



2026 Icebreaker Capitals Cup Rules & Guidelines

Game Details

- Beginner, 6U teams will play $\frac{1}{3}$ ice games
 - ages 6U and inexperienced 8U
 - 4 skaters no goalie
- Intermediate, 8U teams will play $\frac{1}{2}$ ice games
 - ages 8U and experienced 6U
 - 4 skaters with goalie - must have goalie gear
- minimum 4 game guarantee for each team
- Face-offs will occur only at the beginning of each game.
- Games will be 25 minutes - this includes a 5-minute warm-up.
- Clock will be running for the entire game; buzzer will sound every 2 minutes for line changes for both 6U & 8U.
- Bench doors must remain closed until the sound of the buzzer.
- Once the buzzer sounds, players must relinquish control of the puck immediately and vacate the ice. The new players may enter onto the ice surface immediately.
- In the case of a shortened bench due to injury or ejection(s), at the sound of the buzzer all players must make contact with the bench boards; the double-shifted player(s) may then rejoin the action after having touched the bench boards
- When play is stopped due to the goalie controlling the puck, the attacking team must retreat.
- Once puck control is gained, play may resume.
- In the case of a shortened bench due to injury or ejection(s), at the sound of the buzzer all players must make contact with the bench boards; the double-shifted player(s) may then rejoin the action after having touched the bench boards

Tournament Play:

- These games are intended for fun and to provide ice-time experience for the players as well as the general overall development of hockey skills. No scores will be kept. There will be no overtime periods.
- All rosters must be USA Hockey official.
- Coaches & Managers:
 - 2 coaches per team is recommended. One on the ice with the team and one on the bench
 - Each team is responsible for having a coach available to assist on the ice for each game.
 - Coaches are required to make every effort to ensure EQUAL ICE TIME for all Icebreaker participants and there is to be no shortening of the bench.

- Any bench personnel having been ejected from a game, for any reason, will be automatically suspended for a minimum 1 game and subject to further review for possible expulsion from the tournament. **INAPPROPRIATE BEHAVIOUR, CONDUCT OR LANGUAGE WILL NOT BE TOLERATED**

Discipline:

- Should any player(s) or any team(s) willfully damage property in the facilities or rink, all costs for repairs or replacements shall be borne by the team(s) concerned. Arrangements for restitution shall be made immediately with the rink management.
- Infractions of the above rules will be given to the tournament director for a ruling for possible disqualifications from the tournament.

Locker Rooms:

Limited locker rooms will be available, assignments will be posted the day of.

Hosted by Cheyenne Capitals Youth Hockey Association www.cheyennehockey.com

