

Omaha Hockey Club

Rules and Regulations

2023-2024 Season



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.

OUR PROGRAM

Our program is overseen by a combination of 10 elected board members, each serving a 2 year term, unless an interim board member is elected due to vacancy of a board member during a term. At that time the interim board member will serve the remainder of the term being served. The board members are as follows:

- President
- Vice President (Risk Manager)
- Treasurer
- Secretary
- Travel Director
- House IP – Mite Director House
- Squirt – Bantam Director High
- School House Director
- 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 program also has a Hockey Development Director that is an employee of the association. 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.

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 league a 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 & Under	Mite 8 or 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 coaches, parents and the Travel Director, 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.
 - f) Players are unable to be double rostered on 2 different nationally bound teams.
 - g) Process:
 - i) Before November 1, the coach, parent or team manager makes a written request to the Travel 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 appropriate Age Division 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 Director and League Commissioner 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 Travel Director prior to tryouts. Upon receipt of the request, the Travel Director will notify the coach of the team to which the player is requesting to play. During tryouts, the player will be evaluated by the coaches.
 - iii) All requests to play up require the parent and player signatures. All requests to “play up” should be made in writing to the Travel 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) 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.
- 2) Skating at a Lower Age Classification:
 - a) No player assigned to a house or travel team may play in an age group younger than the proper group for their age due to USA Hockey insurance requirements.
 - 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) 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 Director, 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 House/Travel Director. If the coach is absent without valid reason, the coach may be suspended by the House/Travel Director 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 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.
 - c) All funds will be equally divided between all members of the team requesting or the Club.
 - d) 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 time, by all individuals on the ice.*** All player helmets must meet USA Hockey compliance and not 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.
- 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 Commissioners/Directors 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 return to a position on their respective team.

Travel and House/House Select Tryouts and Team Structures

- 1) The level and number of 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) The teams will be divided evenly based on the recommendations of the House Directors and coaches at the various levels.
 - b) House Select Team or “C” team tryouts/evaluations will be scheduled and held at the discretion of the House Directors. House Select or “C” team(s) can be formed at any level where the number of interested skaters warrant a team(s).
 - i) 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.
 - ii) Closed or open tryouts/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 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 Director (and at the discretion of the Hockey Director and Travel Director, the team coach or coaches)
 - d) Hockey Director and Travel Director 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 Director.
 - e) Travel tryout/evaluation dates will be planned by the Hockey Director, Travel Director and the Travel Committee (if applicable).
 - f) Final roster decisions will be overseen by the Hockey Director and Travel Director.

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) No person on probation with USA Hockey or our affiliate will be permitted to be a head coach within Omaha Hockey Club.
- 4) 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.
- 5) House/House Select coaches
 - a) The Hockey Director and committee(s) of their choosing, with the assistance of the applicable House Director, 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.
- 6) Travel 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 Director, 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
 - i) The Hockey Director and a committee(s) of their choosing, with the assistance of the Travel Director, will select the travel coaches based on the applications obtained, with approval of the Board.
- 7) 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) In consultation with the Coach and Team Manager, the Travel 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 have been

mutually agreed upon by the Coach and the Travel Director

- 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 Travel 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.
- b) 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 Director. 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.*
- c) 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) Squirt – 35-45 games
 - ii) PeeWee – 40-50 games
 - iii) Bantam - 45-55 games

3) House/House Select Teams

- a) 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 Director.
- b) Each House Select or “C” team 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 respective House 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 or “C” teams will participate in all Select Weekends (3), they may also participate in 2 additional tournaments. These additional tournaments must be presented to the respective House Director for approval.
 - iii) The House Director will determine a cut off date for House Select or “C” tournaments to be scheduled to not conflict with House league end of year playoffs and/or tournament.

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 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 substances 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 Director. (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 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 Director 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 Director 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 Age Group 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 Director shall then immediately notify the individual of the Committee's decision. In the case of a minor, the Vice President and/or Director shall notify the player's parent(s) or guardian(s). In the case of a player or coach, the Vice President and/or Director 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 Director 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.x
 - 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 Director, 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 Secretary in addition to the Treasurer for review of accuracy, past payments and previous hardship fund requests.
- c) The Secretary will forward these to the Hardship Committee consisting of the Executive Board members, and Directors 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 a determined percentage of the Omaha Hockey Club's registration fees for the age appropriate level.
 - 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.

Board and Corporation

- 1) Corporate and Team logos
 - a) Use of the Omaha Hockey Club Jr. Mavericks and 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, sex, age, or national origin.

