



2025 Tier 1 Youth 16U Regional

WELCOME to New Hampshire!!!!

On behalf of the New Hampshire Amateur Hockey Association (NHAHA) and our thirty-member programs, we wish all players and families a great tournament experience this weekend and beyond.

Reminder: NHAHA strictly enforces the USA Hockey Zero Tolerance and Code of Conduct policies for all players, coaches, parents, and spectators.

PAYMENTS

There are no exceptions- all payment must be completed before November 5th, TOTAL DUE \$2,300 per team.

Please make your payments on the New Hampshire Hockey website ([Click Here](#)). If you need to make alternative arrangements, please contact Kevin Fascetta at president@nhhockey.com.

RINK

The Rinks at Exeter
40 industrial Drive
Exeter NH 03833

Cyclones Arena
20 Constitution Drive
Hudson, NH 03051

All coaches and team managers should read this packet carefully to become familiar with all requirements and tournament rules.

EMAIL- your rosters (in EXCEL Format with jersey numbers), USA Hockey team number, logo and contact info to webmaster@nhhockey.com and nhtournamentdirector@nhhockey.com ASAP.

Hotel Information

Hampton Inn & Suites
59 Portsmouth Avenue
Exeter, NH 03833
603-658-5555
(Rinks at Exeter – 10 minutes)
(Cyclones Arena – 50 minutes)

Fairfield Inn & Suites
138 Portsmouth Avenue
Exeter, NH 03833
603-772-7411
(Rinks at Exeter – 10 minutes)
(Cyclones Arena – 50 minutes)

Hilton Garden Inn
100 High Street
Portsmouth, NH 03801
603-431-1499
(Rinks at Exeter – 20 minutes)
(Cyclones Arena – 60 minutes)

Sheraton Portsmouth Harborside
250 Market Street
Portsmouth, NH 03801
603-431-2300
(Rinks at Exeter – 20 minutes)
(Cyclones Arena – 60 minutes)

Holiday Inn Express & Suites
1298 South Porter Street
Manchester, NH 03103
(Rinks at Exeter – 30 minutes)
(Cyclones Arena – 25 minutes)

Fairfield Inn Manchester
860 South Porter Street
Manchester, NH 03103
(Rinks at Exeter – 30 minutes)
(Cyclones Arena – 25 minutes)

Homewood Suites
1000 Perimeter Road
Manchester, NH 03103
(Rinks at Exeter – 30 minutes)
(Cyclones Arena – 30 minutes)

Doubletree
700 Elm Street
Manchester, NH 03103
(Rinks at Exeter – 35 minutes)
(Cyclones Arena – 35 minutes)

The above hotels are examples of ones within distance of the rink. We are not saying you need to stay at any of the above hotels, nor are we holding any room blocks. There are additional hotels in the Exeter/Portsmouth area that you could choose to stay. The tournament is not a stay to play, and hotels are on a first come, first serve basis in the area.

Discipline Committee Information

Richard Oliver 401-439-9519
Kevin Fascetta 603-661-9262
Kelley Murphy 603-387-6904

- (1) The Discipline Committee shall be composed of three (3) people and be appointed prior to the first game by the tournament director. Its members shall not come from the same community. The referee-in chief, or his/her appointee, shall not be eligible to serve on this committee.
- (2) The committee shall be responsible for deciding any action, suspension or otherwise, taken against a player or team official receiving a game misconduct or match penalty. The

committee shall have full power to waive or increase the one-or two-game suspension imposed in Rule 404 (c), Game Misconduct.

- (3) The committee shall have authority to initiate action involving supplementary discipline against a player or team official whether it involves the playing rules or not; provided, however, that no suspension shall occur without first giving notice of the intended action and providing the opportunity for a hearing.
- (4) No player or team official shall incur a suspension from participating in the remaining games unless he/she has been provided the opportunity to appear before the committee to relate his/her version of the incident.

Note 1: *No hearing for game misconduct will be permitted for any player who incurs four penalties in the same game. Players shall be assessed a game misconduct penalty.*

Note 2: *No hearing for game misconduct will be permitted for any head coach whose team incurs twelve or more penalties during one game. The head coach shall be suspended for the next one game of that team.*

Coaches Meeting Information

The mandatory coaches meeting will be conducted via conference call rather than the normal in-person meeting.

