

2026 Charlie Murphy Tournament Girls Rules & Weather Policy

Hudson Valley Girls' Youth Lacrosse Rules for 2026

2026 US Lacrosse Youth Rules apply with the following modifications:

General:

Fields can be of non-regulation size. Corners, substitution box and restraining line should be marked with cones. (This HELPS our officials! Please make every effort to mark the area).

Officials do not need to do a pre-game stick check. All coaches are required to confirm players sticks are legal. Stick checks are recommended at the 7/8 level. (No boys sticks allowed at any level).

Game Time: Game time: 25 minute running time with no timeouts.

Equipment: Players must wear protective eyewear. A mouthpiece is required at all times and must cover the upper jaw/teeth. Goalkeeper is required to wear a helmet with a face mask, separate throat protector, chest protector, pelvic protection with hip and thigh pads, goalie gloves and padding on the shins.

General Playing Rules:

1. Stick Checking: There is absolutely no checking at the 3/4 level. At the 5/6 and 7/8th grade level, checking is only permitted below the shoulder.
2. The game will begin with a DRAW. A free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. (ALL Levels)
3. 3/4 Level only will be playing 8v8 (7 field players and a goalie)
4. 3/4 level will require 2 passes for the offensive team before going to goal.

5. FOULS:

1. No checking (3/4 grade). (Major foul)
2. Modified checking (5/6 and 7/8 grade). (Major foul if checking occurs above the shoulder)
3. Three Second Defensive Rule

A player may not hold onto the ball for more than 3 seconds when closely guarded/ marked and the defense has both hands on her stick and is in position to legally check if checking were allowed. (All levels). Please note: The defender MUST have two hands on the stick at least a stick length away when guarding/marking the player with the ball. The offensive player must switch hands (to cradle the ball on the opposite side of the body away from the

defender) pass or shoot within the 3 seconds or the whistle is blown, the defense is awarded the ball and the player must go 4 meters away. (THIS IS THE USLACROSSE YOUTH 3 SECOND RULE THAT WAS PUT INTO PLACE IN 2006 – It is meant to teach good defensive positioning and offensive stick skills. You will need to teach your players to switch hands, pass or shoot when the Defense is Defending the ball stick side).

Charlie Murphy Lacrosse Jamboree

Weather Policy

In the event that we experience thunder or lightning during either day of the lacrosse tournament we will follow these guidelines below:

- If thunder is heard or lightning is seen, all games will immediately be suspended for 30 minutes. Considering games are 25 minutes long, the current game being played will be cancelled.
- All players will be directed to their cars or other appropriate shelter.
- We will continue to assess the situation, but each time we hear Thunder or see Lightning we will extend our delay 30 minutes.
- We will commence with games as soon as possible. No games will be made up

Coaches or a team representative should stay in contact with the registration tent with regard to any/all information relative to the re-start of game play.