APPENDIX

- A. OHC Player Movement Form - Page 16**
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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: _____

____ \$100-\$250 (listing on website)

____ \$251-\$500 (listing & link on website, listing in monthly newsletter)

____ \$501 & above (all of the above plus banner listing)

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

Amount Sponsored: _____

*Plaque Fee of \$10.00: _____

*Processing Fee accessed (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 Post Office Box 460940

Papillion, NE. 68046

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



JUNIOR LANCERS PLAYER MANUAL



Junior Lancers

Player Manual



JUNIOR LANCERS PLAYER MANUAL



Coaches Information

Nick Harrahill
Varsity/18u Head Coach
(402) 250-7375 (mobile)
nick.harrahill@gmail.com

Derek Kinder
JV/16u Head Coach
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Ben Johnson
Goalie Coach
(763) 443-8020 (mobile)
ben.johns2930@gmail.com

Zach Gruhn
Assistant Coach
(402) 570-9037 (mobile)
zgruhn@gmail.com

Noah Oldenhuis
Assistant Coach/Video Analysis
(402) 669-3847 (mobile)
noldenhuis1117@gmail.com

Diane Banderas
Strength & Conditioning Coach
(402) 310-8862 (mobile)
DBanderas@xplosiveedge.com

High School Program Administrators

Michael Hughes
Director of Hockey Operations
(402) 714-1986 (mobile)
omahahockey.hughes@gmail.com

Amy Pink
Team Manager
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apink703@gmail.com

All activities will be performed with the Omaha Hockey Club COVID policies in mind (see the covid policy at the end of this document).



JUNIOR LANCERS PLAYER MANUAL



Attendance Expectations

Players are expected to be on time for all practices, games, dry land (includes XEdge), curfews, and team events.

- | | |
|--|--|
| • Practice | Varsity – Ready to hit ice 15 minutes before. JV when zam doors close |
| • Games | Minimum of 60 minutes early |
| • Off Ice Workouts | XEdge has policy. Team conditioning for every player that is late. |
| • Road Trip Curfews | Time to be set by head coach after the last game of the day |
| • Team Events | Coaches will set a time to be there. Do not be late. |
| • Varsity will show up 10 minutes before all home scheduled JV Games | During a game you are not playing in, players will sit in the stands in that weekends attire and watch their JV or Varsity teammates. Not walking around, going to concessions, or hanging out with other friends. You will follow the agenda and sit as a team and cheer on your teammates. |

**Give yourself extra time for traffic, road closings, bad directions, and other unexpected events that may delay your arrival.*

- If a player is going to be tardy or absent he must notify the **head coach**; the requirement is for both parent and player to be included in the communication to the coach. There will be no one on one communication between the player and coach. Practices and games are planned around who is going to be there and coaches expect everyone to be present.

Violations:

The following consequences will apply to players who violate the above guidelines. Please note, all punishments are at the coach's discretion.

- | | |
|---------------------|--|
| • Practice | <u>Unexcused</u> Absence– Miss next game |
| • Games | Sitting additional games, community service, additional workouts |
| • Off Ice | <u>Unexcused</u> 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 |

Practice

- Practice Jerseys – You will be provided a practice jersey at the beginning of the season. This jersey belongs to the Junior Lancer program and should be respected as such. You will be rotating jerseys with teammates on a routine basis. Make sure to wash your jersey every couple of practices. Hang up practice jerseys on your hanger after each practice.
- Dress Code – As soon as you step foot in the ice arena you are representing yourself, your family, your teammates, your coaching staff, your organization, and even your city / state. Because of this, you are required to look respectable.



