

Old Man Hockey League (OMHL) Rules 2021

All rules contained here will be strictly enforced.

General Team/Game Rules

EACH OMHL team is allowed 2 players from ages 27-29 at the start of each season. Proof of ID to match these dates is necessary to allow for each roster. Remainder of the roster must be 30 or over at the start of the OMHL season. Rival teams can ask for proof of age if questioned.

Exemption: Players under 30 years of age that are currently members of the OMHL are grandfathered in as of 8/20/21 but do count in any 2 available under 30 positions. A team is not allowed to have a grandfathered player under 30 and add 2 new under 30 players.

Exemption: Any player under 30 (ages 27-29) must play at least 8 games (1/3 season) to be eligible for playoffs. EACH game will have accurate roster attendance per scorekeeper (#s)

NH OMHL HOCKEY LLC will provide the pucks for each game/warmup and shall be stored in JFK rink attendant room post game.

Warmup game duration: 3 minutes

POINT SYSTEM:

Win = 2 points

Tie = 1 point

Loss= 0 points

EACH PARTICIPATING PLAYER MUST SIGN A YEARLY WAIVER

NCAA “penalty” (Rule 4) and “playing” (Rule 6) rules shall apply, with the following exceptions/clarifications.

Exception: This is a “NO-CHECK” league, body checking is not permitted.

Exception: Minor penalties shall be 1 minute 30 seconds (Rule 4-2-a).

Exception: Major penalties shall be 3 minutes (Rule 4-3-a).

Exception: ICING will be defensive zone blue line with hybrid (first player to

opposite end faceoff dot wins) touch up for stopping play/whistle. Ties go to the defensive team (non icing team). If an offensive goalie comes out of crease to play puck then icing shall be waived off.

Exception: Misconduct penalties shall be 6 minutes (Rule 4-4-a).

Exception: Teams will be allowed to substitute for players (play 5 on 5) in coincidental (matching) penalty situations. (Rule 4-2-e)

Exception: Defending team player substitutions shall be permitted after accidental dislodging of the net occurs in the defensive zone. (Rule 6-15-1)

Exception: Offending team player substitutions shall be permitted after an icing the puck call. (Rule 6-27-a)

Exception: There will be no overtime period in regular season games (Rule 6-55-a).

Exception: Games will be played (3) 12-minute stop time periods (Rule 6-56-a)

There will be no “Curfew” or “Running Time” in OMHL games.

A “Zero Tolerance” policy is in effect at all times within the arena.

Fighting is strictly prohibited and will result in suspension

Referees will enforce penalties as defined in the Penalty/Suspension/Zero Tolerance section.

Penalties/Suspensions/Zero Tolerance

A “Fighting” penalty will automatically result in a major penalty, game misconduct and an additional one game suspension for the first infraction, a 5 game suspension for the second infraction and expulsion from the league for a third infraction. Suspensions will carry forward from one league session to the next (Spring/Summer to Fall/Winter and Fall/Winter to Spring/Summer). The penalized team must place a non-penalized player in the penalty box to serve the resulting major penalty.

An “Intent to injure” penalty will result in a major penalty, game misconduct and review of game amount suspension the day after the incident. The penalized team must place a non-penalized player in the penalty box to serve the resulting major penalty.

The referee(s) will, in their professional judgment, determine if a penalty was either for “fighting” or “intent to injure” and record it as such on the score sheet. All league

referees will be informed that both of these penalties carry with them a required ejection and suspension.

“Zero Tolerance Policy” verbal abuse, threatening physical harm toward an official and or physical or deliberate contact with an official will result in penalty, suspension or expulsion from the league. Zero Tolerance penalties are defined as follows and all decisions rendered regarding player suspension or expulsion resulting from a “Zero Tolerance” incident will be at the sole discretion of the board.

A Minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever any player openly disputes a call or argues a decision by an official in an unprofessional manner.

A Misconduct penalty shall be assessed whenever a player uses obscene or vulgar language including any swearing directed at an official.

