

Omaha Hockey Club

House League Rules (Squirt, Peewee, Bantam)

These rules will be effective starting Sep 1, 2026

The goal of the OHC House Hockey Season is to provide a fun, competitive and enjoyable league for all participants, parents and spectators. USA Hockey Zero Tolerance Policy will be enforced. Improper and abusive behavior will not be tolerated. It is the responsibility of all players, coaches and parents to exemplify good sportsmanship.

A. General League Rules

- USA Hockey Official Rules of Ice Hockey shall apply.
- In U14 (Bantam) games played against an all girls U14 team, no checking shall be permitted.
- All players and teams must be properly registered and rostered with USA Hockey.
- All coaches on the bench must be properly certified to coach through the USAH CEP program.
- Coaches will strive for equitable playing time amongst all athletes to the best of their abilities.
- Teams will be responsible for any damage or littering to locker rooms and any other arena facilities.
- The home team will wear white/light jerseys. Visitors will wear dark jerseys.
- The decisions of the game officials are final. No protests are allowed. Once the score sheet is signed, no changes can be made to the scoresheet. Issues which arise in the games should be directed to the House Commissioner.

B. Structure

OHC Team Formation:

- OHC House League Teams will be formed by a draft process.
- OHC House League Teams' Coaching staff will consist of a Head Coach and one Assistant prior to the drafting of teams. Any other assistants can be picked up after the draft.
- OHC House League Teams' Goalies will be assigned to teams based on the overall skill level of the team and the skill level of the goalie.
- OHC Players will be evaluated prior to the team draft by a group of independent individuals. All skaters will be rated based on performance in the same drills with the same metrics across the board.

All League Participating Team Rosters: (Omaha and Lincoln)

- No Player that is on a “Travel Team” Roster will be permitted to be rostered or play in the Omaha House League (“House League”).
- Players may not be rostered on more than one team in the Omaha House League.
- Any team in the House League whose roster is composed of more than 30-40% players that are also on a “Select Team” roster, will not be eligible to compete in the League.
- Any team with fewer than 10 players may request a substitute of equally skilled player(s) to fill the roster up to 30 minutes prior to game time. The substitute(s) must be approved by the House Commissioner or Division Coordinator prior to game play.
- Any team without a goalie may request a substitution up to 30 minutes prior to game time. The substitute must be approved by the House Commissioner or Division Coordinator prior to game play. If a substitute cannot be determined, the team will forfeit the game.
- Players must participate in 85% of a team's League games to be eligible to play in the Joust tournament. (Any exemption to this rule must be approved by OHC’s Executive Committee.)

Volunteers:

- The Home team shall provide an adult to operate the time clock and serve as a neutral off-ice official under the direction of the game officials.
- The Visiting team shall provide an adult to keep the official score sheet of the game; serving as a neutral off-ice official under the direction of the game officials.
- Each team will provide an adult penalty box attendant who shall serve as a neutral off-ice official under the direction of the game officials.
- If a team fails to provide the 2 off-ice volunteers assigned to their team, that team will forfeit the game. The game will still be played but will reflect as a forfeit.
- All volunteers in these positions are considered off-ice officials and are neutral parties. This means there is no arguing with the referees, coaches, players or parents in the stands. There is also no cheering allowed in these positions. Any violations of this rule could lead to penalties to the respective team and further disciplinary actions if deemed necessary by the OHC Board of Directors.

C. Game Play

Start Times:

- Teams must be ready to play up to 10 minutes prior to their scheduled start time.
- Maintaining the playing schedule is of utmost importance. Coaches and Referees must be mindful of the start and stop times of games and practices. If a referee is missing for a game, the coaches may substitute as referee in order to get the game started. Issues with referees should be reported to the Division Coordinators or House Commissioner.

Period Length & Curfew:

- All Age Groups: (3) 17 Minute running clock periods unless there is a major injury or the score differential is less than 3 goals under 3 minutes to play in the third period.
 - If the goal differential is less than (not equal to) 3 goals in the final 3 minutes of game play, the clock will become a stop clock. The off-ice official will pause and resume the clock as indicated by whistle blow of the referee for the remainder of game play or until a goal differential of more than or equal to 3 goals is achieved.
- A strict one hour curfew will be enforced for all games. Games will begin on time.
 - The off-ice official operating the clock will sound the horn if the game reaches one hour and play has not previously ceased. The score at the time of the final horn shall be considered final.

