



Rules of the Omaha Metropolitan Amateur Hockey Association

High School Club Hockey League

Effective September 30, 2009 through May 1, 2010

A. General League Rules

All Omaha Metropolitan Amateur Hockey Association High School Club Hockey League games will be played under the rules of USA Hockey. In addition, the House 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 O.H.S.H.L. Hereinafter the league will be referred to as the O.H.S.H.L.

Modifications to the O.H.S.H.L. rules may be made at any point during the hockey season. A two week notification of any rule change will be provided to all teams.

B. Structure

League Play

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

Playoffs

All teams are eligible for the year-end playoffs and guaranteed a minimum of two playoff games.

League Statistics

The O.H.S.H.L. maintains the team standings, recognizes game scores, monitors assessed penalties and imposes disciplinary actions associated with those penalties. From time to time the House Directors office may assist with these situations but are not expected to make the decisions.

C. Player Eligibility

Basic Eligibility Requirements

The primary requirements for High School students to be eligible to play on an O.H.S.H.L. team include but are not limited to the following:

- a) Must satisfy all O.M.A.H.A. fee and registration requirements.



- b) Must not be under suspension status with USA Hockey / O.H.S.H.L. Players under suspension may practice with their teams, but are not eligible to play in any games.
- c) Must demonstrate to their team coach basic knowledge of USA Hockey rules and hockey skills sufficient to not be a hazard to either themselves or other players.
- d) Players with carryover suspensions from a previous season must serve the remainder of their suspensions before being allowed to play in any O.H.S.H.L. game for that next season.
- e) Player must be enrolled in a high school or prep school at the time of the start of the playing season.

Match Penalties

A player assessed with a Match penalty in any USA Hockey sanctioned League (see exceptions in USA Hockey Rules 404f and 405c for Juniors) may not practice or play with their team(s) except as permitted under and in accordance with the terms of the subsequent disciplinary action determined by the authorities of USA Hockey or League involved. Suspension from all practices and games of teams registered with USA Hockey begins immediately upon the assessment of the penalty by a referee in a USA Hockey game. A hearing will be held by the appropriate authorities and a decision relative to disciplinary action will be made within 30 days of the incident. If extenuating circumstances prevent the proper authorities from conducting the mandatory hearing, the player shall be automatically reinstated after 30 days. Unless terminated for the preceding reason, the suspension continues until the appropriate authorities have determined appropriate disciplinary action, if any, and the disciplinary action, if any, has been implemented. If the disciplinary action is appealed, the suspension from practices and games remains in force until the appeal process has been completed. Any player suspended for the remainder of the season is not given a refund of their fees.

Registration Requirements

Students are ineligible to play on or practice with an O.H.S.H.L team until:

- a) They have completed and returned their O.M.A.H.A. registration forms and paid their fees or have made other approved payment arrangements.
- b) They have registered with O.M.A.H.A. and are placed on an O.H.S.H.L. roster.

Playing for another school

In all cases, students must meet the aforementioned eligibility requirements for registration in order to be placed on an O.H.S.H.L. roster. When a school does not have enough individuals to form a team, players from that school will be assigned to other teams. The placement of these players will be handled by the High School Steering Committee in conjunction with the House Director as fairly and objectively as possible.



D. COMMUNICATIONS

Since the O.H.S.H.L has moved to an internet based communications system, each team must have access to the internet and provide the O.H.S.H.L with an email address for electronic communications. Team managers will ensure those not having access to the internet will be informed.

Game Ice

- a) The game time will be at least 1 hour in duration.
- b) The game slots will be on weekdays and/or weekends during the O.H.S.H.L's announced season. The league will attempt to not schedule during Christmas or Spring break times, but due to unforeseen ice needs there may be a game at the tail end or beginning of such said breaks where needed. Not all schools can be accommodated equally.

OHSHL Teams

The maximum number of players, excluding goal keepers, shall not exceed 18. Each OHSHL team is allowed to roster a maximum of 2 designated goalies.

