

Omaha Hockey Club

Rules and Regulations

Updated 08/2025



MISSION STATEMENT

The Omaha Hockey Club (OHC) promotes sportsmanship, fair play, honor, character and achievement through skillful guidance of players and coaches; mentors players to become conscientious adults and hockey ambassadors; delivers an atmosphere of healthy competition for all the youth of Omaha and surrounding communities; and provides a competitive environment to enjoy the Sport of Hockey at all ages, levels of commitment and talent regardless of financial positions.

Association Composition

Our association is overseen by 7 elected board members serving three-year terms (Unless filling a vacancy -then the elected member will serve out the remainder of the vacancy they are filling). The board is also served by 6 appointed area commissioners.

Board members fill the following roles:

- President
- Vice President (Risk Manager)
- Treasurer
- Secretary
- Member at Large 1
- Member at Large 2
- Member at Large 3

Appointed Area Commissioners:

- Learn to Play (IP) – Mite Director
- House Squirt – Bantam Director
- Travel Mites & Squirt - Bantam Director
- High School House (OHS HL) Director
- OJL / High School Midwest League Director
- Girls Hockey Director

This Board of Directors is concerned and deals with issues of today, the viability of the future of the program, compliance issues, rules compliance, matters of their constituents, etc. Various sub-committees may be established to help with the various levels and functions involved with a successful program. Appointed members are placed in their position with full board approval.

Hockey Development Director

Our association employs a Hockey Development Director. The hockey director is to oversee and manage all hockey and program related decisions. Including but not limited to: coaching selections, player and roster selections, practice plans, overall coach and player development plan, tournament and league selections, ice schedule and any other

duties as assigned. The Hockey Development Director will report directly to the Executive Committee consisting of the President, Vice President, Secretary, and Treasurer.

Executive Director

Our association also has an Executive Director that is an employee of the association. The Executive Director is responsible for overseeing the administration, programs, and strategic plan of the organization. Other key duties include fundraising, marketing, and community outreach. The Executive Director reports directly to the Executive Committee consisting of the President, Vice President, Secretary, and Treasurer.

Operations Director

Our association also has an Operations Director that is an employee of the association. The Operations Director is responsible for the day-to-day management and execution of the administrative and operational functions of the Omaha Hockey Club (OHC). Including player registration, scheduling, compliance, communication, event planning, and logistical coordination. The Operations Director works closely with the Executive Director, Hockey Director, Board of Directors, coaches, volunteers, parents, and outside partners (e.g., USA Hockey, ice arenas) to deliver a high-quality, development-focused hockey experience.

INTRODUCTION

The growing participation in hockey has developed a need for a statement of rules and processes indicating how the Omaha Hockey Club will be managed. All participants, including coaches, players and parents, need to be familiar with their respective responsibilities with respect to their role within the Omaha Hockey Club. These rules and processes do not supersede established rules and regulations of USA Hockey and/or the league an Omaha Hockey Club team is participating in. Rather, they extend the rules and regulations to locally govern and manage the Omaha Hockey Club

The information contained within these Rules and Regulations is not intended to encompass every situation that may develop. As such, the Board expressly reserves the right to add, modify or delete any of the policies contained herein at any time, with proper notice, and further retains exclusive right and discretion to interpret and apply the terms contained within the Rules and Regulations.

Registration

Any youth wishing to join the Omaha Hockey Club must be registered with USA Hockey prior to registering. All required registration forms, and registration and tryout fees must be paid. A government certified copy of the youth's birth certificate (birth date

determines age division, see below) must be submitted approximately mid-August of each year. All past due accounts must be settled prior to registrations being accepted for the upcoming season.

DATE OF BIRTH	AGE CATEGORY	AGE DIVISION
Check USA Hockey Web-site for birth Year information.	9 – 12 grades	High School
	U16 & U18	Midget
	14 years	Bantam 14 or Under
	13 years	Bantam 14 or Under
	12 years	Pee Wee 12 or Under
	11 years	Pee Wee 12 or Under
	10 years	Squirt 10 or Under
	9 years	Squirt 10 or Under
	8 years	Mite 8 or Under
	7 years	Mite 8 or Under
	6 years	MiniMite 6 Under

Team Registration Process

Registration policy and fees shall be determined by the Board of Directors and published to all members prior to annual registration each fiscal year. A skater must be age 3 prior to July 1st to register for the upcoming season.

Double Roster Policy for Travel Teams

The intent of double rostering is to assure that every team has enough players on their roster to compete. It should be the exception and not the rule. The intent of double rostering is not to give players from the younger age division's additional playing time. Team rosters must be finalized by December 31st. Players are double rostered only for games and scrimmages and not normally for practices. The double rostered player(s) is only invited to games or scrimmages when there is a concern that there will be too few players to play in a game or to meet the requirements to play at a tournament. (A player must play in at least 10 games with a team to be eligible to play in playoff games and beyond.)

- 1) Criteria/requirements for double rostering:
 - a) When any team has an insufficient number of players.
 - b) Teams that do not meet these criteria may request to double roster, but must justify, to the Board, why it is necessary. The Board has the final say.
 - c) It is suggested that parents seek input from the coach of the player's primary team.
 - d) The Board of Directors, with the input of the Hockey Director, coaches, parents and the area Commissioner, will make the final decision.
 - e) When double rostering includes an organization outside of Omaha Hockey Club, the player and parent will identify which team will be the home team for the player. No player can play for 2 teams in the same weekend, or at the same tournament. The player will play for the team that he/she declares as their home team.
 - f) Players are unable to be double rostered on 2 different nationally bound teams. (Per USA Hockey guidelines High School players may double roster)
 - g) Process:
 - i) Before November 1, the coach, parent or team manager makes a written request to the Hockey Director.
 - ii) By the next scheduled Board meeting, the Board will determine whether double rostering is appropriate for each player.
 - iii) If any participating party would like to appeal the decision that is made by the Board, they may appeal in writing within seven days of the determination. It will be reviewed and ruled on within two weeks. All appeal rulings are final.

Skating at a Higher/Lower Age Classification

- 1) Skating at a Higher Age Classification:
 - a) **FOR HOUSE/HOUSE SELECT:**
 - i) The Omaha Hockey Club Board is responsible for the success of the entire

organization and if a request to play up is deemed detrimental to the organization based on the number of participants and teams, the Board may be required to deny any and/or all requests.

- ii) The Omaha Hockey Club strongly encourages house league players to participate in the proper age division as defined by USA Hockey according to their year of birth. Playing up an age division may have a negative impact on both the physical and mental development of a player, as well as their creativity and play-making abilities. That said, there may be rare instances whereby playing up an age division may be warranted. The following outlines the requirements for this process:
 - (1) A player must be a second year player in their respective age division for consideration to move up to the next age division. For example, a player wishing to move up to Bantams must be a second year PeeWee.
 - (2) A request must be submitted to the Hockey Director by the parents or guardian utilizing the Move-Up Request Form (Appendix C) and Liability Waiver (Appendix D) for their player to be considered to play up an age division. This form must be received prior to player evaluations.
 - (3) The player will be required to participate in the age appropriate house league evaluation. An independent group of current age division coaches and older age division coaches will be assembled by the House League Commissioner and Hockey Director to assess the player during the evaluations and during the subsequent 30 days of practice/games in which the player will participate in their appropriate age division.
 - (4) The player must be considered an “impact player” at the higher level in order to be recommended for the move up. The coaches’ assessment at both levels must agree with that of the independent group.
 - (5) Goalies may only move up an age division if a shortage of goalies exists at the higher age division and an adequate number of goalies remain at the lower age division.
 - (6) Players are only allowed to try out for the House Select or “C” team at the House age group they are playing.
- b) **FOR TRAVEL:**
 - i) *Nothing in USA Hockey’s rules requires an association to allow any player(s) to play up.*
 - ii) A written request must be completed and sent to the Hockey Director prior to tryouts. Upon receipt of the request, the Hockey Director will notify the area Commissioner and coach of the team to which the player is requesting to play. During tryouts, the player will be evaluated by the hockey director and independent evaluators..
 - iii) All requests to play up require the parent and player signatures. All requests to “play up” should be made in writing to the Hockey Director, by the parents or guardian, to help document any such requests and the parents/guardian's desire to have it granted. The written document can become important if the player becomes injured, as a result of the "play up" request.
 - iv) Due to the fluctuating numbers in the girls program, move up requests for girls u13 and older can be made. Move up requests in the girls program are

handled with the Hockey Director, Girls Commissioner and coaching staff. An impartial evaluation of the player's skills (compared to others at the level requested) by a panel of neutral coaches, should be made before a decision is made on a "play up" request. An objective evaluation form will be completed by the neutral coaches.

