



## Cape Cod X Ice League

### Rules and Regulations

- A. Each team consists of ten (10) skaters or more and one goalie.
- B. Games will play 5 on 5. The option to play 4 on 4 or 3 on 3 is available when there are not enough players on a particular team. Teams can borrow players from any team within their division.
- C. Full hockey equipment required.
- D. There are NO stoppage in play, NO off-sides, NO icing, NO body contact except for "protecting the puck" by the puck carrier (only the player with the puck can initiate contact)
- E. There is one supervising official and one score keeper. The supervising official will be standing in the neutral zone, outside of the playing area. The scorer will sound a horn every minute to signal a change of players – "on the fly".
- F. At each one minute interval a horn will sound signaling a change of lines. The waiting next five (or four) players immediately enter the playing area and try to gain possession of the puck The instant the horn sounds the five players on each team leaving the playing surface must 1). Leave the puck exactly where it lies and 2). Exit the playing area as quickly as possible. If the player does not "leave" the puck where it lies at the sounding of the horn, a penalty shot will be awarded to the opposing team.
- G. Goalies are to make the save and direct the puck to a teammate. If the goalie ties the puck up the opposition must back-off giving the goalie space to direct the puck to one of his teammates. If the goalie is in possession of the puck at the sounding of the 60 sec. horn the change will take place and he must move it instantly to a teammate.
- H. When goals are scored the puck remains in the net. The supervising official throws a puck yelling "new puck!" into the center of the ice and play resumes immediately.
- I. If the puck leaves the playing area (from deflections or shot over the boards) the supervising referee immediately throws another puck into the playing area yelling "new puck!" and play resumes. The official does not direct the puck to either team under any circumstances. The initial start of the game begins in the same fashion – with the supervising referee throwing the puck into the playing area.
- J. There can be penalties but no time will be served by the player/team guilty of the infraction. All infractions result in a penalty shot taken by the player in which the infraction occurred against.

- i. This is a no-check game for ALL levels – the emphasis on this game is speed and skill not strength! A second occurrence for checking by the supervising referee will result in an immediate game misconduct and the team will have to play with only four players for the remaining contest.
- ii. Any fighting will result in non-refundable expulsion of guilty player for the season.
- iii. Zero tolerance for fighting, intent to injure and unsportsmanlike conduct.
- iv. A whistle will be sounded for all other infractions (ie: tripping), immediately stopping play, and a penalty shot is awarded. Following any rebound from the penalty shot play resumes. If a goal is scored see (H).
- v. Player injuries will require a stoppage in play and attention by the supervising referee.