Penalties

All rules will be run under USA Hockey rules. USA Hockey puts an emphasis on the standard of play and rules. Penalties will be run as in USA Hockey with the following exceptions:

- a) During running clock periods, penalties will be 2:00 minute in length. During stop clock periods, penalties will be 1:30 minute in length.
- b) A check from behind penalty will count as two penalties in the O.H.S.H.L league using USA Hockey rules.
- c) Any player receiving a major penalty will automatically be assessed a minimum three (3) game suspension. Players appealing a major suspension to the House Director and Rules Committee will also be required to sit out the games until further notice from the House Director and Rules Committee. Any player incurring any second major penalty upon return to play will then be assessed an automatic minimum 5 games suspension and a review by the House Director and Rules Committee. Players appealing any second major penalty will be required to sit out the games until further notice from the House Director and Rules Committee. Any third major penalty by any player will automatically suspend the player for the remainder of the season. An appeal of this penalty will also require that the player sit out the games until further notice from the House Director and Rules Committee. Major penalties include spearing, fighting butt-ending, charging and boarding.
- d) Abusive language toward referees, scorers, other players, parents and league officials follow the zero tolerance policy. Failure to abide the zero tolerance policy will carry game suspensions



and review by the House Director's office.

e) Per USA Hockey rules any player with 5 penalties in a game will be ejected from that game. See USA Hockey Rule 404(d). Any player (Midget age classification and below, including High School and Senior Women) who incurs five penalties in the same game shall be assessed a game misconduct penalty.

f) Any Head Coach whose team (Midget age classification and below, including High School and Senior Women) receives 15 or more penalties during one game shall be suspended for the next one game of that team.

g) It will be mandatory for any suspended player to attend any/all games they are suspended for, for the entire game(s). Suspended player will check in with the coach and team manager before and after each suspended game. If this is not followed the suspended player cannot begin play until any/all games suspensions are served under this rule.

Contact person for all questions pertaining to penalties and discipline should be directed to O.M.A.H.A. High School Club Hockey Co-Commissioner, Marcus Witter in person or at mwitter@tconl.com. Please be respectful of the 24-hour rule.

E. SCORESHEETS

Game Results

Game results are not official until the game score sheet (white copy) has been received and reviewed by the O.H.S.H.L statistician.

O.H.S.H.L standings and stats are solely based upon the score sheets received, reviewed and posted. The stats are only as good as the person recording them, please be sure to take special care when submitting the results.

Game Score Sheet Submissions

The scorekeeper is responsible for sending the original (white copy) game score sheet to the statistician or submitting this copy in the mailbox outside of the O.M.A.H.A. office. The game sheet must be received by the statistician before 6 pm of the next day. If you fail to submit the game sheet your team will run the risk of forfeiting the game. You can also forward a scanned copy of the game sheet to the attention of Marcus Witter at mwitter@tconl.com as well as submitting the original for the records.

Game Sheet Signatures

Both teams and the referees must sign score sheets immediately after the game. Result 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

Note: According to USA Hockey Rules only three certified coaches are allowed on a bench during game play.

Pre-game Warm-up

Warm up time will be a minimum of 3 minutes and can be longer if time permits.

Game Periods

- a) The regular season game duration will be a 15 minute running clock for the first two periods and a 12 minute stop clock for the third period. If at any time during the third period the referees decide there will not be enough time to finish the game with a stop clock, they may order a running clock.
- b) Time between periods will be one minute.
- c) Playoff games may vary from the regular season games and the periods may be a longer duration or stop clock for all three periods.
- d) Preseason or All Star games will run the clock based upon preset rules for those events.

Goal Differential

In all regular season games a 5 goal differential rule is in effect. When this happens the teams will then play under the running clock until the differential is less than 5.

Time Outs

No time outs will be allowed during the regular season games, but may at any time be allowed during the playoffs, pre season tournament or All Star game those rules can be separate from regular season rules.

G. ADMINISTRATIVE MISCELLANEOUS

Coaching Certification

All head coaches are expected to be certified at a minimum Level 3 certification to coach high school hockey. All assistant coaches are to be certified at a minimum Level 2 and show progress towards a Level 3 certification. Also, as per O.M.A.H.A. Code of Conduct Rules and By-Laws, coaches should conform to rule IV-2b "Due to the important responsibilities of all elected



officers and directors, they will not be allowed to participate as a team coach or assistant coach. Additionally, age group commissioners will not be allowed to participate as team or assistant coach in their own age group."

The Coaching Director and/or House Director may randomly check with coaches for game and practice plans throughout the season. Coaches are encouraged to make an appointment with the Coaching Director to go over their practice plans to be sure that they are doing all that is possible to maximize their hour of practice.

If you have questions regarding certification or coaching, please contact the Coaching Director in the O.M.A.H.A. Hockey office.

Off-Ice Officials

Training should be provided for all off-ice officials. Each team is responsible for providing scorers and time keepers as well as penalty box attendants. The people selected to be off-ice officials must be adults, no exceptions. Anyone needing a USA Hockey off-ice official's manual please contact the House Director's office. It should also be noted that O.M.A.H.A. Board Members are not allowed to perform off-ice official duties.

