

Omaha Hockey Club

Omaha High School Hockey League Rules

These rules will be effective starting Sep 1, 2025

A. General League Rules

All Omaha Hockey Club High School Hockey League games will be played under the rules of USA Hockey. In addition, the High School Director's office may modify or supplement the USA Hockey rules with local rules applicable to games involving the high school league teams, as appropriate, to carry out the objectives of Omaha High School Hockey League. Hereinafter the league will be referred to as the OSHSL.

These rules will be reviewed and changes suggested can be made by the HS director, OHC board, and any other persons with expertise in the area. To enable the league to respond to unforeseen issues in a timely manner, modifications to the OSHSL rules may be made at any point during the hockey season. A committee will be made up of the HS Director, OHC board members, coaches, referees, or other knowledgeable entities to address the specific rule change/proposal. Any changes made will be voted on and approved by the board. After approval, all coaches will be notified of the change. The committee to review changes will be made up of 2 coaches and 3 board members.

OSHS�L mainly uses Internet based communications systems; coaches and team managers for each team must have access to the internet and provide the OSHSL with an email address for electronic communications. Student athletes and their families should also have access to the Internet and provide their email addresses to the OSHSL. Team managers will ensure those not having access to the Internet stay informed.

B. Structure

1. League Responsibilities

The OSHSL maintains the team standings, recognizes game scores, monitors assessed penalties and imposes disciplinary actions associated with those penalties.

2. OSHSL Teams

The maximum number of student-athletes on a roster will not exceed 20 players. Each OSHSL team may have up to 18 skaters and 2 goaltenders suited on the bench during games.

New student-athletes shall default to their assigned school program, if one exists, for their first year in the league. If a student-athlete has 1 or more years in the league, they are then eligible to enter the draft if they do not wish to play for their home school program. *Players wishing exemption from this policy must appeal in writing to the OSHSL Commission who will send the appeal to committee.*

Returning players will automatically default to their previous year's team. If a student-athlete intends to change teams, they need to notify the HS Commissioner in writing of their intent to

change and provide a reason why. After declaring intent, they may then register and notate when registering that they will enter the draft.

3. **Legacy rule** - If a student athlete that is new to the league has a sibling that is already assigned on a team, they have the opportunity to default to the siblings' team. The sibling must be a current player for the "legacy rule" to be applied.

Note: Student athletes entering the draft are NOT guaranteed to play for a different team.

No adjustments will be made to team rosters after December 31st.

4. Draft Process

Teams within OHC will be the only teams to participate in the OHSHL draft with the exception of Creighton Prep (who cannot draft due to school club affiliation). Roster size will be determined by the number of eligible student athletes registered to play in the league through the Omaha Hockey Club divided by the number of Omaha teams.

Current team compositions are as follows:

Team	Made up of Students from
Creighton Prep	Creighton Prep Only <i>provided enough players available</i>
Elkhorn South	Elkhorn South HS (Elkhorn HS drafts between teams)
Elkhorn North	Elkhorn North HS (Elkhorn HS drafts between teams)
Metro	OPS High Schools
Millard North	Millard North
Millard South	Millard South
Millard West	Millard West
Papillion	Papillion LaVista & Papillion LaVista South
Westside	Westside
Lincoln	Lincoln Registered Student Athletes
Fremont	Fremont Registered Student Athletes
Gretna	Gretna and Gretna East

Team compositions need to be looked at, discussed, and adjusted depending on the number of players registered from each area. Teams can potentially be folded, and new teams can be created. The above list applies to the automatic placement of new players, and does not preclude anyone from entering the draft process.

The spirit of the Draft shall be to try to encourage team parity. Draft order is determined by the final regular season standing from the previous year.

Round 1 will begin with the lowest ranked team from the previous year drafting first, the second lowest ranking team drafting second, etc. Round 2 will proceed in the same direction, round 3 will reverse direction allowing the top ranked team from the previous year to draft first in round 3. The draft will continue to “snake” until all players are placed on a team.

The target roster number for the Omaha teams will be determined at the beginning of the draft.

Once teams achieve the target roster size, that team will no longer draft players. If a team already meets or exceeds the league’s target roster size, that team will not participate in the draft.