Tuesday, November 4, 2025 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

Need New Meeting Link, Meeting ID, and Passcode

<https://us06web.zoom.us/j/84369090205?pwd=NctZKmRTDtk0Ehfg0SqcZysNWEyMH2.1>

Meeting ID: 843 6909 0205

Passcode: 421069

The meeting will address the rules and make sure all the information needed has been provided. This is a **mandatory** call, and each team is required to have a coach and/or manager on the call. The Head Coach will be suspended for the first game if a representative is not present on the call. Each team is required to have their Credential book at each game. The team must provide the host with their official team USA Hockey number for their roster at least five days prior to your first tournament game.

Credentials

National Tournament Bound Tournament Teams – Do not mail your Credentials book! Your Credentials book must be completed and checked by your State Registrar. Your State Registrar will then sign the Credentials Verification form and forward it to the host State Registrar before your arrival. Your local State Registrar will also notify the host State Registrar if there are any pieces missing in your Credentials book. Should that occur, the player/players are ineligible to play until said documentation is provided to the Tournament Director. Your book must be

present at the tournament and turned into the local Tournament Director **on request** to resolve any outstanding questions. The Credential book should contain the following:

1. A certified Roster Registration Form (1-T) signed by your state registrar.
2. Sanctioned game score sheet to verify compliance with the 10/20 (Youth) or 10/14 (Girls/Women) rules for each rostered player.
3. All coaches must show on the roster (1 above) as being credentialed at the level mandated by USA Hockey.
4. Non- US Citizen (Transfer) must be noted as “Complete” on the roster (#1 above).
5. Consent to Treat forms for all players and coaches.

Time of Periods (All Stop Time in Minutes) and Ice Clean Requirements

Length of game periods and penalties

Regional tournament games shall be played to the following time standards in minutes.

Class	Warmup	1,2,3 Period	Overtime*	Penalties		
				Minor	Major	Miscon.
12U	5	15	10/15	1.5	4	8
13 Only/14U	5	16	10/16	1.5	4	8
15 Only	5	17	10/17	2	5	10
16U	5	17	10/17	2	5	10
18U Tier 1	5	20	10/20	2	5	10
18U Tier 2	5	17	10/17	2	5	10
19U Girls	5	17	10/17	2	5	10
High School	5	17	10/17	2	5	10

Each team has one time-out of 60 seconds per game, whether in regulation or overtime, per the USA Hockey Playing Rules.

During State/Affiliate and/or District and National Championship Tournament games, the ice shall be cleaned (a) for the Youth 17 & 18 Tier I classification, before each game and between each period, and (b) for all other classifications, before each game and between the second and third periods, and there shall be a two (2) minute rest period between the first and second period, including in the semifinal and championship games. The National Championship Tournament chairperson must approve of any variation.

Ice Clean Requirements

During State/Affiliate and/or District and National Championship games, the ice shall be cleaned as outlined below.

Class	Preliminary Round Games	Quarter, Semi-final & Championship Games
Girls Tier II (14U/16U/19U) & Youth Tier II (14U/16U/18U) & High School & Youth Tier I (13O/14U)	Before every game and between the second and third periods. No ice cut prior to overtime period. At the completion of the third period, the tied teams shall receive a two (2) minute rest period. The teams will remain on the ice.	Before every game and between the second and third periods. No ice cut prior to overtime period. At the completion of the third period, the tied teams shall receive a two (2) minute rest period. The teams will remain on the ice.
Youth Tier I (15O/16U/18U) & Girls Tier I (16U/19U)	Before every game and between each period. No ice cut prior to overtime period. At the completion of the third period, the tied teams shall receive a two (2) minute rest period. The teams will remain on the ice.	Before every game and between each period. There will be an ice cut prior to overtime period.