Warm Up:

- Teams may take the ice only after Zamboni doors are closed and game officials are on the ice.
- A three (3) minute warm up shall be allowed.
- Players are to take their positions and officials are directed to start play without delay upon the expiration of the three (3) minute warm up period.

Ties:

- If a game ends in a tie, the game shall be recorded as a tie in league play.

Penalties:

- Minor penalties: 2:00
- Major penalties: 5:00
- Misconduct: 10:00
- If a player receives 3 minor penalties in one game they are disqualified for the remainder of that game but will not be subject to any further disciplinary action.
- Match Penalty: Any player assessed a match penalty will be immediately suspended from the remainder of the game in addition to any further penalties applicable as determined by the Midwest Affiliate per USA Hockey rules.
- Fighting: A player suspended for fighting shall be suspended by the referees for the remainder of the game plus one additional game. OHC will further assess 2 additional game suspensions. (The player will miss the remainder of one game and three additional games.)
- Game Misconduct: Any player assessed a game misconduct shall be suspended for the rest of the current game and the next league game as further provided by USA Hockey Rules.

- Any player who has accrued 4 Misconduct penalties in a singular USA Hockey season (OHC league play or select) will receive a 1 game suspension, which must be served as their next scheduled game at the time of the offense. Any player receiving a 6th Misconduct will be suspended indefinitely pending a disciplinary hearing. The disciplinary hearing will be held within 10 days of the offense and will be a 3 to 5-person panel to consist of directors, coaches (must not be involved with the players team), referees, and other OHC board members.
- Per USA Hockey rule 401, any student athlete with 4 penalties in a game will be assessed a game misconduct penalty. Any head coach whose team, except in Adult age classifications, receives twelve (12) or more penalties during one game shall be suspended for the next scheduled game of that team.
- Any student athlete receiving a major penalty, with a game misconduct:
 - 1st offense follows USA Hockey rules: one game suspension
 - 2nd offense will incur a minimum 3 game suspension (2 games more than the normal game misconduct)
 - 3rd offense is a minimum 5 game suspension, with a mandatory hearing with the rules committee. The student athlete is suspended indefinitely until the hearing and ruling have been made. OHC will hold the By Law 10 hearing within 30 days of the infraction.
 - Per MWAHA, any racial or derogatory language will result in a match penalty. The student athlete will not be allowed to participate in any team functions, practices, and games until a by law 10 hearing has been held and a decision has been handed down by the MWAHA.
- Any player under suspension will not be allowed in the team locker room area before or after the suspended game(s).

Overtime & Time Outs

- There is no overtime.
- There are no time-outs

Tournament Play

- The Joust and any other House League Tournaments will have a separate set of rules given prior to tournament play to all Coaches.

Other Rules:

- Omaha hockey Club abides by the USA Hockey zero tolerance policy regarding verbal and physical abuse of officials and inappropriate spectator behavior.
 - Violations of USA Hockey's Zero Tolerance rules will result in penalties and/or suspensions:
 - i) for arguing with officials, obscene or vulgar language, or visually expressing dissatisfaction with the officials
 - ii) any form of abuse, including physical, emotional or sexual abuse. This covers bullying, harassment, and hazing in all forms.
 - iii) Substance abuse, including alcohol, drugs, prescription abuse, etc.
- Only four certified team officials, i.e. coaches, are allowed on a bench during game play.
- Cellular devices and the use of social media in locker rooms is strictly prohibited.
- Student athletes will not be allowed to wear 99 or 69 as a jersey number.
- If the threat of inclement weather arises, OHC policy is to commence game play so long as the ice rink is open for business and operational.
- Should play cease for any extenuating reason during regulation game play and the game not able to recommence, the score at the time of stoppage will be considered the final score.

The tournament / League Commissioner is the final authority for all rule interpretations.