Teams are required to select a student athlete until either all candidates are selected or the roster of the team has reached the maximum number of approved student athletes.

Any student athlete drafted to a team must play for that team during the season in which they were drafted. The student athlete may choose to be placed back in the draft in any subsequent year by notifying the High School Director prior to the beginning of the next draft.

Assistant coaches may be selected from the players who are rostered on the team. An assistant may not be named until the player has been placed on a team or drafted to a team. (Assistant coaches will follow their player. The player does not follow the assistant coach.)

Per USA hockey rules, the most student athletes a team may have is 18 skaters and 2 goalies on the bench for games.

If a team becomes full, returning players will be placed on the team first, followed by the first new players registered and paid, in good standing with Omaha Hockey Club. The remaining players would go into the draft process, or into the waiting list process if all teams are full.

If a team could field 24 skaters, the team/league can consider fielding two teams for that school.

Due to issues and the potential for abuse, we will no longer automatically place players that join after the draft directly on teams they go to school at, or teams they once played for. Players that register after the draft deadline will be placed on a team using the following criteria:

1. The next team that would have drafted next is the first team to select. The order will continue until that draft “round” is complete, regardless of which direction the draft was snaking. Then, once that round is complete, the order will be last-place team to first-place team for each round, with no snaking. The teams tied with the least number of student athletes are the only ones to be involved in any single round of the after-draft placements.
2. In this way the teams with the least number of student athletes will be filled first as players enter the league after the draft.
3. If every team is full, registration is closed and a waiting list will be created. A fee of \$300, (refundable after January 10th if not placed) is required to be added to the waiting list. The remaining, prorated fee for registration is to be paid if the student athletes is drafted / placed.
 - a. If there are injuries or other student athlete losses, the players will be added to the teams losing players in the registration order of the waiting list. If two or more teams lose players at the same time (same day), a draft will be held with the same number of the earliest registrants on the waiting list, last place to first place. (ie. 4

players are injured on 3 teams, the 4 earliest registrants on the waiting list are available for the draft process between the 3 teams)

If a student athlete plays for a team different from the one he would be automatically placed on, they may elect, provided they sign up before the draft, to play for either the team they played for the previous year, or the team they would be automatically placed on.

Rosters will be locked as of January 10th and no additional student athletes may be added to any team during that season, including playoffs.

5. League Play

OHSHL will follow USA Hockey and Midwest Amateur Hockey Association (MWAHA) rules, bylaws, etc. Exceptions or items we wish to highlight will be below.

The league will be made up of member teams and will be represented by their respective schools. The league will run as one division. At the end of regular season play, the season point leader will be crowned regular season champions.

League games will be held throughout the week and weekends. Attempts will be made to schedule around school districts breaks, but due to multiple conflicting schedules games may occur during break times.

6. Playoffs

All teams are eligible for the year-end playoffs and guaranteed a minimum of two playoff games. Separate OHSHL tournament rules will be followed for the playoffs.

Student athletes must have played a minimum of 50% games during the regular season (except for those games lost to injury) to participate in the OHSHL playoffs. Players serving suspensions do not get to count games suspended towards their 50% attendance.

C. Player Eligibility

1. Basic Eligibility Requirement

The primary requirements for High School students to be eligible to play on an OHSHL team include but are not limited to the following:

- 1) Student athletes must satisfy all Omaha Hockey Club fee and registration requirements:
 - a) Register with OHSHL or through a partner participating organization (Fremont, Lincoln) and paid the fees or made approved payment arrangements.
 - i) If playing for a partner organization (Fremont or Lincoln) players must also be registered with the OHSHL by completing a free Omaha Hockey Club registration link.
 - b) Register with USA Hockey and have a current USA Hockey Number
 - c) Have completed USA Hockey Safe Sport Training if required by birthyear.
 - d) Be placed on an OHSHL team roster
 - e) Complete and sign form acknowledging receipt of the OHSHL rules and regulations
- 2) Student athletes must not be under suspension status with USA Hockey or OHSHL.
 - a) Student athletes under most suspensions may practice with their teams, but are not eligible to play in any games.