All warm-ups, timeouts, and rest periods shall go on the game clock. All ice cuts shall go on the game clock with 12 minutes between periods and time remaining until next game for between games. The referees shall enter the ice before the teams for every game with two (2) minutes remaining on the clock. The warmup clock will start as soon as the referees have completed their safety checks, put nets in place and the Zamboni gates close. Running time is not allowed in the Regional Tournament Play.

The tournament will follow the rules detailed in the USA Hockey [See the National Tournament Guidebook Section U starting on page 34 in the 2025-26 version](#) and the applicable USA Hockey playing rules. Please make sure your coaches are familiar with all the rules. Below are excerpts from the guidebook to help provide a summary.

New England District			
16U Tier 1 Tournament Schedule			
American		National	
1	New Hampshire 1	2	Rhode Island 1
4	Rhode Island 2	3	Connecticut 1
5	Connecticut 2	6	New Hampshire 2
Each Division Team Plays the Teams in the other Division			
Top four overall teams by points advance to the semi-finals in a 1v4, 2v3 format.			

ALL games played The Rinks at Exeter & Cyclones Arena						
Date	Game	Start	Finish	Rink	Home Team	Away Team
Thursday, Nov 6	1	3:30 PM	5:30 PM	Exeter 2	New Hampshire 1	New Hampshire 2
	2	5:30 PM	7:30 PM	Exeter 1	Connecticut 2	Connecticut 1
	3	5:45 PM	7:45 PM	Exeter 2	Rhode Island 2	Rhode Island 1
Friday, Nov 7	4	3:30 PM	5:30 PM	Exeter 2	Rhode Island 1	New Hampshire 1
	5	5:30 PM	7:30 PM	Exeter 1	Connecticut 1	Rhode Island 2
	6	5:45 PM	7:45 PM	Exeter 2	New Hampshire 2	Connecticut 2
Saturday, Nov 8	7	10:15 AM	12:15 PM	Exeter 1	Rhode Island 2	New Hampshire 2
	8	10:30 AM	12:30 PM	Exeter 2	New Hampshire 1	Connecticut 1
	9	10:30 AM	12:30 PM	Cyclones 2	Connecticut 2	Rhode Island 1
Semi-Final	10	5:00 PM	7:00 PM	Cyclones 1	Seed #1	Seed #4
Semi-Final	11	5:15 PM	7:15 PM	Cyclones 2	Seed #2	Seed #3
Sunday, Nov 9	12	10:40 AM	12:40 PM	Exeter 1	Championship Game Seed #1	Championship Game Seed #2

U. METHOD OF DETERMINING CHAMPION

(1) Overtime for Districts and Nationals (Recommended for States/Affiliates)

(a) Youth, Girls and High School Division Preliminary-Round Games

1. All Games Played to a Winner

If the game is tied following regulation play, one ten (10) minute sudden-death overtime period shall be played. The teams shall change ends. Overtime shall be played 3-on-3 (three skaters plus a goalkeeper). If the score is tied at the end of the ten (10) minute sudden-death overtime period, there shall be a shootout. The winner of the shootout will be credited with one additional goal in the final score.

(b) Youth, Girls and High School Divisions Quarterfinal, Semifinal and Championship Games

1. All Games Played to a Winner

If the game is tied following regulation play, one (1) sudden-death overtime period shall be played. The length of the overtime shall be equal to the length of the third period and shall be sudden death. Teams shall switch ends for the overtime period. Overtime shall be played 5-on-5 (five skaters plus a goalkeeper). If the score is tied at the end of the sudden-death overtime period, there shall be a shootout. The winner of the shootout will be credited with one additional goal in the final score.

(c) Shootout Procedures

The shootout will be conducted as follows:

- A dry cut/scrape of the middle of the ice shall occur prior to the shootout in quarterfinal, semifinal and championship games only.
- A shootout is defined as a player attempting to score a goal and the opposing goalkeeper attempting to stop the shooter from scoring the goal.
- The home team shall have the choice whether his/her team will shoot first or second.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- No goalkeepers may shoot in the shootout.
- The goalkeepers will defend the net they were defending in the 3rd period.
- Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure

is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.