- v) The decision of this group, reflecting the best interest of the player and the Omaha Hockey Club, will be final and only the parent(s) or guardian(s) of the skater may disallow the move.
 - vi) USA Hockey Rules permit a player to "play up", but players will not "play up" more than one age classification. For example, a 10 year old player (Squirt) may play up one age group so he/she could play for the 12 and under team (PeeWee), if the coach and the association agree. Exceptions for girls teams may be made.
- 2) Skating at a Lower Age Classification:
- a) No player assigned to a travel team may play in an age group younger than the proper group for their age .
 - b) High School age players who are not Bantam eligible are allowed to play on the House Bantam teams, registered as Midgets, after an independent evaluation and approval by the Board.
 - c) House players, when evaluated may play at a lower age classification if it is found that the appropriate age group might be dangerous for the player.
 - d) Exceptions may be made for special needs players if approved by USA Hockey and the affiliate.

Attendance

- 1) Player Attendance:
- a) All players are expected to be present at all games and practices. It is the player/parent(s) responsibility to notify the coach of any absences as soon as possible.
 - b) All out of town players must attend all practices as arranged and approved by the coaching staff, Travel Commissioner , and Board.
- 2) Coaches Attendance:
- a) A coach is expected to be at all games and practices. If a coach is unable to attend, it is the coach's responsibility to find a suitable replacement prior to the game or practice time and notify the Area Commissioner . If the coach is absent without valid reason, the coach may be suspended by the Area Commissioner until they are satisfied such absences will cease.

Fundraising

- 1) Any team wanting to participate in a team fundraiser must complete and submit the Omaha Hockey Fundraising Form found on the club website prior to the beginning of the fundraiser. The board will respond to the request within 48 hours.
- 2) Fundraising criteria:
- a) All fundraising needs to be approved, in advance, by the Board.
 - b) All fundraising needs to follow Omaha Hockey Club's Fundraising Policy

- c) All funds raised for team expenditures under the auspices of and related to the Omaha Hockey Club shall be deposited with and accounted for directly to the Treasurer of the Omaha Hockey Club on a monthly basis. Any violation shall be cause for all team funds to be frozen pending Rules Committee action.
- d) All funds will be equally divided between all members of the team requesting or the Club.
- e) The Board will appoint an individual who will arrange for individual fundraising opportunities.

On-ice requirements

- 1) Protective Equipment
 - a) ***Helmets must be worn at all times, by all individuals on the ice.*** All player helmets must meet USA Hockey compliance and not be expired. Other equipment rules are waived for coaches and assistant coaches. USA Hockey and Omaha Hockey Club Board, encourages coaches to wear appropriate protective gear relevant to the practice environment.
 - b) Neck protection, in accordance with USA Hockey guidelines, must be worn at all times by all players on the ice.
- 2) On-ice Participants
 - a) At team practice sessions, only the practicing team, the rostered coaches and assistants shall be on the ice.
 - b) All student coaches must be registered with Omaha Hockey Club, in good standings and not playing for another USA Hockey Youth Organization.
- 3) Equal Playing Time
 - a) House/House Select League –
 - i) Every player shall participate in every in-house league game in approximately equal periods of playing time.
 - ii) It shall be the responsibility of the coach to attempt to equalize playing time.
 - iii) If a parent, guardian, does not feel a skater has received a fair share of the coach's attention and/or playing time, they may file a written complaint to the coach involved. If the complaining party is dissatisfied with the resulting actions, they may file a written complaint with the House Commissioner and Hockey Director who will take the appropriate action. If the complaining party is dissatisfied with the action taken, they may file a complaint with the Vice President/Head of the Rules Committee through the Incident Reporting Form found on the Omaha Hockey Club website. The Vice President/Head of the Rules Committee shall review the complaint and take such action as it deems necessary in its sole discretion.
 - b) Travel League –
 - i) Playing time is at the discretion of the coach.
- 4) **Concussions** (Brain Injury)
 - a) Omaha Hockey Club is committed to the safety of its players. In accordance with Nebraska's Concussion Law, LB 260: "If an athlete is reasonably suspected, after observation, of having sustained a concussion or brain injury

and is removed from play, the parent or guardian of the athlete shall be notified by the coach, team manager or a representative (present) of Omaha Hockey Club of the date and approximate time of the injury suffered by the athlete, the sign and symptoms of a concussion or brain injury that were observed and any actions to treat the athlete. No athlete under the age of 19 shall be allowed to return to play while presenting with any SYMPTOMS (see Appendix E) of a potential head injury until a comprehensive assessment and subsequent diagnosis of head injury is relegated to medical and allied healthcare professionals with advanced formal training in managing concussions and other brain associated injury.”

- b) The player diagnosed with a concussion or head injury by a medical or allied healthcare professional must obtain a Release of Medical Hold and/or Return to Full Contact Play document must be received from the attending health care professional by Omaha Hockey Club prior to athletes returning to a position on their respective team.

Travel and House/House Select Tryouts and Team Structures

- 1) The level and number of house teams at the Bantam, PeeWee, Squirt and Mite divisions will be determined following registration each year as the number of registrants and skill level of each player is determined.
- 2) **HOUSE/HOUSE SELECT teams:**
 - a) House Players will be evaluated at the evaluation skate at the start of the season. Based on those evaluations, teams will be drafted. The House Commissioner & Operations Director will direct the draft based on the house draft rules.
 - b) House Select Team tryouts/evaluations will be scheduled and held at the discretion of the Operations Director and Hockey Director, with the assistance of the Travel Commissioner. House Select teams can be formed at any level where the number of interested skaters warrant a team(s).
 - i) Select teams will be formed prior to the house draft so that select players can be evenly distributed amongst house teams.
 - ii) Any player unable to participate in tryouts/evaluations due to any injury or illness will be evaluated based on their prior year performance and coaches recommendations to determine team placement.
 - iii) Closed or open tryouts/evaluations will be at the discretion of the Travel Commissioner and Hockey Director. Parents/players are not allowed to make any type of contact with tryout evaluators or coaches at any time before or during tryouts/evaluations related to the tryout/evaluation process.
- 3) **TRAVEL Teams:**
 - a) All players who wish to join a travel team roster must attend all tryouts posted/announced for “travel” (example: players cannot skip the tryout for Travel A and instead choose to tryout for Travel B). This will typically include a tryout for the highest level travel team, after which players will be graded (see below) and placed into the team on which their skill level fits best.
 - b) Players are required to accept the offer for the travel team for which they are placed; if they do not accept that offer, they will forgo their travel roster spot and will be placed into the house league. Any player in this situation will not become eligible for a travel roster spot

- until the following season. This decision can be appealed to the Hockey Director, who will make a decision on the ultimate team placement.
- c) In the situation that a player is unable to participate in tryouts/evaluations (for any reason), that situation will be handled on a case by case basis by the Hockey Director and Travel Commissioner (and at the discretion of the Hockey Director and Travel Commissioner , the team coach or coaches)
 - d) Hockey Director and Travel Commissioner will select graders/evaluators for any/all tryouts. Tryout evaluations will be at the discretion of the evaluators or coaches. Parents/players are not allowed to make any type of contact with tryout evaluators or coaches at any time before or during tryout/evaluation related to the tryout/evaluation process. Any questions regarding the tryout/evaluation process will be directed to the Hockey Director or Travel Commissioner .
 - e) Travel tryout/evaluation dates will be planned by the Hockey Director, Operations Director, and the Travel Commissioner.
 - f) Final roster decisions will be overseen by the Hockey Director and Travel Commissioner .