JUNIOR LANCERS PLAYER MANUAL



- At no time is it acceptable to be outside of the locker room and dressed inappropriately. This means no jock straps, underwear, towels, etc.
- Player expectations are the following:
 - All players **will** hold the door open for anyone entering or leaving the buildings.
 - Respect your parents and those around you – be polite and courteous young men
 - Profanity in public will not be tolerated
 - Always address adults properly such as Coach, Sir, Ma'am, Ms., Mr. or Mrs. – **NEVER** by the first name or just last name.
- Training Materials - Pucks, water bottles, cones and all other training materials are property of the Junior Lancers High School program. Theft or destruction of these items will result in repayment of items, conditioning skating, sitting shifts/periods/games, extra workouts and even team termination. The players will take responsibility and rotate the puck and water bottle duties for practices.
- Home Locker Room – We are privileged to have our own dedicated locker room. It is everyone's duty to ensure our room is left spotless before the last guy leaves the room for the night. This means tape balls, towels; broken sticks, etc. are put away or thrown away. Sticks belong in the stick rack – your gear belongs in your dressing area – and the floor is to be left open and tidy. The coaches will detail out exactly how your pads are to be set up after each skate. Taking pictures in the locker room is **prohibited** – should a coach witness such media the player(s) will be dealt with, it is USA Hockey's policy that cell phones and media devices are not to be used in the locker room.
- Other Locker Rooms – It is everyone's duty to ensure that locker rooms are left as clean as or cleaner than they were before we entered. Respect the opponent's home as you would your own. Nobody will leave the locker room at an opposing rink to board bus until coach approval after cleaning the locker room. The arena staff should never have to clean up after us.
- Theft and vandalism – The theft or vandalism of your teammates, other teams, coaches, or any property of the rink is grounds for team **termination**.
- On The Ice – You may get to the rink an hour early, but still be late to practice. Practice officially starts as soon as the Zamboni doors shut or when the coach steps on the ice. Players are expected to be fully dressed and ready to go prior to the rink being ready. Players **must** wait for the Zamboni doors to close before entering the ice.
- Back Up Stick – Always bring two sticks to the rink and keep your back up on the bench.
- Double Duty – Every now and then players will be asked to skate with both the JV and Varsity teams. This is not a punishment and in many instances is actually an opportunity. If you are instructed to skate with both teams, realize that it is not optional or up for discussion. We do not have set rosters; you can move between JV and Varsity or both all season long. There are no guarantees or promises for which roster you will be on. We are one team and we will win together and play hard with whichever team you are skating with.
- Injured and Sick – Injured player(s) are expected to come to every practice and game unless excused by the coach. If you are unsure whether or not you are supposed to be there, contact your coach immediately for clarification. Sick players (flu etc) are not required to come to the rink and are encouraged to stay at home but must contact the head coach to inform them of the absence.
- Workout Gear – 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. Each player will be provided shorts and shirt at the beginning of the season.

When you are not practicing at 100%, remember that someone somewhere is.



JUNIOR LANCERS PLAYER MANUAL



When you meet him, he will probably win.

Games

- Jerseys – You will have three Junior Lancer game jerseys (Home, Away and Alternate). Take pride in your jersey, there are a lot of players that wished they could wear it. When your jersey is not on your body or in the washing machine it belongs on a hanger.
- Dress Code when entering the arena
 - 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 – Will vary. Coaches will let you know the week of practice on road weekends. Some games will be khaki and polo, some will be suits and some will have themes. OJL stocking caps allowed, no other hats allowed.
 - Everyone must wear team warm up gear for warm ups (t-shirt and short that will be provided)
 - Failure to follow dress code in all aspects can result in missed shifts, periods or games.
- Pre-Game Meal – 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 – 40 minutes before the game, one of the coaches and/or captains will lead the team on a 20 minute jog and stretch. This is not 'goof around time.' Players are expected to use this time to loosen their bodies up, focus on the game ahead and visualize their performance. **Tennis shoes, shorts and a t-shirt (or your track suit) should be with you for all games. Players are not allowed to jog / stretch in their dress shoes or dress clothes.
- Gear – All Jr. Lancer players are required to have black helmets, black cage or bubble, team breezer covers, team gloves and white laces. If you do not have a black helmet, cage, gloves or pants get with your coach immediately to discuss. If your player chooses to wear a bubble, it is their responsibility to bring a towel and cleaner to the bench and remember it.
- Ice Time – Game situations will determine how much on-ice time each player receives. Decisions are made to benefit the team. As a high school student and young adult you are expected to express any dissatisfaction with your role on the team directly with the coach and not your parent(s). Again, parents we will not discuss ice time or JV/Varsity with you.
- Sportsmanship – Players will be disciplined by the coaching staff for demonstrating poor sportsmanship, taking selfish penalties, and showing disrespect to other opponents, coaches, officials, or teammates. Only captains are permitted to speak with the officials. At the end of each game, players are expected to line up and shake hands without incident. Should a player take a 10 minute misconduct unnecessarily it will be up to the coaches to decide if that player will continue in that game.

"Individuals play the game, but teams win championships."



JUNIOR LANCERS PLAYER MANUAL



Off Ice

- Season – We will begin off ice training at the end of August. XPlosive Edge is our official training partner; coach Diane Banderas and her coaches are an extension of our on-ice coaching staff. The season begins at the first team workout, not at the first official on-ice practice. You are expected to be at every off-ice practice unless excused by the program ice hockey coach. Attendance will be monitored.

