



Cape Cod X Ice League

U6, House Mite and Mite C

at Falmouth Ice Arena

Starting October 4th, 2025

3 on 3 on the ½ sheet.



Includes 18 games with 1 referee and scorer per game.

\$2900 per team

Following the ADM model per USA Hockey

Falmouth Ice Arena

9 Technology Park Drive

East Falmouth, MA 02536

508-548-7080

www.falmouthyouthhockey.com

falmouthyouthhockey@aol.com

Rules and Regulations

- A. Ideal roster consists of nine (9) skaters plus a goalie. Maximum roster should not exceed 12 players
- B. Games will be played 3 on 3
- C. Season will consist of 18 games, last game will be played in a jamboree, a champion and runner up
- D. (2) 25 minute periods, running time, 3 minute warm up, 1 minute intermission. 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 three players immediately enter the playing area and try to gain possession of the puck. The instant the horn sounds the three players on each team must leave the playing surface. The referee will then PLACE a puck on the red line half way between the center ice dot and the boards.
- G. When Goalies tie up a puck the Referee will blow the whistle and throw a puck into the corner, play resumes.
- H. When goals are scored the puck remains in the net. Scoring team must clear red line and referee gives puck to defending team, 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 with a face off at center ice. Only other face off is at beginning of second half.
- 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. All players must “Back Off” to red line if penalty shot results in a rebound, play resumes. If goalie ties up puck, official will throw puck into corner, players must give shooter a heads start and can not interfere with shooter.
- 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 to play with only two 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.





2025-2026 REGISTRATION FORM

Cape Cod X Ice League

Team Name _____

Town _____ State _____ Zip _____

Coach _____ Phone _____

Email _____

Please circle one

U6 Housemites Mite C

\$2900 per team

\$700.00 deposit fee due by August 1, 2025

Make checks payable to: **Falmouth Youth Hockey**

Mail registration form to:

Falmouth Ice Arena
9 Technology Park Drive
East Falmouth, MA 02536

For more information:

508.548.7080 x10
www.falmouthyouthhockey.com
falmouthyouthhockey@aol.com

CAPE COD X-ICE LEAGUE

Bye week request form

Team: _____

Level: (Check One Level)

U6 _____ House Mite _____ Mite C _____

Team Contact: _____

Date (s): _____

Bye requests from October 4 - November 23th Must be submitted NO LATER THAN
September 14th

Bye requests from December 6 - March 8th must be submitted NO LATER THAN
November 9th

No bye week requests will be granted once the schedule has been released

BYE weeks for the Cape Cod X Ice League



November 1 & 2, 2025
November 29 & 30, 2025
December 27 & 28, 2025
January 17 & 18, 2026
February 21 & 22, 2026

Season begins October 4, 2025
(Games will be played Saturdays & Sundays)