Coach's Selection Process & Compliance Expectations

- 1) All coaches are selected for a one-year coaching commitment.
- 2) All coaches will subject themselves to a Background Screening by MWAHA and complete the Safe Sport Training.
- 3) All coaches in our Travel Program, Girls Program, OJL Program and Select Program must complete the OHC Coaching Agreement.
- 4) No person on probation with USA Hockey or our affiliate will be permitted to be a head coach within Omaha Hockey Club.
- 5) All coaching positions will be based on the applications that are posted on the website.
 - a) Membership will be notified when applications are being accepted and the deadline for turning in these applications.
 - b) Any late applications may not be considered for a position.
- 6) House coaches
 - a) The Hockey Director and committee(s) of their choosing, with the assistance of the applicable House Commissioner, will be responsible for the selection of the House coaches, with approval of the Board.
 - b) Prior to the age appropriate team selections, there will only be 1 head coach and 1 assistant coach identified.
- 7) Travel & Select Team coaches
 - a) Midwest High School and Omaha Junior Lancers
 - i) The Hockey Director and committee(s) of their choosing, with the assistance of the OJL Commissioner, will be responsible for the selection of the Midwest High School and Omaha Junior Lancers coaches, with approval of the Board.
 - b) Squirt – Bantam Travel Teams & House Select Teams
 - i) The Hockey Director and a committee(s) of their choosing, with the assistance of the Travel Commissioner , will select the travel coaches based on the applications obtained, with approval of the Board.
 - c) Girls Coaches

- i) The Hockey Director and committee(s) of their choosing, with the assistance of the Girls Commissioner will be responsible for the selection of girls coaches, with approval of the Board.
- 8) Coaching Certifications (as listed by USA Hockey)
 - a) USA Hockey no longer requires a specific certification level based on the age level of play coaching. A coach must progress through the education system every year and have completed the online age-specific module for each age level coaching.
 - b) USA Hockey allows coaches to attend only **ONE** clinic per season. A coach must also complete the online age-specific module for each age level he/she is coaching that year. A coach can complete more than one online age-specific module in a season if he/she is coaching multiple age levels

Team Management/Expenditures

1) Travel Team Budgets

- a) All Travel, Girls', Omaha Junior Lancers (OJL), and Select Team budgets must be submitted to the Executive Director and Operations Director for initial review and approval. Once approved, the budgets will be forwarded to the Treasurer and presented to the Executive Board for final approval. No team budget will be considered valid or authorized until it has completed this full approval process.
- b) In consultation with the Coach and Team Manager, the Operations Director and the Treasurer will prepare a team budget for each Travel team. The team budget will include projected expenses for:
 - i) Practice ice – based on the number of full- and half-ice sessions that are contracted by OHC at the start of the season
 - ii) Friendship games – includes the cost of ice time and officials that follow that season's costs for ice and ref rates.
 - iii) Practice jerseys
 - iv) Coaches expenses – includes any approved coaches' stipends as well as expense reimbursement for hotel, fuel and food while at out of town games and tournaments
 - v) Tournament fees – includes the estimated cost of entry fees for the season's tournaments in addition to any aligned League the team will be participating in.
 - vi) General and Administrative costs (G&A) incurred by OHC – each team budget will include an allocation for G&A costs to cover organizational expenses such as salaries, advertising, website, office equipment, utility costs, and other general expenses.
 - vii) The fee per player for each Travel team will be determined by dividing the total team budget by the number of players on the team. The Operations Director and the Treasurer will establish a payment schedule based on the total fee per player for each team and all players on the team are required to

adhere to the payment schedule in order to remain in good standing. Failure to remain in good standing may result in removal from the team roster.

- c) Given the variable nature of the tournament fees and coaches' expenses, these two expense categories will be based on a "best estimate" and may be increased or decreased with the consent of the parents, the coaching staff, and the Travel Commissioner. In the event the budget for tournament fees and/or coaches' expenses is increased, it will be the responsibility of each player to cover the additional costs. In the event the budget for tournament fees and/or coaches' expenses is decreased, players may receive a refund (with the exception of sponsorship money which is not eligible to be rolled over).

- i) *Please note that only excess funds associated with tournament fees and coaches' expenses are eligible for a fee adjustment.*

- d) Additional notes regarding team budgets:

- i) Ice time

- (1) Any ice times for practices or friendship games in excess of the budgeted ice times shall be the responsibility of the team to fund. Teams shall be charged for all budgeted ice times (at the appropriate full or ½ sheet rate) regardless of whether they are able to use the ice, since OHC must contract times for the entire season based on the agreed upon budget.

- ii) Coaches' expenses – provided coaches' expenses have been built into the team budget, OHC will reimburse travel coaches for:

- (1) See Sec 15.1, Approval Process for Invoices and Expenditures

- (2) Fuel costs – coaches will be reimbursed for fuel used from Omaha to the game or tournament destination and back. Original receipts must be submitted and only fuel charges will be eligible for reimbursement. It is expected that coaches will leave Omaha with a full tank of gas so they are reimbursed only for the fuel used getting to and from their destination.

- (3) Hotel costs – teams are strongly encouraged to book at hotels that offer free coaches rooms. If the hotel does not "comp" the coach's room, OHC will reimburse for the room rate and applicable taxes only. Original receipts must be submitted.

- (4) Meal costs – a per diem of \$50 per day may be requested either prior to departure or upon return. The standard check request form that must be used for all expense reimburse requests includes a chart for partial day meal per diems.

2) Travel Teams players and games

- a) Each team may roster up to eighteen (18) players and two (2) goalies, for a total of twenty (20).

- b) Omaha Hockey Club recommends the following game guidelines for Travel teams:

- i) Mites - 20-30 games
 - ii) Squirt – 35-45 games
 - iii) PeeWee – 40-50 games
 - iv) Bantam - 45-55 games

3) House/House Select Teams

- a) House Select teams will be managed by the Travel Commissioner . The Travel Commissioner will consult the House Commissioner to work together to form teams, create schedules and manage budgets. If ever in conflict, the Hockey Director shall make final determinations.
- b) Each House team shall have a Team Manager. The Team Manager may be one or two individuals. The Team Manager shall perform as the off-ice administrative extension of the coaching staff. The Team Manager shall coordinate activities with their House Commissioner.
- c) Each House Select will have a Team Manager. The Team manager shall perform as the off-ice administrative extension of the coaching staff.
 - i) The Treasurer and the Operations Director will prepare a preliminary budget based on ice time and the number of tournaments they expect to attend. These budgets will be available to prospective team parents at tryouts or will be presented for approval at the first parent meeting.
 - ii) House Select will participate in all Select Weekends (3), they may also participate in 2 additional tournaments. These additional tournaments must be presented to the respective Travel Commissioner for approval.
 - iii) The Travel Commissioner in consultation with the House Commissioner will determine a cut off date for House Select tournaments to be scheduled to not conflict with House league regular season games, end of year playoffs and/or tournament(s).

