Omaha Hockey Club- Mite House League Rules

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.

General Rules and Information:

- All players and teams must be properly registered and rostered with USA Hockey.
- **All coaches on the bench and Ice** must be properly certified to coach through the USAH CEP program, complete a background screen and Safe Sport Program.
- Teams will be responsible for any damage or littering to locker rooms and any other arena facilities.
- The home team wears white/light jerseys. Visitors wear dark jerseys.
- 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. .
- Teams will be created through an evaluation process and draft process to ensure evenly matched teams as much as possible.
- Games are played half ice with boards.
- Games are played 4 v 4 with goalies.
- The Home Team will take the Lobby side of the bench and will be responsible for providing a volunteer for the clock. Away Team will be on the Zam side of the bench.
- The coaching staff is responsible for displaying game scores on flip scoreboards

*OHC Mite House Draft information can be found in the Mite House League Draft rules.

Game Format & Rules

- Game Length: Each game will consist of two 12-minute halves with a 1-minute intermission. Games will end on buzzer, and can end in a tie. The championship game will use a shootout as the tiebreaker.

- Line Changes: A buzzer will sound every 2 minutes for line changes.

- Faceoffs: Faceoffs will only occur at the start of each half.

On-Ice Officials

- One Away Team coach will be the on ice referee for the game. They will be responsible for the puck drop and calling any penalties and goals.

Penalties

- Injury-Type Penalties: If the referee determines a penalty could have caused injury, the offending player will sit out one shift. A substitute may enter immediately.

- Other Penalties: All other infractions result in a “pursuit” penalty shot. The player begins with the puck at center ice. If no goal is scored, play continues immediately.

Gameplay Rules

- Body Contact: Intentional body checking is not allowed.

- Puck Freezes & Goals: When the goalie freezes the puck or a goal is scored, the offensive team must retreat past the center line to allow the defensive team to begin a breakout.

Mercy Rule

- Goal Differential: If a team leads by 6 goals, they must remove one skater (play 3-on-4) until the goal differential drops below 6.

Transitions Between Games

- Post-Game & Warmup: Teams will have 5 minutes between games to salute each other, exit the ice (or switch sides), this also includes a 2–3 minute warmup for the next teams.

Tie Breaker Rule (Playoffs Only)

- In case of a tie game during any playoff game, including championship, teams will

go into a simultaneous sudden death shootout. Each team will select a player to go shoot on their end at the same time. Each team will continue to select a new player for each round until on team scores, ending the game. Each team must go through their entire lineup before a player may shoot again.

**Updated Sept 2026*

-A hard copy of these league rules will be located in the top drawer of the toolbox at Grover ice rink.