



Hudson Valley Rules 2026

Roster Notes

- All players must complete waiver to participate in the tournament. Waiver is due before the start of your first game.
- Players are not allowed to double roster unless communicated with tournament director and approved before the tournament starts. Teams found in violation of this rule will be disqualified and deemed a loss. In the event the team in violation loses, the final score will remain. In the event the team in violation wins, score will reflect a 1-0 loss for team in violation. Double rostering is capped at 4 players per team.
- In case of forfeit, score will reflect a 1-0 loss for forfeiting team.
- No more than 3 coaches are allowed on the sideline

Game Rules

Duration:

- Two, 21 minute halves, 2 minute halftime. All games are running clock and will start and end on central horn under all circumstances. Exceptions will be made that involve serious medical attention.

Format:

- 2030-2036: 10v10

Timeouts:

- One 45 second timeout per game. No timeouts last two minutes of games. If timeout is underway during two minute warning, the timeout is over and play resumes. No timeouts during brave heart.



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Penalty Time:

- All penalties are time and a half due to running clock.
- Penalty time is kept by score keeper. Penalty time stops during timeouts. Penalty time does not start until player takes knee in box and referee resumes play.
- 2034-2036: No man down penalties, but players who commit fouls will leave the field and will need a sub. Player in violation may not return to the field until the next whistle or dead ball. If a player commits 3 fouls, they are out for the remainder of the game.

Long Poles:

- 2036: No Long Poles allowed.
- 2035 and older: Max 4 Long Poles on the field (52" - 72")

Goal Differential

- Max score differential per game is capped at 10.

Pool Play:

- There is no OT in pool play games. Teams are awarded 5 points for W, 2 points for T, 0 points for L. In playoff games, 3v3 plus goalie brave heart will begin. One player (typically goalie) must stay back on defense for brave heart.
- Penalties carry over into OT. Penalties can be called in OT and will be served as normal.
- No substitutions allowed in brave heart except in case of injury for team that is injured.



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Tie Breakers in Pool Play:

1. Points
2. Head to Head
3. Goals Allowed
4. Goal Differential
5. Goals scored

Tie Breakers Among Division (applicable when bracket is advanced among entire division)

1. Points
2. Head to Head
3. Goals Allowed
4. Goal Differential
5. Goals Scored
6. Pool Place

Faceoffs

- To start game, halftime, OT and after every goal. If a team is down by 10 goals or more, that team starts with possession at the midline after each goal scored until differential is less than ten.
- 2034-2036 - After faceoff, one (1) pass attempt is required before a shot on goal

Goalie Crease Time:

- 2034-2036: 10 seconds
- 2033 and older: 4-second crease count

Advancing:

- 2034-2036: No counts
- 2030-2033: 20 seconds to advance the ball over midline

Final Two Minutes:

- 2034-2036: Not enforced
- 2030-2033: NFHS



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Body Checks and One Hand Checks

- 2034-2036: Some body contact allowed, but body checking is illegal. Limited stick checking, with only lift checks, poke checks and stick checks below an opponent's shoulders
- 2030-2033: One handed stick checks are legal. Body checking legal, but no take-out checks.
- No take out checks or defenseless player checks allowed at any level

Boys Over and Back:

- 2034-2036: Not enforced
- 2033 and older: Enforced



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Weather Policy

- US Lax Events has the right to shorten games, finalize games due to future weather, reschedule games, and finish games before inclement weather arrives.
- Every attempt will be made to update cancellations on the Tourney Machine website.
- Once the first whistle has begun there will be no refunds for lost games that result from the weather. Once the first game of the tournament has begun (first whistle rule), no refunds of any kind will be issued.

Refund Policy

- If tournament is cancelled two (2) weeks or longer prior to the scheduled start of the tournament. Full refund less \$25 administration fee.
- If tournament is cancelled between one (1) week and the scheduled start of the tournament. Refund will be 75% of tournament fees paid.
- If team drops out (2) two or more weeks before the event starts, a full refund minus \$50 processing fee will be processed. Start time for each event is 7AM.
- If team drops out inside of (2) weeks from the start of the event, no refund will be processed.

Conduct Policy

- Only head coaches can address officials.
- Head coaches are responsible for their players, parents, and fans.
- US Lax Events has the right to remove any coach, player, or fan from the tournament.
- Derogatory language, taunting, fighting, or unsportsmanlike behavior will not be tolerated.
- Please instruct your parents not to come to the event HQ. Only coaches and directors should approach the HQ tent for problems.

ALL RULES ARE AT THE DISCRETION OF THE TOURNAMENT DIRECTORS