Member Conduct

- 1) The Omaha Hockey Club supports and abides by the USA Hockey “Zero Tolerance” Policy, USA Hockey Code of Conduct, and USA Hockey Safe Sports. Parents will sign for the USA Hockey Code of Conduct and Omaha Hockey Club Rules and Regulations including the Omaha Hockey Club Social Media Policy at the time of registration for their player as well as themselves.
- 2) Members agree to abide by the rules and regulations of the Omaha Hockey Club, as well as common knowledge state, local and federal laws and regulation, and further agree to abide by any disciplinary action taken by Omaha Hockey Club against member(s), whether as a player, coach, parent(s) or guardian(s). Member(s) further specifically understand and agree that Omaha Hockey Club may at any time at its sole discretion, and upon return of a prorated portion of the application fee submitted by the member(s), terminate the member(s) association with and participate in Omaha Hockey Club if it should be determined by the Board of Directors of Omaha Hockey Club that the member(s) engaged in conduct which is disruptive of the Omaha Hockey Club or which interferes with the goals and purposes of Omaha Hockey Club.
- 3) No person, whether player, coach, parent(s), guardian(s) or spectator shall engage in any conduct detrimental to the Omaha Hockey Club. Any violations of this rule shall be the subject of review by the Rules Committee which shall take such action as it shall deem necessary in its sole discretion.
- 4) Use of tobacco material, the drinking of any form of alcoholic beverage, or the illegal consumption or possession of a controlled substance by any Omaha Hockey Club participant or member on the premises during any game or practice is strictly

- prohibited and will be subject to disciplinary and/or legal action.
- 5) Destruction, defacing or stealing property by any person whether player, coach, parent(s), guardian(s) or spectator, shall be a violation subject to review by the Rules Committee which shall take such action as it deems necessary in its sole discretion.
 - 6) Omaha Hockey Club House and Travel Levels may develop additional rules and expectations as approved by the Board of Directors. Coaches may develop additional rules or expectations as approved by the age appropriate Commissioner (see appendix for House and Travel Level rules and expectations)

Academics

- 1) Omaha Hockey Club recognizes that a student's commitment to education should take priority over their desire to play hockey. Hard work in school is an attitude that will help a hockey player become self-confident and self-disciplined. However, we believe that this is a parental responsibility and we will support the parents/guardians decisions.

Disciplinary Action and Rules Committee

- 1) The rules of the Omaha Hockey Club shall be implemented by the Rules Committee which shall consist of the Vice President of the Corporation. The Rules Committee will consist of at least 3 non-board members of the association.
 - a) Adopt, publicize and enforce the rules, regulations and directives of the Omaha Hockey Club.
 - b) Consider and decide upon all suspensions as provided in the rules, set forth herein, as soon as possible but within seven (7) days of notification of infraction.
- 2) Protests
 - a) Shall be considered by the Rules Committee and the Age Division Commissioner of the division whose teams are involved in the protest. Protests shall be considered only under the following conditions:
 - i) A protest shall be considered when it is based upon a dispute concerning the interpretation of a rule or regulation of the Omaha Hockey Club which arose during an Omaha Hockey Club sanctioned game.
 - ii) A team captain or coach may initiate a protest. Any team, who wishes to protest the decision of the referee or linesman, must notify the referee and the linesman through the team captain at the time of the decision he wishes to protest, that the game is being played under protest from that point forward. The referee shall then indicate on the score sheet the time the protest is lodged and both the referee and the coach (team captain for seniors) shall at that time sign the score sheet.
 - iii) A written report stating all the facts of the protest shall be presented to the Age Group Commissioner concerned within forty-eight (48) hours of the games. The Rules Committee shall then consider the protest and determine what, if any, action is to be taken. This action may include replaying the

game from the point of the protest. Protesting parties shall be notified of the decision within seven (7) days of the protest notification.

3) Suspensions

- a) The Area Director shall be informed within forty-eight (48) hours by the Chairman of the Rules Committee of the decision imposed by the Committee. The Vice President and/or Commissioner shall then immediately notify the individual of the Committee's decision. In the case of a minor, the Vice President and/or Commissioner shall notify the player's parent(s) or guardian(s). In the case of a player or coach, the Vice President and/or Commissioner shall notify the referee and both coaches of a game involving a suspended player or coach. The Vice President and/or Chairman of the Rules Committee shall notify all parties involved in writing of any action of the Rules Committee. Anyone under a suspension shall not participate in or occupy the game box during any game for the duration of the suspension. In the event of a violation of this ruling, their team shall forfeit that game and the Rules Committee shall be notified by the Age Group Commissioner of the violation of the suspension. If the rules violation was willful, the Rules Committee shall impose such further suspensions as it deems necessary to enforce the rules of the Omaha Hockey Club.
- b) Suspensions automatically issued as a part of an infraction of the USA Hockey playing rules shall be noted on the score sheet and then be treated as if they had been imposed by the Rules Committee.

4) Game Misconduct Penalty

- a) If any player or team official receives a total of three game misconduct penalties in a single Omaha Hockey Club fiscal year, they shall be suspended pending a hearing by the Rules Committee with either the player and their parent(s) or guardian(s) or with the team official as appropriate. Such hearing shall be held within seven (7) days if possible, or as immediately possible thereafter, of the infraction which resulted in the suspension. At such hearing, the Rules Committee shall decide if the player or team official may continue to participate in games sponsored by Omaha Hockey Club.

5) Match Penalty

- a) If a player is assessed a match penalty by an on ice official, the player will be automatically suspended until their conduct has been reviewed by the Rules Committee. After a meeting with the player and their parent(s) or guardian(s), the Rules Committee shall decide if the player should be permitted to continue to participate in games sponsored by the Omaha Hockey Club. The decision of the Rules Committee with regard to any suspension occasioned by a player's deliberate attempt to injure another player shall be made by the Rule Committee within seven (7) days if possible, or as immediately possible thereafter, or the incident which resulted in the suspension.

6) Conduct Violations

- a) If a player, parent, and or member of Omaha Hockey Club is in violation of the Omaha Hockey Club Code of Conduct, USA Hockey Code of Conduct, or USA Hockey Safe Sport, further disciplinary action may be imposed.
- b) A member of the Omaha Hockey Club can report conduct violations through the Incident Reporting Form found on the website to be reviewed by the Vice President to coordinate with the coaching staff, Age Division Commissioner, Rules Committee, or MWAHA as deemed appropriate for review or further investigation.

- c) If the violation is referred to the Rules Committee, the identified individual could be suspended pending a hearing by the Rules Committee within seven (7) days if possible, or as immediately possible thereafter, of the conduct infraction which resulted in the suspension.
- 7) Appeals
 - a) Appeals to disciplinary action administered by the Rules Committee must be submitted to the Omaha Hockey Club Board in writing within ten (10) days of receipt of the disciplinary action notification. The Omaha Hockey Club Board will appoint a Grievance Committee who will review and make a final determination within ten (10) days and notify the Board. The Board has the authority in determining the final decision. Any disciplinary action rendered by the Rules Committee will remain in effect during the appeal process.

Financial

1) Approval Process for Invoices and Expenditures

- a) In order to ensure strong internal controls and to safeguard the finances of the Omaha Hockey Club and its employees and board members, the following procedures must be followed for all invoices and expenditure requests.
 - i) All payments from the Omaha Hockey Club bank account(s) must be accompanied by an approved invoice or check request found on the OHC website.
 - ii) All invoices and check request forms must be approved by the Treasurer and designated board member. Preparing and sending out checks and the monthly bank reconciliation must be done by someone that is not a signer on the account.
 - iii) The following board members / employees will have the authority to sign checks with an approved invoice or check request form – the President or Treasurer.
 - iv) All expenditure requests must be included in a team, division, or overhead budget; otherwise the expenditure can only be approved if other budgeted dollars are reallocated.
 - v) This process will ensure that those with signing authority are only writing checks with appropriate documentation from the board and that all requested amounts are within budget.
 - vi) In order to ensure the timely processing of all invoices and check request forms, all requests for reimbursement from coaches and managers must be submitted within 30 days of the date on which the expense was incurred.
 - vii) The Check Request Form can be found on the Omaha Hockey Club Website.