Hotels

- Only one gaming console will be allowed to travel with the team per coaches discretion – if anyone is found to violate this rule the system will be confiscated for the trip and the owner will be punished.
- Curfew – The coach will set the team curfew after the last game of the day. If 11:00 PM is the curfew that means every player is in his room ready for bed by 11:00 PM. It does not mean mom or dad is asking the server to bring the check at 11:00 PM, you drive back from the restaurant by 11:15, and you are finally in your bed by 11:30. We hold the players responsible for getting back to their rooms on time...not your parents. If you have to call the coach to come get you at 10:45 then that's what you have to do.
- Pools / Hot Tubs – 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.
- Behavior – When we stay in other cities we are representing ourselves, our teammates, our program and Omaha. All players are expected to be on their best behavior.
- Coaches will designate 1 hour of required study time while on road trips (this will occur either on the bus ride or at the hotel). Failure to bring school materials or failure to cooperate and do work will result in missing a game.
- There may be a team meeting 30 minutes prior to curfew on all road trips.

Miscellaneous

- Alcohol, illegal drugs, vapes or any paraphernalia. e-cigs and any form of tobacco are not permitted. If any player is caught at the rink, hotel, team bus, etc with any of the above, the player will be punished and suspended for four (4) games. Actions could result in being terminated from the team. Even if player is 18 years old, these items are not allowed during any Jr. Lancer event, function, practice, game, etc.
- Watch your language at the rink and in hotels. There are often young children and parents who hang around rink and hotel lobbies. Be respectful when you're out in public.
- Community Service – Each player will be expected to be involved within the community, the team Community Service Coordinator will be assigning events to all players, if you are unable to make the event you are assigned to it will be your responsibility to find a replacement for your assignment. Many students need "service hours" to graduate high school, this is a great way to give back and get your hours.
- Varsity players will assist coaches and mentor mite players (be a positive role model)
- Once every other month we will try to conduct a team activity (ie: movie, bowling, sauce toss etc).
- Your social media accounts will be closely monitored. Any tweets, posts, likes, retweets, favorites, etc. with foul language, racist remarks, indecent pictures or anything obscene will be disciplined in accordance with USA Hockey rules and additional punishment may be determined by coaches and or the Omaha Hockey Club. You

are creating a digital footprint and your future employers will look at this type of information. BE SMART.



JUNIOR LANCERS PLAYER MANUAL



Omaha Junior Lancer High School Academic Requirements

The league policy on academics is, "To participate in the League, players must be eligible to participate in their local school's interscholastic athletic programs." However, to participate in this program each player must maintain a minimum GPA of 2.5. Coaches reserve the right to at any time contact parents or request progress notes.

- The first practice of each new month, each player will be **REQUIRED** to open their school application, or website portal and show Coach Harrahill or Coach Johnson, grade by grade, and the coaching staff will write it down and calculate GPA's
- 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
- Coach Harrahill 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.
- Gentlemen, it is easy, turn in your homework and you will not fall below a 2.5 GPA. Study for test, and you will not fall below a 2.5 GPA
- Suspensions at school also result in suspensions with the hockey team. Each act will be dealt among the coaching staff individually
- **SCHOOL COMES FIRST. TAKE PRIDE IN REPRESENTING OJL IN YOUR CLASSROOM!!**
- 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!

Omaha Hockey Club High School Rules

These rules will be effective starting Sep 1, 2022 Revised 10/27/2022

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 OHS HL.

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 OHS HL 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.

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

B. Structure

1. League Responsibilities

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

2. OHS HL Teams

The maximum number of student athletes will not exceed 18 skaters. Each OHS HL team can have up to 2 registered goaltenders.

New student athletes will be placed on their respective "Team Composition" teams, unless they specify on their registration form that they wish to be placed in the draft process.

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 director 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 January 10th.

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 avail.</i>
Elkhorn	Elkhorn and Elkhorn South
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 Only
Fremont	Fremont Only
Tri-City	Tri-City Only

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.

Any team selecting an assistant coach whose player does not attend the school of that team shall make that player their first selection in the draft.

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

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 more than 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.

3. 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.

4. 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 10 games during the regular season (with the exception of those games lost to injury) in order to participate in the OHSHL playoffs.

