

Utah Amateur Hockey League (UAHL)

2025-2026 Season

Preseason Seeding Tournament Rules

The Preseason Seeding Tournament marks the beginning of the UAHL 2025-2026 season. This tournament is designed to provide teams with an intensive weekend of competition as they kick off their season of development. Teams will play a mix of games within the division where they declared they would best fit, and some teams may play games across divisions. The UAHL committee will use the results of this preseason tournament to confirm placement of each team in the best division, in order to set the most competitive divisions possible for the season at each age group. There are no playoffs or championship games in the preseason tournament, as these are reserved for the end-of-season tournament.

The Utah Amateur Hockey League (UAHL) operates under the Utah Amateur Hockey Association (UAHA), the USA Hockey affiliate in Utah. The league is governed by the UAHL Committee, which is made up of one representative from each member organization. The UAHA VP of Youth Hockey convenes the committee. Questions or concerns that arise during the tournament can be directed to your organization's representative:

Ashley Valley Raptors – Morgan Richardson
Cache Valley Jr Aggies – Sara Doutre
Ogden Jr Mustangs – Clark Harper
Oval Dawgs – Josh Anderson
Park City Ice Miners – Nicki Jones

Salt Lake County Lightning – Steve Picano
Utah Jr Grizzlies – Erica McConnell
Wasatch Wild – Nicki Jones

UAHA VP of Youth Hockey – Jacob Hickman

Tournament Schedule

The tournament schedule is posted at <https://www.utah-hockey.com/uahl>.

Rosters, Teams, and General Rules

All USA Hockey rules shall apply, along with the specifications outlined in this document.

All players must wear all required equipment outlined in the USA Hockey playing rules.

This tournament will use digital scorekeeping on the GameSheet platform. Team managers and coaches should confirm that their official USA Hockey roster has been imported into GameSheet (including jersey numbers) before their first game of the tournament. Head coaches will validate their team's roster and sign the digital scoresheet before each game. Results and standings will be available on the league website.

Any team using a non-rostered player in any game will forfeit the game.

A maximum 4 coaches/managers, other than the dressed players will be allowed on each team bench. All coaching or managers on the bench must be listed on the official USA Hockey team roster. At no time is a non-rostered coach, manager, or player permitted to be on the bench.

Teams should provide their own pucks for warmups.

Noisemakers of any kind are not allowed in the ice arenas.

It is the team's responsibility to ensure that the locker room and showers are clean (no trash/tape/food or drink) prior to vacating the locker room. Teams will be held accountable for damage to locker rooms.

All repair and/or replacement costs associated with any damage caused to any property at any rink shall be borne by the team(s) or the person(s) causing such damage. Immediate arrangements for restitution must be made and violations of this rule are cause for disqualification from the tournament.

Jersey Colors

The **home team will wear a white or light-colored jersey** and the **visiting team will wear a dark-colored jersey**. Any teams who do not have the appropriate color jerseys must coordinate with their opponents prior to taking the ice for warmups.

Arrival Time

Teams should be ready to play 15 minutes prior to their scheduled game time, in the event that the prior ice sheet is available. Games may start up to 15 minutes earlier than the scheduled time.

Penalty Box

Teams must furnish their own penalty box attendant (who must be at least 18 years old). This attendant is an off-ice official who should conduct themselves as such.

Length of Games, Penalties, and Time-Outs

Preseason Tournament Games will consist of:

- A 2-minute warmup
- Three 12-minute stop-time periods
- 1-minute breaks in between periods

If a team is leading by 5 goals or more in the 3rd period, run-time will be in effect until the goal differential is reduced to 4 goals, at which time the clock will revert back to a stop-time.

Penalties

Minor penalties shall be assessed at 1:30 min. in length at all age groups

Major penalties shall be assessed at 4:00 min. in length at all age groups

Misconduct penalties shall be assessed at 8:00 min. in length at all age groups

Any player, coach or manager who receives a match penalty shall be suspended immediately for the rest of the tournament. There are no exceptions to this rule.

Zero Tolerance and Sportsmanship

This tournament stresses sportsmanship. Fighting, abusive behavior, or unsportsmanlike conduct by players, coaches or parents will not be tolerated on or off the ice. Such conduct shall be grounds for disqualification from the tournament and expulsion from the arena. Game officials will be instructed to strictly enforce USA Hockey Zero Tolerance rules and policies. They have the authority to direct the removal of any person acting in an objectionable manner as well as the authority to end any game at any time they feel that continuing the game would constitute a danger to the players or if the game cannot be finished in a sportsmanlike manner. The outcome of any such game shall be determined by the tournament's governing body, facilitated by the UAHA VP of Youth.