2) Hardship Fund

- a) Hardship requests can only be made for the amount associated with the age appropriate OHC registration fees.
 - i) Hardship Request Forms can be found on the Omaha Hockey Club Website.
- b) All Hardship Fund Forms will be sent to the Operations Director in addition to the Treasurer for review of accuracy, past payments and previous hardship fund requests.

- c) The Operations Director will forward these to the Hardship Committee consisting of the Executive Board members, and Commissioners involved with the request.
- d) Final approval will be given by the Board, based on the recommendations of the Hardship Committee.
 - i) The amount awarded will be determined by the Hardship Committee through the use of the OHC Hardship Scoring Rubric
 - ii) The approved recipients will have an expectation to complete volunteer hours to Omaha Hockey Club outlined on their approval letter. Once the hours are completed, a refund from Omaha Hockey Club will be sent to the approved recipient.
- e) The amount awarded shall not exceed the cost of that OHC season's House or High School House League Fees.
- f) For full details see the Hardship Policy in the Appendix.

Board and Corporation

- 1) Corporate and Team logos
 - a) Use of the Omaha Hockey Club, Omaha Jr. Mavericks, Omaha Jr. Lancer's, and Omaha Lady Jr. Lancer's logos can only be used with the approval of the Board.
 - b) All apparel or merchandise must be approved by the Board.
- 2) Board expenses
 - a) See Sec 14.1, Approval Process for Invoices and Expenditures
 - b) Board expense reimbursement will follow the same guidelines as in place for Travel Coaches.
- 3) All Board Members, paid employees and volunteers will be subject to a Background Screening through MWAHA.

Equal Opportunity

- 1) The Omaha Hockey Club seeks to provide an equal competitive opportunity taking into account ability, physical size and other athletic criteria, to amateur athletes, coaches, administrators, and officials. The Omaha Hockey club does not discriminate on the basis of race, color, religion, gender, sexual orientation, age, or national origin.

APPENDIX

- A. OHC Player Movement Form - Page 18**
- B. OHC Donation Form - Page 19**
- C. Omaha Hockey Club High School Rules -Pages 20 - 26**
- D. Omaha Hockey Club Regular Season House Rules and Regulations
2025-2026 - Pages 27-30**
- E. Omaha Hockey Club Mite House Rules and Regulations 2025-2026
Pages 31-32**
- F. Omaha Junior Lancers Handbook Page 34-42**
- G. Hardship Policy - Page 43**
- H. Social Media Policy - Page 44-45**
- I. Fundraising Policy - Page 46-48**

OMAHA HOCKEY CLUB



Player Movement Form Risk Acknowledgment and Liability Waiver

Print Name of Participant: _____

I hereby acknowledge that I have petitioned, in writing, the Directors of the Omaha Hockey Club to permit my child to participate at an age level that is one year in age above USA Hockey's recommended guidelines.

In consideration of being permitted to move up in age classification, I understand and appreciate that the risk of injury may be increased significantly and that the risk of injury from hockey, including the potential for permanent paralysis and death, and while particular rules and discipline may reduce the risk, the risk of serious injury does exist.

By my child's participation, **I KNOWINGLY ASSUME ALL SUCH RISKS**, both known and unknown. Further, I agree to indemnify and hold the Omaha Hockey Club, its officers, and USA Hockey, Inc., harmless from any and all liability, loss, expense, attorney's fees, or claims for injury or damages to the fullest extent permitted by law caused as a result of my request.

I understand that the Omaha Hockey Club decision to move my child to the next higher age group is preliminary and that USA Hockey reserves the right to reverse its decision if it is felt that my child is not capable of participating at the higher age level when his/her performance is observed in actual game situations by the coaches and the coaching Program Director.

Signature(s)

I understand and agree to respect all these conditions of participation in USA Hockey programs.

Participant Signature: _____ Date: _____

Participant's Current Age: _____ Age Classification Being Requested: _____

Parent/Guardian Name (print): _____ Date: _____

Parent/Guardian Signature: _____



Donation Form

Player Name _____

Parent Name: _____

Address: _____

Home Phone: _____ Email: _____

Player Age/Division (Check Mark Division and Circle House or Travel/Level)

____ Initiation Program

____ Peewee (House or Travel AA/A)

____ Mite (House or Travel)

____ Bantam (House or Travel AA/A/A2)

____ Squirt (House or Travel)

____ HS -Team _____ (Team Name)

____ Jr. Lancers Travel (Varsity/Jr. Varsity)

Sponsor Company Name: _____

Contact Name & Phone: _____

Would you like a plaque recognizing your sponsorship _____ Yes _____ No

Amount Sponsored: _____

*Plaque Fee of \$10.00: _____

*Processing Fee assessed (5%): _____

Total dollar amount applied to players account: _____

Art work must be provided in order to project a professional image to the public and the sponsoring company.

All artwork will need to be as clean as possible; please provide electronic artwork.

Please mail forms, advertising information, and funds to:

Omaha Hockey Club

Attn: Sponsorship

P.O. Box 684

Boys Town, NE 68010

O.H.C. is a 501(c) 3 non-profit organization. Donations are tax deductible.

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 OHSHL.

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 OHSHL 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.

OHSHL mainly uses Internet based communications systems; coaches and team managers for each team must have access to the internet and provide the OHSHL 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 OHSHL. Team managers will ensure those not having access to the Internet stay informed.

B. Structure

1. League Responsibilities

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

2. OHSHL Teams

The maximum number of student-athletes on a roster will not exceed 20 players. Each OHSHL 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 OHSHL 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.

- 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

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 OSHL 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) OSHL 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 OSHL 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 OSHL 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 OHS HL 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.

Omaha Hockey Club

House League Rules (Squirt, Peewee, Bantam)

These rules will be effective starting Sep 1, 2025

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.
- 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 or League Managers.

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. This means Goalie parents can not be part of a coaching staff prior to the draft.
- 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, Lincoln, Fremont)

- No Player that is on a "Travel Team" Roster will be permitted to be rostered or play in the Omaha House League.
- Players may not be double rostered on more than one team in the Omaha House League.
- Any team in the Omaha 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.
- 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.
- Again, all volunteers in these positions are considered off-ice officials and are neutral parties. This means there is no arguing with the refs, 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 League Managers 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.
- A strict one hour curfew will be enforced for all games. Games will begin on time.

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.
- No 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.

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

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 (Away Team will be on the Zam side of the bench) and will be responsible for providing a volunteer for the clock.

*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.

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.

**Updated July 2025*

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



OMAHA JUNIOR LANCERS

2025-2026

PLAYER

HANDBOOK

Claudia Alves

Meet the fearless newcomer challenging the sport's biggest names.

Fierce Matches

The OJL Player Manual serves as a guide for aspiring athletes, outlining the essential aspects of becoming a successful hockey player. The manual emphasizes the importance of punctuality and attendance at practices, games, and team events. It details the expectations and consequences for tardiness or absence, the dress code, and the handling of practice and game jerseys. The manual also covers locker room etiquette, the importance of sportsmanship, and off-ice training requirements. Additionally, it addresses player behavior during road trips, community service involvement, and academic requirements, stressing the significance of maintaining a minimum GPA for eligibility.

Through these guidelines and structured routines, players not only excel in hockey but also develop essential life skills such as time management, responsibility, and teamwork. Challenges and experiences foster resilience and teach values that will benefit players in their personal and professional lives.