- The shootout procedure shall begin with three (3) different individual shooters from each team taking alternate shots. The players do not need to be named beforehand.
- The goalkeepers from each team may be changed after each shot.
- The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken.
- If after the shootout, the shootout score is still tied, there will be a sudden death shootout.

(d) Sudden-Death Shootout

The sudden-death shootout will be conducted as follows:

- A sudden-death shootout is defined as each team attempting a shot. Should one team be successful and the other team not, the successful team shall win the shootout.
- The teams will shoot in the same order during the sudden-death shootout as they did during the original previous round shootout.
- Teams will select their shooters to participate in any order in the sudden death shootout, whether or not they shot in the previous round. The last player in the first round of the shootout may be the first player in the sudden death shootout.
- Players in a sudden death shootout shall not be allowed to take another shot until two different individual teammates have completed their attempts.
- All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
- Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
- The goalkeepers from each team may be changed after each shot.
- The official scorekeeper shall record all shots taken indicating the players, goalkeepers and goals scored.

(2) Process to Determine Quarterfinalists, Semifinalists and/or Finalists at State/Affiliate and/or District and National Championships

- (a) During the youth, girls and high school preliminary rounds, each team will be awarded three (3) points for a win in regulation, two (2) points for a win in

overtime or shootout, one (1) point for a loss in overtime or shootout and zero (0) points for a loss in regulation.

(b) Refer to the formats for tournaments set forth in Appendix 1 for information on home team designations in any quarterfinal and semifinal game.

(c) **Youth, Girls and High School Divisions – Tie-Breaking Rules to Determine Standings Position**

If two or more teams have an equal number of points, their position in the standings shall be determined by the following tie-breaking rules listed below. If at any point during the application of the tie-breaking rules, any or all of the teams can be seeded higher or lower than the other teams, the seeded teams will be placed in their position in the standings and the tie-breaking process will begin at Step 1 for any teams that remain tied.

NOTE: *If all tied teams have not played each other, the tie-breaking process will begin at Step 2.*

The tie-breaker rules are as follows:

1. **Step 1:** The results of only the head-to-head games played between the tied teams in the following order:
 - a. Most points earned.
 - b. Most total wins (whether in regulation, overtime and shootout).
 - c. Most regulation wins.
 - d. Differential — Subtracting goals against from goals for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
 - e. Quotient — Dividing the goals for by the goals against in these games, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e. 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero (0). Where two or more teams have no goals against and the quotient tie-breaker is required, the teams shall be ranked high to low in descending order of “goals for.”
 - f. Most periods won — In the games played by each tied team, points will be awarded for each regulation period won (2 points) and for each regulation period tied (1 point). Positions shall be in the order of highest point total.
2. If all tied teams have not played each other, the tie-breaking process begins at Step 2. For teams that began the tie-breaking process in Step 1, if after applying the formulas of 1 a, b, c, d, e or f the tie still exists, continue to Step 2.

Step 2: The results of all the games played by the teams tied in the following order.

- a. Most total wins (whether in regulation, overtime and shootout).
- b. Most regulations wins.
- c. Differential — Subtracting goals against from goals for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
- d. Quotient — Dividing the goals for by the goals against in these games, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e. 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero. Where two or more teams have no goals against and the quotient tie-breaker is required, the teams shall be ranked high to low in descending order of “goals for.”
- e. Most periods won — In the games played by each tied team, points will be awarded for each regulation period won (2 points) and for each regulation period tied (1 point). Positions shall be in the order of highest point total.
- f. Lowest number of penalty minutes — Calculate the number of penalty minutes accrued during all preliminary round games. The teams shall be ranked low to high in ascending order of “penalty minutes for.”
- g. Quickest first goal — The team that scored the quickest goal in their preliminary round games shall be ranked highest.
- h. If the above procedure does not break the tie, the teams shall use a shootout procedure as previously described.

NOTE 1: *A team may go into the tie-breaking process having defeated another of the tied teams and still not advance.*

NOTE 2: *If a team forfeits any of its games, and becomes involved in any tie-breaking formula, the team that forfeited will not advance and all games played against the forfeiting team shall be recorded as 1-0 victories for all opposing teams*