O.H.S.H.L Season

The O.H.S.H.L season officially runs as set by the House Director's office with the guidance from the Board of Directors. O.H.S.H.L games and practices may be scheduled as early as the end of September for league teams.

H. SUBSTANCE ABUSE POLICY

It is the considered judgment of the Board of Directors of USA Hockey that the consumption/use/abuse of mood altering substances is detrimental to a healthy state of mind, body, and spirit in an athletic participant. This is especially true for those participants aspiring to develop their talents in the furtherance of their playing, coaching, or officiating careers in the sport of ice hockey. Therefore, in the best interests of all participants, USA Hockey prohibits the use of mood altering substances during active participation in its programs by any participant. Upon discovery of any substance violation, USA Hockey shall take action to remove the violator from participation in its programs for a reasonable period of time. Further, USA Hockey hereby recommends that each and all of its teams, associations, programs, and affiliates adopt reasonable regulations concerning the prohibition of consumption/use/abuse of mood altering substances, and a reasonable enforcement procedure thereafter, in order to maintain the health of our athlete participants, the integrity of our programs, and the eligibility of all of our competitors for national, international, and collegiate competition. For purposes of this policy, the words "mood altering substances" shall include the following:



- a) Intoxicating beverages, including, but not limited to, alcohol.
- b) Non-prescription or prescribed controlled substances.
- c) Prescription or prescribed controlled substances when used to an excess in violation of doctors orders, or to produce the state of intoxication in the participant.

Further, a participant shall include players, coaches, referees, and all persons involved in the conduct of an ice hockey contest.

USA Hockey, through its Safety and Protective Equipment Committee, will develop a program of drug abuse awareness for players of all ages through 20 years, their parents and/or guardians and coaches of those players.

There will be no tolerance for substance abuse, use of tobacco products, or alcohol consumption. These issues are covered under the O.M.A.H.A. Code of Conduct and disciplinary actions will be according to these policies and guidelines.

I. PLAYOFFS

All teams are eligible for the playoffs and guaranteed two games in a double elimination bracket format.

Tie breakers to determine seeding

Final seeding for the year end playoffs will be determined by the league standings. If teams are tied in points, then the head to head schedule will break the tie. If the tied teams split their regular season games, then the most goals for, followed by the least goals against, will determine the standings. If the teams are still tied, then the seeding will be decided by a toss of a coin with the best of 3 challenges breaking the tie.

Tie breakers in the playoffs

In the event of a tie, a 3-man shootout will be held immediately following completion of regulation play. In the event of a tie after the first shootout, 3 different players will be selected for a second shootout. In the event of a tie after the second shootout, a one-man shootout will be played until a winner is determined.

Championship Game

The Championship game will be run with three 15 minute stop time periods with an ice clean between the 2nd and 3rd periods. The game will be played on the Olympic sheet of ice. In the



event of a tie, a 5-minute, sudden death, overtime period will be played all penalties will carry over from the third period of regulation. Five skaters and a goaltender will be used. If teams are still tied at the end of overtime, a 5-man shootout will be held. In the event of a tie after the first shootout, 3 different players will be selected for a second shootout. In the event of a tie following the second shootout, a one-man sudden death shootout will be played until a winner is determined.

J. MISCELLANEOUS

Abuse of Practices

ATTENTION: Coaches and teams cannot purchase extra ice outside of their regularly scheduled ice from O.M.A.H.A. if they are 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.

Rules Not Covered

Any circumstances or incidents that are not covered under the USA Hockey, O.M.A.H.A. Hockey or the O.H.S.H.L guidelines will be handled on a case by case basis. If you should have questions please see your team manager, commissioner, or House Director's office for clarification.

K. O.M.A.H.A. HIGH SCHOOL LETTERING ELIGIBILITY AND POST SEASON AWARDS AND RECOGNITIONS

These rules are enforced for both regular season and playoffs

- a) No fighting penalties during regular season and playoffs
- a) Player must attend at least 85% of games and practices
- b) Maintain at least a "C" average
- c) Three or more suspensions in a season*
- d) An infraction that is deemed inappropriate by the steering committee
- e) Academic grades are to be submitted to league commissioner from official school report cards.

*A suspension is defined as a disciplinary action resulting in ineligibility to participate in a game

L. O.M.A.H.A Code of Conduct



O.M.A.H.A abides by the USA Hockey zero tolerance policy regarding verbal and physical abuse of officials and inappropriate spectator behavior. A link to this policy is available here:

<http://www.usahockey.com/LinkedDocs/e/e/e/eeeb8942-c222-49bc-b7ad-cbc07bd2a07f.pdf>