PLAYER HANDBOOK | 2025-2026

Introduction

The OJL Player Manual serves as a guide for aspiring athletes, outlining the essential aspects of becoming a successful hockey player. The manual emphasizes the importance of punctuality and attendance at practices, games, and team events. It details the expectations and consequences for tardiness or absence, the dress code, and the handling of practice and game jerseys. The manual also covers locker room etiquette, the importance of sportsmanship, and off-ice training requirements. Additionally, it addresses player behavior during road trips, community service involvement, and academic requirements, stressing the significance of maintaining a minimum GPA for eligibility.

Through these guidelines and structured routines, players not only excel in hockey but also develop essential life skills such as time management, responsibility, and teamwork. Challenges and experiences foster resilience and teach values that will benefit players in their personal and professional lives.

Attendance

Showing up is very important for the team. When everyone is there regularly, it makes the team work better together. It shows you're committed and helps build trust and camaraderie. Being consistent with attendance not only benefits the team but also helps you grow personally. Players are expected to be on time for all practices, games, dry land (includes XEdge), curfews, and team events.

- **Practice:** Be prepared for practice 15 minutes prior to the beginning of practice.
- **Games:** Minimum of 60 minutes prior to game
- **Home Games:** Varsity will arrive 10 minutes prior to all home-scheduled JV games.
- **Off ice workouts:** X-Edge has established a policy regarding players who arrive late
- **Road trip curfews:** Determined by the head coach following the final game of the day.
- **Team Events:** Coaches will establish a specific time to meet. Please ensure you arrive on time.
- **Injury:** Injured players must attend practices and games unless excused by the coach.
- **Sickness:** Players who are sick should stay home and must inform the head coach.
- **Tardy/Absent:** Notify the head coach. This is not the parents' responsibility. Contact the head coach as soon as you know you'll miss or be late. Practices and games are planned around attendance, and coaches expect everyone to be present.

Disciplinary Procedures

Players who break rules will face consequences from the coach. Following rules ensures safety and team spirit, while misconduct disrupts preparation and strategy.

- **Practice:** Unexcused Absence– Miss next game
- **Games:** Sitting additional games, community service, additional workouts
- **Off Ice Training:** Unexcused Absence – Miss next game
- **Road Trip Curfews:** Sitting the next game.
- **Team Events:** Conditioning skating and / or additional workouts
- **Team Rules:** Sitting games/weekends missing road trips etc.

Practices

Coming prepared for practices is essential for maximizing performance. Adequate preparation fosters discipline, enhances team spirit, and contributes to the overall success of the team. By arriving prepared, players demonstrate their dedication and respect for their coaches, teammates, setting a positive example for others to follow.

- Players will receive a practice jersey at the start of the season, which belongs to the Junior Lancer program. Jerseys will rotate with teammates regularly. Wash them every few practices and hang them up after each practice.
- Players may get to the rink an hour early. Be dressed for practice 15 minutes prior to the beginning of practice. Players **must** wait for the Zamboni doors to close before entering the ice.
- Always bring two sticks to the rink and keep your back up on the bench.
- Players are to always be prepared for off ice workouts at the arena. This means that players need workout clothing and proper shoes at all times.
- Players may be asked to skate with both JV and Varsity teams, which is an opportunity, not a punishment. This instruction is mandatory. Players can move between rosters throughout the season, with no guarantees of a specific roster spot. We are one team that plays hard and wins together.

Player Expectations

Off the ice, athletes should embody integrity, respect, and sportsmanship, serving as inspirational role models for younger players.

- Upon entering the ice arena, you represent yourself, your family, your teammates, your coaching staff, your organization, and even your city or state. Therefore, it is imperative that you present yourself in a respectable manner.
- At no time is it acceptable to be outside of the locker room and dressed inappropriately. This means no jock straps, underwear, towels, etc.
- All players must hold the door open for anyone entering or exiting the buildings
- Respect your parents and those around you – be polite and courteous.
- Profanity in public will not be tolerated.

- Always address adults formally by using titles such as Coach, Sir, Ma'am, Ms., Mr., or Mrs. rather than their first name or last name only.
- The theft or damage of property belonging to your teammates, other teams, coaches, or the rink may result in team termination.

Training Materials

Pucks, water bottles, cones, and training materials belong to the Junior Lancers High School program. Theft or destruction will result in repayment, conditioning skating, sitting shifts/periods/games, extra workouts, or team termination. Players will rotate puck and water bottle duties for practices.

Locker Rooms

Respecting our locker room is not just about following rules; it is about maintaining a sense of pride and professionalism. Being mindful of our space reinforces the values of teamwork and discipline. By ensuring that all personal items are properly stored and any trash is disposed of, we demonstrate our commitment to the team and to ourselves.

It is important to understand that leaving behind a mess reflects poorly on everyone. Each member must take responsibility and contribute to a clean and organized environment. This extends beyond just physical tidiness; it is about creating a positive atmosphere where everyone can perform at their best.

- We are privileged to have our own dedicated locker room.
- Everyone's duty is to ensure our room is left spotless before the last person leaves for the night.
- Put away or throw away tape balls, towels, broken sticks, etc.
- Sticks belong in the stick rack.
- Your gear belongs in your dressing area.
- The floor should be left open and tidy.
- Coaches will detail how pads are to be set up after each skate.
- Taking pictures in the locker room is prohibited. If a coach witnesses such media, the player(s) will be dealt with.
- USA Hockey's policy is that cell phones and media devices are not to be used in the locker room.
- Everyone must ensure locker rooms are as clean or cleaner than before. Respect the opponent's facility like your own. No one leaves the locker room without.
- Without coach approval after cleaning. Arena staff should never have to clean up after us.

Dress Code

Dress code is crucial to the team's identity and professionalism. It symbolizes unity, pride, and dedication. Proper attire projects a positive image to fans and the community, contributing to the team's success and reputation.

- **Home Games:** Dress shoes, pants, belt, button up, tie, suit jacket. No exceptions. No sweaters, no quarter zips, etc. OJL stocking caps allowed, no other hats allowed.
- **Away Games:** Dress codes may differ. Coaches will inform you about the practice attire for road weekends during that week. Some games will require khaki and polo shirts, while others may call for suits or themed outfits. OJL stocking caps are permitted, but no other hats are allowed.

- **Jerseys:** Take pride in your jersey, as it represents your dedication and hard work. Keep your jersey well-maintained; it should be placed on a hanger when not being worn or washed
- **Warm Up Gear:** Players will receive a t-shirt, shorts, and hoodie at the beginning of the season. Everyone must wear team warm up gear for warm ups.

Failure to follow dress code in all aspects can result in missed shifts, periods or games

Game Day

Game day readiness is all about being physically and mentally prepared for peak performance. It includes proper training, nutrition, hydration, relaxation techniques, and having the right equipment. This preparation fosters team cohesion, builds confidence, reduces injury risks, and enhances personal growth and discipline.

