2026 Sagebrush Winter Warm-Up Tournament Rules

Roster Rules

- Players may not be rostered on multiple teams, including teams within the same club, unless approved in advance by the Tournament Director. Exceptions may be granted for roster shortages, competitive balance, or to maximize participation. No schedule accommodations are guaranteed for double-rostered players. Participation in both REC and Travel Team divisions requires express approval.
- Players may not play down into a lower age or grade division unless approved in advance by the Tournament Director. An unapproved older player participating in a game will result in a 0–1 forfeit if that team wins, and the team will be ineligible for playoffs. Exceptions will be evaluated with player safety and competitive balance in mind.
- All players must be registered to their team through sagebrushlacrosse.com before participating unless otherwise expressly authorized by the Tournament Director.

Tournament Director Authority & Exceptions

The Tournament Director reserves the right to interpret, modify, waive, or grant exceptions to tournament rules and administrative requirements when deemed appropriate, including roster eligibility, division placement, double rostering, and scheduling or operational circumstances. Requests will be considered on a case-by-case basis. All exceptions require prior approval and do not establish precedent. Decisions of the Tournament Director regarding tournament administration, eligibility, rule interpretation, and exceptions are final. Exceptions do not override applicable law, mandatory player-safety requirements, or officials' on-field safety authority.

Score / Time Keeping

- Table will keep Score, Penalty Time, and Game Time (playoff/consolation games).
- Coaches are required to sign scorecard after each game.
- Decisions on the field will be the final ruling. Tournament Director has the final say in any dispute regarding tournament administration.

Pool Play/Consolation Game Rules

- 2 - 21 Minute Running Halves
- 3 Minute Halftime
- No Timeouts / No Overtime

Playoff Game Rules (does not apply to consolation games on Sunday)

- 2 - 21 Minute Running Halves
- 3 Minute Halftime
- Teams allowed one 1 Minute Timeout (clock will stop, not allowed in OT)
- Overtime will begin after a 1 minute break; sudden victory.
- Injuries
  - Any injury within 2 minutes and under that requires the game to be stopped: the clock stops with the injury.
  - Any injury with more than 2 minutes remaining when the game is stopped: a maximum of 1 minute will come off the clock to assess the injury before the clock is stopped.

Standings Criteria — Tie Breakers

- a. Head to Head
- b. Goals Against Total
- c. Goal Differential (limit 6 max)
- d. Coin Toss

Game Rules

We will follow NFHS/USL/WSLA rules; please note the items specifically called out below:

- Alternate Possession - Pool Play (top team listed), Playoff/Consolation (highest seed, top team if same seed)
- Any player who receives a red card will sit out for the remainder of the game and the following game.
- Any player who accumulates 2 yellow cards will sit out the remainder of that game. That player is allowed to play the remaining games in tournament.
- A team that accumulates 4 yellow cards in a game will play down 1 player for the duration of the game.
- Stick Checks can only be made at the officials' discretion.
- Checking Rules
  - HS will play full checking
  - 7/8th AA division will play full checking
  - 7/8th A & AA division will play transitional checking
  - 5/6th A & AA division will play modified checking
  - 3rd/4th will play no checking
- Contact Rules
  - 3/4th: No Contact
  - 5/6th: Body-to-body and Stick-to-body contact that does not displace or disadvantage opponents allowed
  - 7/8th: HS Contact Rules
  - HS: HS Contact Rules
- Self Start applies to all ages
- Free Movement applies to all ages
- Penalty zone applies to all ages; teams will play out the 8m free positions even if time has expired
- 3rd/4th Rules
  - 8v8 include goalies
  - 6X6 goals
  - On Draw, offense and defense must start below the 8 M, and Midfielders will start with one foot on the sidelines. Cannot release from the 8M until possession is gained from draw.
  - Draws will occur to start each half and after each goal
  - No checking and 3 seconds closely guarded applies
  - One pass attempt is required prior to shooting. Dumping the ball from one stick to another does not meet this requirement. For flip passes the ball must rise above passers head to satisfy one pass attempt.
  - 6 goal mercy rule, losing team can elect to start with the ball at midfield line

– Upon receiving a card player is removed from play, but the team does not have to play down a player

Coach & Director Expectations

As a Coach/Director, I understand that:

- All of my players must be registered/paid prior to stepping foot on the field unless an exception has been expressly approved by the Tournament Director. Any player not registered/paid or otherwise authorized will not be permitted to play.
- Eligibility requirements, including age, previous level of participation, and team transfers, must be followed unless an exception has been expressly approved by the Tournament Director in advance. These rules promote participation, fair play, and safety.
- I should always demonstrate positive behavior and reinforce these traits to players, parents, officials and spectators. Players should be encouraged by coaches to demonstrate positive behavior and respect for teammates, opponents, officials and spectators.
- Spectators will be informed that positive behavior is required at all events and they should not get involved in any on field disputes.
- My first priority is the health and safety of the players assigned to my team.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels, never on the field of play or in view of spectators or participants.
- The use of profanity or vulgar language is unacceptable.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.