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, Tri City) and paid the fees or made approved payment arrangements.
 - b. Register with USA Hockey
 - c. Be placed on an OHSHL team roster
 - d. 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.
 - e. Student athletes under most suspensions may practice with their teams, but are not eligible to play in any games.
 - f. 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.
 - g. 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:

- h. Demonstrate to their team coach basic knowledge of USA Hockey rules
- i. Participate in an OHSHL evaluation skate to demonstrate to their team coach sufficient hockey skills to not be a hazard to themselves, other student athletes on their own team or other teams.
- j. Student athletes must be enrolled in a high school or prep school at the time of the start of the playing season. Mid-year graduates are allowed to complete the current season.

4) OHSHL is not a “travel” or “select” league. Therefore, it is expected that all student athletes will get roughly equal ice time during games. The intent is to ensure the lesser skilled student athletes get the opportunity to learn and improve on the ice during games. This is not intended to affect the ability of a coach to bench players for disciplinary reasons, and it does not cover tournaments.

D. Rule differences and highlights

1. Penalties - Differences from USA and MWAHA rules regarding penalties include:

- a. Penalties during reg season and playoffs 12:00 minute periods will be 1:30 minute in length.
- 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 HS 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.

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, ie. 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. Cellular devices and the use of social media in locker rooms is strictly prohibited.

E. SCORESHEETS

1. Game Results

Game results are official once the game score sheet (white copy) has been signed by both coaches and referees. The white copy must be sent to the OSHSL statistician as soon as possible after the game. Please email good quality pictures of the scoresheets to hshockey.scoresheets.omaha@gmail.com.

Standings and statistics are solely based upon the score sheets received, reviewed and posted.

2. Game Score Sheet Submissions

The winning team is responsible for submitting score sheets. The preferred way to submit score sheets is to email a good quality photo of the score sheet to: hshockey.scoresheets.omaha@gmail.com

If players sign the score sheets due to suspensions, please submit those score sheets to the mailbox at Moylan or hand them to the Director.

3. Game Sheet Signatures

Both teams and the referees must sign score sheets immediately after the game. Resulting in not doing so can run the risk of teams forfeiting the game and the referees not being paid for their services.

If a coach is not in agreement with the score sheet at the end of the game and is considering protesting a game, the coach should not sign the sheet and should note on the sheet that they intend to protest. This will make all parties (including the designated officials) aware that a protest is pending.

F. Game Play

1. The game time should be no more than 1 hour in duration.
2. Warm up time will be a minimum of 3 minutes and can be longer if time permits.
 - a. The regular season game duration will be three 12:00 min stop clock periods.
 - b. If the goal differential is 5 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 below 5

- the clock operation will default back to stop clock.
- c. Playoff games will be three 12 min stop clock periods.
 - d. Each team will be allowed one 60 second timeout during playoffs. No timeouts during the regular season.
 - e. During intermission between periods clock operators shall have a 60 second intermission clock to ensure game schedules stay on time.

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 have Omaha Hockey eligibility requirements they must meet.

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 Practices

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.

3. Off-Ice Officials

Teams are responsible for providing score sheet keepers, time keepers, and penalty box attendants. Home team is responsible for providing a timekeeper. 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 nothing damaged.

4. OSHL Season

The OSHL season officially runs as set by the High Schools Director's office and OHC board. OSHL 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

- f. 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.
- g. A single player cannot be both a skater and goalie during the All-Star Game
- h. 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.
- i. 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 OHSNL 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 Regular Season House Rules and Regulations 2022-2023

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:

- USA Hockey Official Rules of Ice Hockey shall apply. .
- In u14 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 is listed second on the schedule.
- Home team wears white/light jerseys. Visitors 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 commissioners or house director.
- 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.
- 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.
- 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

Playing Time:

- All Age Groups: Three - 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
- All penalties will be 2:00 minutes due to running clock.
- Time Outs: No time outs are permitted in league play

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 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.
- The score sheet official shall, after getting all of the appropriate signatures on the score sheet, return the score sheet to the appropriate filing area.
- 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.

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 commissioners or house directors.

Curfew:

- A strict one hour curfew will be enforced for all games. Games will begin on time.
- At the start of the third period, if there is less than 15 minutes remaining before Curfew expiration the third period shall be played with a running clock regardless of the score differential.

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 tie should accrue then it will stand as a tie for 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.

Overtime:

- There is no overtime.

Time Outs:

- There are no time outs

Tournament Play:

- The Joust will have a separate set of rules given prior to tournament play to all Coaches.

The tournament / league director is the final authority for all rule interpretations.