

Cape Ice Rink Adult Pond Hockey Championships Tournament Rules

- Each player needs a white and colored jersey (may include tournament issued jerseys)
- Helmet, shin pad and gloves - strongly recommended.
- Games will be composed of two 10-minute halves with a 2-minute halftime.
- We have 8 mins between games – we need to be in and out.
- All games will be played on ½ ice
- All players should have signed the waiver to participate
- Win 2pts - Lost 0pts - Tie 1pts
- Goal Differential settles points ties

Tournament Etiquette:

- Poor sportsmanship will not be tolerated.
- Be mindful of your and other player skill level,
- Don't hurt anybody, you included, No body checking
- No high puck flicks down ice, keep puck low (knee down) and controlled
- No goalie play
- Beware netting and uprights at North end (no plexiglass)
- Remember you are on town Property – not a private backyard!
- Have fun!