- **Pre-Game Meal:** Proper nutrition and hydration are crucial, as they support energy levels and endurance. Players should eat a well-balanced meal 2 hours before game time. Avoid items with large contents of sugar, including high energy drinks.
- **Pre-Game Jog / Stretch:** Physical readiness starts with adequate training and conditioning.
- 40 minutes before the game, one of the coaches and/or captains will lead the team on a 20-minute jog and stretch.
 - This time is not for goofing around. Players are expected to loosen their bodies, focus on the game ahead, and visualize their performance.
 - Players are required to have tennis shoes, shorts, and OJL warm-up gear for all games.
 - Jogging or stretching in dress shoes or dress clothes is not permitted.
- **Gear:** All players must have protective equipment as required by USA Hockey rules. Players violating this rule will not be permitted to participate in the game until such equipment has been corrected or removed. All Jr. Lancer players are required to have black helmets, black cage or bubble, team breezer covers, team gloves, and white laces. If you choose to wear a bubble, it is your responsibility to bring a towel and cleaner to the bench. Always bring two sticks and keep your back up on the bench
- **Ice Time:** Game situations dictate players' on-ice time for the benefit of the team. High school students and young adults should address any dissatisfaction with their role directly with the coach, not their parents. Parents should not be involved in discussions about ice time or JV/Varsity placement.
- **Sportsmanship:** Players will face discipline for poor sportsmanship, selfish penalties, and disrespect towards others. Only captains may speak with officials. Players must shake hands after each game. C

Off Ice Training

Off-ice training starts at the end of August with XPlosive Edge and coach Diane Banderas. XPlosive Edge is an extension of our coaching staff, ensuring comprehensive development for all players. The season begins with the first team workout, not the first on-ice practice. Attendance at every off-ice practice is mandatory unless excused by the head coach. Attendance will be monitored. Coaches will decide if a player who receives a 10-minute misconduct can continue to play

Bus Code

Traveling as a team requires not only preparation and coordination but also a sense of respect and consideration for fellow teammates and staff. Adhering to proper bus etiquette ensures a smooth and pleasant journey for

everyone. Here are some key guidelines to follow:

- Plan ahead to ensure you are ready to board at the designated time.
- Maintain consideration for personal space by keeping your belongings within your designated area.
- Always consider how your actions affect others around you. Be respectful and keep noise levels to a minimum for everyone on board, especially the bus driver. Use headphones when listening to music or watching videos.
- Maintain cleanliness by disposing of trash in appropriate receptacles and keeping your area tidy. Avoid leaving food crumbs, beverage spills, and personal items scattered around. A clean bus reflects the team's professionalism.
- Show respect and courtesy to the bus driver and any accompanying staff members. Follow their instructions and address them politely. Remember that they are working to ensure your safe and comfortable travel.
- Exhibit good behavior and conduct throughout the journey. Avoid disruptive activities, arguments, and any form of inappropriate behavior. A respectful is essential for team unity and morale.
- Encourage team camaraderie by engaging in positive interactions and supporting each other. Use the travel time to build strong relationships and foster a sense of unity.

Hotel Code

Following hotel rules while traveling for away games is really important. Some key tips include sticking to the curfew, keeping the noise down, being respectful of hotel property and other guests, and keeping rooms tidy. Following these guidelines helps create a focused and unified team atmosphere.

- The coach sets the team curfew after the last game. If the curfew is 11:00 PM, players must be in their rooms ready for bed by that time. This does not mean leaving the restaurant at 11:00 PM and getting to bed by 11:30 PM. Players are responsible for being on time, not their parents. If needed, call the coach by 10:45 PM for assistance.
- Players are not permitted to go into the pool, hot tub, or pool area on road trips; unless the coach states otherwise. Pack swim gear on the outside chance the coach decides to run exercises in the pool area.
- When traveling to other cities, we are representatives for ourselves, our teammates, our program, and Omaha. It is expected that all players will exhibit exemplary behavior at all times.
- Coaches will designate one hour of mandatory study time during road trips, either on the bus or at the hotel. Students must bring their school materials and actively participate in their work. Failure to comply will result in missing a game.
- There may be a team meeting 30 minutes prior to curfew on all road trips.

Community Service/Team Activities

Community service plays a crucial role in society. Teams engaging in these activities contribute to societal improvement and enhance their unity, build relationships, and encourage positive changes. Additionally, players experience personal development through these endeavors. Community service benefits both teams and the communities they assist, establishing a tradition of cooperation and support beyond sports.

- Each player is required to participate in community service activities. The team Community Service Coordinator will assign events to all players. If a player cannot attend their assigned event, they must find someone to take their place. Many students need service hours to graduate high school, and this is an opportunity to fulfill those requirements while contributing to the community.

Social Media

Players must recognize the importance of respectful behavior on social media. Players should set a positive example and build a strong reputation which will enhance college and career prospects and avoid negative consequences. Players can utilize the power of social media to make a meaningful impact both on and off the ice.

- Social media accounts will be monitored. Any inappropriate content, such as foul language, racist remarks, or indecent pictures, will result in consequences at the coach's discretion. Your digital footprint matters to future employers. BE SMART!

Academic Requirements

To participate in the League, players must be eligible for their local school's interscholastic athletic programs and maintain a minimum GPA of 2.5. Coaches may contact parents or request progress notes at any time. School comes first. Take pride in representing OJL in the classroom

- The first practice of each new month, each player will be **REQUIRED** to share their school grades with the coach.
- If the student does not have an app or ability to check online portal, we ask that the parents do give their son access, or we ask the parents to show us the grades themselves
- Coaches will use a GPA calculator that uses normal classes, AP and IB into consideration.
- Each player must maintain a 2.5 GPA or higher; if you are under a 2.5 GPA you will miss practices and games until new grade reports are provided.
- Any possible grey area can be discussed with the coaching staff individually, but we will stick to missing all hockey related activities until grades are pulled up
- If you are below a 2.5 and you are suspended, you may then show us updated grades at any time to get yourself off suspension.
- Suspensions at school lead to hockey team suspensions. Each case will be handled individually by the coaching staff.
- In the last two seasons the Junior Lancers High School program set a league record with 90% of the team earning All- Academic Award winners all having over a 3.0 GPA. Let's keep this tradition rich in the classroom as well as exceling on the ice!

VIOLATIONS

Players who break rules will face consequences from the coach.

Following rules ensures safety and team spirit, while misconduct disrupts preparation and strategy

PRACTICE

Unexcused Absence– Miss next game

GAMES

Sitting additional games, community service, additional workouts

OFF ICE TRAINING

Unexcused Absence – Miss next game

ROAD TRIP CURFEWS

Sitting the next game.

TEAM EVENTS

Conditioning skating and / or additional workouts.

TEAM RULES

Sitting games/weekends missing road trips etc.

PRACTICES

Coming prepared for practices is essential for maximizing performance. Adequate preparation fosters discipline, enhances team spirit, and contributes to the overall success of the team. By arriving prepared, players demonstrate their dedication and respect for their coaches, teammates, setting a positive example for others to follow.

- Players will receive a practice jersey at the start of the season, which belongs to the Junior Lancer program. Jerseys will rotate with teammates regularly. Wash them every few practices and hang them up after each practice.
 - Players may get to the rink an hour early. Be dressed for practice 15 minutes prior to the beginning of practice. Players must wait for the Zamboni doors to close before entering the ice.
 - Always bring two sticks to the rink and keep your back up on the bench.
 - Players are to always be prepared for off ice workouts at the arena. This means that players need workout clothing and proper shoes at all times.
 - Players may be asked to skate with both JV and Varsity teams, which is an opportunity, not a punishment. This instruction is mandatory. Players can move between rosters throughout the season, with no guarantees of a specific roster spot. We are one team that plays hard and wins together.
-

Rayer Roster

Dakota Amrein
Gianni Bianchette
Carter Bunton
Parker Buscher
Magnus Crinklaw
Ian Czak
Vincent Dagosto
Braden Edwards
Coltin Elkins
Chase Evans
Noah Holder
Hudson Hollingsworth
Drew Jackson
Karson Kaiser
Tyler Kutler
Vincent Kutler
Easton Lacina
Grady Lawley

Sean Leiviska
Robert Li
Brody Marble
Tyler Nguyen
Grayson Petzoldt
Cameron Preble
Brody Pruss
Miles Roeder
Isaac Seidel
Parker Severa
Luke Simard
Zoren Sobansky
Solomon Thomas
Henry Troshynski
Carter Vaughn
Logan Walsh
Trenton Westman
Warren Westman
Logan Williams

Coaches Information

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Zach Gruhn
JV Head Coach
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Assisant Coaches
Dane Hickey
Todd Lacina
PJ Loukes

Program Administrators

Jeff Barnhart
OJL Director
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Dana Preble
OJL Team Manager
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Amy Buscher
OJL Volunteer Coordinator
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Omaha Hockey Club's Hardship Fund Policy

Rev. 11/2024

The hardship fund was established to provide financial assistance to youth hockey players who are experiencing financial hardship and are unable to afford the costs associated with participating in the organization's programs. The fund aims to ensure that all young athletes have the opportunity to participate in youth hockey regardless of their financial situation. All information provided in the application process will be kept confidential and will only be reviewed by the hardship fund committee. The hardship fund is funded through donations, fundraising efforts, and contributions from the organization's budget.