- b) Student athletes with carryover suspensions from a previous season must serve the remainder of their suspensions before being allowed to play in any OHSHL game for that next season.
 - c) Student athletes receiving a Match Penalty (see USA Hockey rule Rule 405) also incur an automatic suspension. During this suspension period, the suspended student athlete is NOT permitted to practice with their team.
- 3) To be eligible to participate, student athlete must:
- a) Demonstrate to their team coach basic knowledge of USA Hockey rules
 - b) Participate in an OHSHL evaluation skate to demonstrate to their team coach sufficient hockey skills to not be a hazard to themselves, other student athletes on their own team or other teams.
 - c) Student athletes must be enrolled in a high school or prep school at the time of the start of the playing season. Mid-year graduates are allowed to complete the current season.
- 4) OHSHL is not a “travel” or “select” league. Therefore, it is expected that all student athletes will get roughly equal ice time during games. The intent is to ensure the lesser skilled student athletes get the opportunity to learn and improve on the ice during games. In the case of a game that is within 2 goals and under 5 minutes remaining on the clock, a coach is granted the ability to shorten the bench where equal playing times are not expected. ***This rule is not intended to affect the ability of a coach to bench players for disciplinary reasons, and it does not cover tournaments or power play/penalty kill.**
- 5.) Student athletes playing in the OHSHL are NOT allowed to double-roster and participate in any other leagues or teams unless they are playing on a select team that is based in the OHSHL league.

D. Game Play

- 1) Games will not exceed 85 minutes.
- 2) Warm up time will be 4 minutes.
- 3) The regular season game duration will be three 16:00-minute stop clock periods.
 - a) If the goal differential is 6 or greater at any point during a game, the clock will automatically be operated as a run clock regardless of what period it is in. If the goal differential drops to 5 or less, the clock operation will default back to stop clock.
 - b) Playoff games will be three 16-minute stop clock periods.
 - c) Each team will be allowed one 60 second timeout during regular season and playoffs.
 - d) During intermission between periods clock operators shall have a 60 second intermission clock to ensure game schedules stay on time.
- 4) In the regular season, games tied at the end of regulation will end in a tie.

E. Rule differences and highlights

- 1) **Penalties** - Differences from USA and MWAHA rules regarding penalties include:
 - a) Penalties during reg season and playoffs with 16:00 minute periods will be 2-minute minors. Misconducts will be 10 minutes, and majors will be 5 minutes.

- b) Any student athlete receiving a major penalty, with a game misconduct:
 - i) 1st offense follows USA Hockey rules: one game suspension
 - ii) 2nd offense will incur a minimum 3-game suspension (2 games more than the normal game misconduct)
 - iii) 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.
 - iv) 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.
- c) It will be mandatory for any suspended student athlete to attend any/all games they are suspended for, for the entire game(s). Suspended student athletes will check in with the coach and team manager before and after each suspended game. It is required that the student athlete sign and date the game sheet to help document/prove they were at the game. Any game not attended, does not count toward the game suspension count for that student athlete. The suspended player cannot begin play until all their game suspensions are attended and served under this rule.
- d) Any player under suspension will not be allowed in the team locker room area before or after the suspended game(s).
- e) To help protect the student athletes, The Omaha High School Hockey Director reserves the right to initiate a review of any reported off ice behaviors. If cause is established, a committee may be formed made up of the director, board members, coaches, refs, and other designated individuals with expertise to address the incident and possibly recommend discipline. Committee members may be OHC board members, referees, coaches, and/or parties with high level hockey knowledge. At least one member must be from the OHC board. If the offense occurred more than 10 days prior to the report a review will be held by all coaches and a vote of 2/3 majority will be needed to initiate an official investigation into the reported conduct.
- f) Any player who has accrued 4 Misconduct penalties in a singular USA Hockey season (OHSHL league play) 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.

2) Highlights

- a) Omaha Hockey Club abides by the USA Hockey zero-tolerance policy regarding verbal and physical abuse of officials and inappropriate spectator behavior.
- b) 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.
- c) Only four certified team officials, i.e. coaches are allowed on a bench during game play.
- d) 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.
- e) No Cellular devices and the use of social media in locker rooms is strictly prohibited.

E. SCORESHEETS

1) Game Results

Game results are tracked and stored electronically using Game Sheets Inc. Each team is responsible for ensuring that the game sheet is accurate at the conclusion of each game with the referee's approval. Once approved by the referees, the sheet needs to be saved and uploaded into the system immediately.

