Win	OT Win or Tie	OT Loss	Regulation Loss

3	2	1	0
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Overtime
<p>If the game is tied at the end of regulation (unless shortened as described below), one 5-minute sudden-death OT period shall be played - 3 v 3. Teams change ends. Any unexpired penalty at the end of regulation shall be carried over, and the teams shall play 4 v 3. If a penalty is assessed in the overtime period, the non-offending team will add a player (4 v 3). If a second penalty is assessed before the first has expired, then the non-offending team will add a fifth player (5 v 3). If the non-offending team does not score during the power play, then the on-ice strength will continue at 4 v 4 (5 v 5 if two penalties had been assessed) until a stoppage of play, when the teams will resume play at 3 v 3. If coincidental penalties are called, the teams will continue to skate at 3 v 3. The winner is credited with one additional goal in the final score. If still tied at the end of the OT period, the game is recorded as a tie.</p>

13. There is no mercy rule. All games are to be played to completion.
14. To be an official game, two full periods must be played. The third period may be shortened if necessary to complete the game within the assigned ice slot; however, it must be played under stop-time conditions. Running time is not permitted at any time. The reason for shortening the game must be beyond the control of the team involved. The officials shall determine the time of the shortened period. As a rule of thumb, the length of the period shall be one-half of the time remaining in the ice slot. Once the period has begun, the time cannot be changed.
15. If a game is suspended for any reason and must be resumed to be considered a complete game, it is resumed from the point it was left off (i.e., Period 2 – 10:15 on the clock) with the same roster. If, in the opinion of the AAHA, based on the official's report, a player, coach or another team official intentionally causes a game to be suspended before the completion of the second period or intentionally causes a game not to be completed, the AAHA may declare the game a forfeit to the opposing team with no fine.
16. All players must wear matching uniforms properly numbered. Uniform numbers must match the list in the Gamesheet system. It is the responsibility of the home team to avoid conflict in jersey color.
17. Players must wear all equipment as specified by USA Hockey. Any player on the team bench or penalty box area must always wear a helmet with a full-face cage or bubble.
18. Per USA Hockey Rules, a team must start a game with a minimum of six (6) players. Any time that a team has been reduced to fewer than four players, the game shall be

declared a forfeit. A maximum of 20 players, of which not more than 18 are skaters, shall be permitted to play in a game. Each team shall designate a Head Coach on the score sheet before the start of the game. The Head Coach shall be responsible for the actions of all team personnel. A team may have up to four properly rostered coaches on the bench. Only players in uniform and properly rostered coaches are permitted to occupy the bench. If, at any time during the game, due to penalties, illness, or any other reason, there are no coaches on the bench to be in control of and responsible for the team, the game shall continue, provided there is adult supervision on the bench. If no adult supervision is available, the referee shall suspend the game and submit a report.

19. The home team is responsible for assigning officials and for recording the game statistics on Gamesheet. Games are to be scored and finalized within 24 hours of the end of the game. Any game misconducts, match penalties, or coach/spectator ejections must be sent by the home team to the AAHA Tournament Committee representative via email to info@aahahockey.org immediately following the end of the game.

20. All games utilize USA Hockey playing rules in effect at the time of the game. There are no protests permitted of the playing rules.

21. When a player, coach, or other team official receives a game misconduct or match penalty in an AAHA game, that suspension must be served in the immediate subsequent AAHA game(s). This is independent of any USA Hockey suspension incurred, although they may be served concurrently. If the next scheduled game is non-AAHA, the USA Hockey penalty must be served in that game, with the AAHA suspension being served in the next AAHA game.

22. If the penalty is assessed at the end of the playing season, the suspension shall follow the player, coach, or other team officials into the start of the next season. It is the Association's and the player's responsibility to be transparent about serving this suspension. Rules regarding the playing of an ineligible player will apply if the player participates in a game in the following season without properly serving the suspension.

23. Any coach who uses an ineligible player (one who is not properly rostered, over-aged, or under suspension) in a game will result in the following maximum additional penalties being assessed: Coach - ten (10) game suspension; Player - five (5) game suspension; The offending Association may be fined \$1,000 per game; The offending team will forfeit each game in which the ineligible player participated.

24. Any player serving a suspension must not be in the playing area (Bench, Penalty Box, and Scorekeeper Area).

25. Any coach or team official who is ejected from a game or who is serving a suspension may not be around the player's locker room or bench or in any way coach the team during a game while under suspension or ejection.
26. A coach receiving additional Game Misconducts in AAHA games shall be subject to supplemental discipline.
27. The AAHA shall have the power to suspend any member Association, team, player, or team official for conduct detrimental to hockey, either on or off the ice. The president and coaching director of the Association shall be notified by the AAHA of suspensions that involve any player or coach in their Association. Only the AAHA can reduce or increase suspensions. Game officials do not assess suspensions.

Tiebreakers for Advancement

28. The team in each division, accruing the greatest number of points as described above, will be declared the champion.
29. If two or more teams are tied in total points, the standings will be determined using the following criteria:
 - A. The team with the most wins in all league games.
 - B. The team having accrued the most points among the tied teams (head-to-head).
 - C. The team having the most wins among the tied teams.
 - D. The team with the fewest goals against among the tied teams.
 - E. The team with the fewest goals against in all league games.

If one tiebreaker establishes a position for one or more teams, each team is placed in its applicable position. Once a team or teams are placed, any remaining tied teams shall start the tie-breaking process at step A.

30. The AAHA may, in its sole discretion, determine that a play-in game is warranted to finalize the standings. The AAHA will advise the impacted teams accordingly.
31. The AAHA, at its sole discretion, has the right to advance or remove any AAHA team from eligibility for the Affiliate Tournament or Nationals if extraordinary or extenuating circumstances exist.