Eligibility:

- To be eligible for assistance from the hardship fund, the player must be currently registered in a program in Omaha Hockey Club for the current season.
- The player must demonstrate a genuine financial need due to circumstances such as family income, unexpected medical expenses, or other extenuating circumstances that impact their ability to afford program fees.

Application Process:

- Players or their parents/guardians must submit their application to the hardship fund committee, providing details of their financial situation and the amount of assistance requested.
- Applications will be reviewed by the hardship fund committee, and all information provided will be kept strictly confidential.
- Applications received after the deadline may not be considered.

Awarding of Assistance:

- The amount of assistance provided to each player will be determined based on the level of need and available fund resources by using the OHC Hardship Amount Rubric
- The committee will strive to allocate funds equitably among eligible applicants, taking into consideration the individual circumstances of each applicant.
- The amount awarded shall not exceed the cost of that OHC season's House or High School House League Fees.
- All recipients in the OHC Hardship Assistance Program will be expected to donate time in volunteer service to the organization.

Omaha Hockey Club

Social Media Policy

Rev. 11/2024

The Omaha Hockey Club (OHC) recognizes that in today's youth sports, social media and electronic communications can make sharing information simple and convenient. However, social media and electronic communications can also have a negative impact on its players, families, staff and OHC in general. As part of our effort to providing a safe, friendly, and productive environment for all of its members, OHC has adopted the following social media and electronic communication policy:

All OHC Members shall abide by the following guidelines when using social media and engaging in electronic communications:

- Be positive and respectful
- Do not post any statements or content that is negative towards or could harm any member of OHC or the OHC organization
- Do not post any negative statements or content directed toward other hockey clubs or organizations
- Do not post images or videos of others without their consent
- Do not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator
- Teams that choose to live stream games with live commentators must keep all included commentary positive and a positive representation of OHC. This includes but is not limited to comments about OHC players and coaches, opposing players and coaches, referees, and any spectators. Negative commentary will not be tolerated
- Finally, encourage others to be positive on social media. If you see negative content, you should direct the content to the OHC Board of Directors

This Social Media and Electronic Communications Policy applies to all board members, coaches, players and the families of players. This Social Media Policy applies to all social media content posted by board members, coaches, players and the families of players.

Social media and Electronic Communications shall include but not be limited to SportsEngine, Crossbar, Team Snap, Facebook, Twitter, Instagram, SnapChat, GroupMe, WhatsApp, and any blogging platform or any group messaging platform.

All electronic communication of any kind between coach, or team staff member (or any applicable adult) and a minor participant, including use of social media, must be non-personal in nature and be for the purpose of communicating information about team activities or for team oriented motivational purposes. A parent/guardian must be included in all communications between the coach or team staff member (or any

applicable adult) and player(s). For example if a coach creates a GroupMe account for their team for the use of communication with their players, one parent/guardian must also be included for each player in the chat.

USA Hockey empowers the OHC Board of Directors through Safesport to have the authority to enforce this social media and electronic communications policy. Violations of this policy are considered zero tolerance violations. A USA Hockey or OHC participant who violates this Social Media and Electronic Communications Policy is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension and/or referral to law enforcement authorities.

Players remember:

- Your social media accounts are your brand. Think about how you are representing yourself.
- The internet is permanent. If you post it, someone can screenshot it and it can live forever.
- Coaches, recruiters and even future employers check social media. Your future could be impacted by your social media posts – even years later.
- If you would not want your family or coaches to see it, don't post it.

Parents remember:

- I understand that I am accountable for the actions of my child on social media.
- I will set a good example for my child on how to appropriately use social media and electronic communications
- I will stress to my child the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my child.

Omaha Hockey Club

Fundraising Policy

Rev. 11/2024

Team Fundraising events held by OHC teams will abide by the local and state government mandates and represent OHC in a positive manner.

Fundraising

The OHC Board of Directors (the Board) strongly encourages all players to participate in team activities, including fundraising, as it is an essential part of the team's budgeting. The Board acknowledges and appreciates the efforts made in funding youth hockey expenses. Therefore, it is the intention of the Board to involve all players and parents in fundraising activities, as it is in everyone's best interest to help cover the costs of the program. However, families have the option to choose not to participate in fundraising if it does not align with their preferences.

All funds raised must be equally distributed amongst all team players regardless of individual participation levels.

Guidelines for Team Fundraisers

In order to avoid conflicts and provide a uniform understanding amongst teams, the Board requires that all its members abide by the following guidelines when conducting fundraising activities:

- All team fundraising activities should involve input from all parents / guardians. The team organizer should be communicating all aspects involved with the fundraiser with the team. All funds accrued will be applied to the teams budget and equally distributed between all players on the team.
- Every family is encouraged to actively participate in all team activities. All families will abide by all policies and procedures set forth by the Board in regards to the fundraising guidelines.
- Fundraising activity and sales including alcohol based raffles or drawings will be handled on a case by case basis. Any fundraiser including alcohol that is approved must be only sold to persons over the age of 21 (age verification required). Alcohol is not to be consumed on any rink property.
- Raffles, drawings, etc. are permitted with approval, but team parents are responsible for managing funds and disbursement. OHC bears no responsibility.
- They may not include concession sales, and/or fundraising activities that would be a direct conflict of the rink or OHC club or program wide fundraising.
- Participating team members are responsible for all expenses incurred as a result of team fundraisers. No individual member of the Association may personally profit or benefit solely by any fundraising activity.

- All of the funds generated from any team fundraising activity during any single season must be spent during that season. Funds must be utilized during the season in which the funds were generated. Team financial records must be available for team parents to review upon request.
- Requests for use of any OHC logo, name and likeness for fundraising activities will be given to the respective area Director, who will then obtain approval from the Board.

Previously Approved Fundraisers Suggestions

The following is a list of the fundraisers which have been approved by the Board; but is not an exclusive list and all fundraisers must be approved by the Board.

- Christmas Wreaths/Poinsettia Sales
- Cheesecakes
- Candy Bars
- Coffee
- Popcorn
- Krispy Kreme
- Butter Braids
- Dinner Spirit Nights: Chick-Fil-A, Chipotle, Don & Millie's etc.
- Golf Tournaments
- Candles
- Car Wash
- Lawn Services

Advertising

Once your team's fundraiser has been approved, you may begin advertising your event or sales. **No advertising is allowed until written approval of the fundraiser is provided to the team.**

- **Posting Flyers** - Flyers at the rink are not allowed
- **E-mail Communication** - Your team is able to send out emails to anyone interested, but OHC does not send out general emails for team fundraisers.
- **OHC Website** - We do not post team fundraiser flyers to the OHC website, but we can share them on the respective OHC area Facebook page. Please keep this to 1 fundraiser share per team at a time.

Sponsorship

Please refer to the OHC Guidelines regarding sponsorship. Teams are unable to have team sponsors without approval from OHC Board

Team Fundraising During all OHC Tournaments and Jamborees

- Needs approval from the tournament director and can not conflict with any tournament or organization wide fundraising taking place

Please read the OHC 501c3 Non Profit Information Packet to fully understand what is required for Team Fundraising.

All fundraising policies are subject to change based on decisions made by the OHC board.