Standings and statistics are solely based on the game sheets.

2) Game Sheet Signatures

Both teams' coaches are required to verify their roster on the game sheet PRIOR to the start of the game. This ensures that accuracy of each roster and the student athletes appropriately being recorded for the game. (playing, injured, suspended, etc.)

If a coach wishes to protest a score sheet they need to email the HS Commissioner within 24 hours of the conclusion of the game stating their reasoning and what they wish for an outcome. Each protest will be reviewed and the HS Commissioner will determine if it will be accepted. Not all protests will be accepted. Protests should be reserved for major penalties or injuries. Not for altering goals, assists, or other minor items.

G. ADMINISTRATIVE MISCELLANEOUS

1. Eligibility Rules for Coaches and Team Managers

All coaches must follow Omaha Hockey eligibility rules to become coaches. This includes holding a current USA Hockey coaching certification, being registered with USA Hockey, etc. Please refer to the current Omaha Hockey rules for the eligibility requirements.

Team Managers also must meet the requirements set by USA Hockey, OHC, and abide by all rules and regulations.

Communication from head coaches, assistant coaches, and team managers is strictly prohibited in a one on one form with a student athlete outside of sanctioned league practices, games, or

events. Communication occurring via electronic form will need to have a minimum of 2 coaches, team managers, or parents/guardians in the form of communication.

2. Abuse of Ice Times

Coaches and/or teams cannot purchase extra ice outside of their regularly scheduled ice from O.H.C. during the season, including playoffs. If the team is caught doing so, penalties will be assessed. The penalties will start at a minimum of a 5-game suspension for the head coach and the team will forfeit their next league game. This includes scheduling scrimmages, friendlies, or games outside of what is assigned from the OHSHL league.

3. Off-Ice Officials

Teams are responsible for providing game sheet keepers, time keepers, and penalty box attendants. The home team is responsible for providing a timekeeper. The visiting team is responsible for providing a score sheet keeper. The selected off-ice officials must be approved by the head coaches and must be over 21 years of age. Each team will provide training for all volunteer off-ice officials.

Anyone needing a USA Hockey off-ice officials' manual should contact the High School Director's office.

Please note that the Omaha Hockey Club Board Members are not allowed to perform off-ice official duties.

Locker rooms must be cleared by a coach or team manager prior to turning over/turning in the key to the locker room. Locker rooms must be reasonably clean and free of damage. If there is damage prior to the teams use, notify the rink and HS Director to ensure accurate documentation. Failure to maintain a clean and respectable environment may result in team sanctions.

4. OHSHL Season

The OHSHL season officially runs as set by the High Schools Director's office and OHC board. OHSHL games and practices will be scheduled and approved by the HS director and OHC board. The traditional schedule runs September through February but may be subject to change due to scheduling conflicts and available ice times.

5. OMAHA HOCKEY CLUB HIGH SCHOOL LETTERING ELIGIBILITY

These rules are enforced for both regular season and playoffs

- 1) No fighting penalties
- 2) Player must attend at least 85% of games and practices
- 3) No more than two suspensions in a season. A suspension is defined as any disciplinary action resulting in the player being ineligible to play in one or more games.
- 4) Maintain at least a "C" average. Academic grades are to be submitted to the HS director from official school report cards.

6. All Star Game Eligibility

- a) To be considered eligible for the All-Star Game, players must have played at least 35% of the games up to the "All Star Game" cut-off date. Goalies as goalies, skaters as skaters.

We will not attempt to differentiate between forwards and defense.

- b) A single player cannot be both a skater and goalie during the All-Star Game
- c) The cut-off date should be an agreed upon date no less than 3 weeks prior to the game itself to allow for the procurement of jerseys, rosters, programs and any other individualized items that might be needed.
- d) Each team will receive 3 picks for the All-Star game. The top 4 goalies with the highest save percentage average will be selected. The coaches will then select 2 more additional goalies.

7. Rules Not Covered

Any circumstances or incidents that are not covered under the USA Hockey, Omaha Hockey Club or the OHSHL guidelines will be reviewed and investigated on a case-by- case basis. If you should have questions please see your team manager, Commissioner, or High School Director's office for clarification.