A Game Misconduct penalty shall be assessed whenever a player continues to use obscene or vulgar language including any swearing directed at an official after being assessed a misconduct penalty.

A Major Penalty, game misconduct and subsequent expulsion from the league shall be assessed whenever a player threatens physical harm toward an official and or physically or deliberately makes contact with an official. The penalized team must place a non penalized player in the penalty box to serve the resulting major penalty. Expulsion from the league will result if any player threatens physical harm toward an official and or physically or deliberately makes contact with an official before, during or after a game.

The referee(s) will, in their professional judgment, determine if a penalty for “Zero Tolerance” is warranted and record it as such on the score sheet. All league referees will be informed that these penalties carry with them a required ejection, suspension or expulsion.

Team Rosters/Player Substitution

Team rosters should be submitted to OMHL commissioner before beginning of season

- Players may be added to a team roster during the regular season by notifying the league administrator and submitting the required documentation prior to that player participating in a game.
- Players are allowed to be listed on one OMHL team roster per season.

Teams may use “non rostered” substitute players. The purpose of these substitutes shall be to bring the number of players available to a team for any game up to (8) eight (not including goaltender), when the team’s “rostered” players are unavailable. At no time

shall a team be allowed to use “non rostered” substitute players in excess of (8) eight “rostered” players and their use shall be subject to the following

- Only current season registered OMHL players are eligible to participate as “non roster” substitutes.
- Players from any OMHL team are eligible to be utilized as “non rostered” substitutes.
- If the number of “rostered” team players equals (8) eight at any time during the game, the participating “non rostered” substitute players must leave the game.
- All other OMHL rules apply as if that player was a rostered team player.

Teams may NOT USE ANY PLAYER FROM ANOTHER TEAM WHO IS UNDER 30 if they have under 8 players at the start of the game. A sub for the needed team must be 30 or over.

Playoff Rules

All teams make the playoffs. If at any point in the league history there is an odd number of teams then the top seeded team will achieve a bye week for the first round of playoffs and will play the lowest seed on week 2 of playoffs.

Example (5 teams)

Week 1 - 1st place has bye

2 vs 5

3 vs 4

Then 1st place plays lowest seed remaining on week 2

POINT SYSTEM:

Win= 2 points

Tie= 1 point

Loss=0 points

Team with most points will be considered #1 seed and so on.

AS ABOVE. Any player under 30 (ages 27-29) must play at least 1/3 season (8 games). Any player over 30 must play at least 6 games in a season to be eligible for playoffs. Rival teams can challenge this based on past game rosters etc.

WEEKLY roster sheet must be filled in to match players on ice so player participation and

playoff eligibility can be achieved.

In the case of equal record/point then tie breakers will first consist of a HEAD to HEAD record of each team tied with the same points. IF head to head record is also equal then the next deciding factor shall be GOALS FOR and if those teams have equal amounts of goals scored for the last tie breaker shall be GOALS against. Team with more goals-against shall be awarded the lower seed in the playoff bracket.

Play-off format will be determined based on the number of participating teams for that season, captains will be notified of the format and rules prior to the start of the play-offs.

Playoffs will span allotted weeks per amount of teams in league (4 teams = 2 weeks etc)

Playoffs are set in one loss elimination format. Winning team moves on to next bracket

In light of a tie. Teams will have a 5 minute overtime period (5 vs 5) if no team wins during the 5 minute overtime period then the playoff game will be decided by a shootout.

Shootout format for playoffs:

First round is 3 shooters from each team. Each team must make officials aware of the order and # of players for the first 3 shooters. If no winner is decided after 3 shooters per each team, then each player from the active bench MUST shoot until another player is eligible to shoot again.

Playoffs will still remain for three 12 minute stop time periods as the regular season was.

Playoff details will be distributed during the season.

Rink Rules

No one on the ice or on the team bench until the zamboni is off and the doors are closed.

Players are to remain on the locker room side of the rink until the ice is ready.

Beverages are allowed in the locker rooms only.

3:00 minute warm-up period prior to games.

Teams shall provide their own uniquely colored jerseys.