

2026 Sagebrush Winter Warm-Up Tournament Rules

Roster Rules:

- Players cannot be rostered on two different teams, even with the same club. If a program is short players and needs to swing a few players for the sake of getting on the field, any players swinging must be approved by the Tournament Director before being double rostered. No schedule accommodations will be made for this reason. Players will not be approved to double roster for REC and Travel Team Division.
- Players may not play down for any reason. If it is determined that a team had an older player participate in a game, the game (if won) will result in a 0-1 forfeit. The team with older players will become ineligible for the playoffs.
- All players must be registered to their team through sagebrushlacrosse.com

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.

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 Minutes Running Halves
- 3 Minute Halftime
- Teams allowed one 1 Minute Timeout (clock will stop, not allowed in OT)
- Overtime - will begin after 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 below items specifically called out:

2. Alternate Possession - Pool Play (top team listed), Playoff/Consolation (highest seed, top team if same seed)
3. Any player who receives a red card, will sit out for the remainder of the game and the following game.
4. 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
5. A team that accumulates 4 yellow cards in a game will play down 1 player for the duration of the game.
6. Stick Checks can only be made at the officials discretion
7. Checking Rules
 - a. HS will play full checking
 - b. 7/8th AA division will play full checking
 - c. 7/8th A & AA division will play transitional checking
 - d. 5/6th A & AA division will play modified checking
 - e. 3rd/4th will play no checking
8. Contact Rules
 - a. 3/4th: No Contact
 - b. 5/6th: Body-to-body and Stick-to-body contact that does not displace or disadvantage opponents allowed
 - c. 7/8th: HS Contact Rules
 - d. HS: HS Contact Rules
9. Self Start applies to all ages
10. Free Movement applies to all ages
11. Penalty zone applies to all ages, teams will play out the 8m free positions even if time has expired
12. 3rd/4th Rules
 - a. 8v8 include goalies
 - b. 6X6 goals
 - c. On Draw, offense and defense must start below the 8 M, and Midfielders will start with one foot on the sidelines. Can not release from the 8M until possession is gained from draw.
 - d. Draws will occur to start each half and after each goal
 - e. No checking and 3 seconds closely guarded applies
 - f. 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.
 - g. 6 goal mercy rule, losing team can elect to start with the ball at midfield line
 - h. 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. Any player not registered/paid will not be permitted to play.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, and team transfers, have been established to encourage and maximize participation, fair play and to promote safety. See Tournament Rules.
- 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.