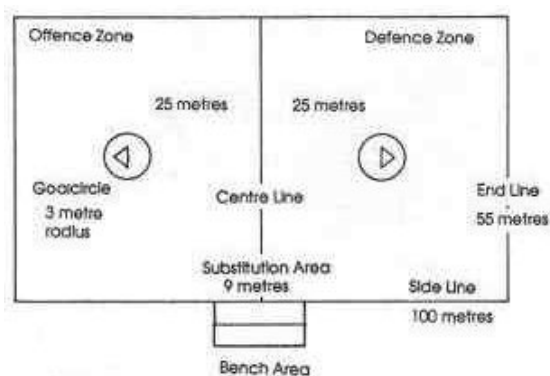


Sofcrosse

This game is a variation to lacrosse. The modifications occur to make the games non-contact and to use sticks with plastic scoops (Sofcrosse sticks) rather than netting. Goals are preferred but some schools use a successful catch behind end lines as a means of scoring and dispense with a goalkeeper.

THE TEAM

1. Teams may range from a minimum of 6 players depending on the size of the field and number of students to be included.
2. Players are allocated attacking, midfield, defensive or goalkeeping roles (which should rotate during the game). The greatest number of players operate as midfielders eg in a team of 8 there are 2 defenders, 3 midfielders, 2 attackers and 1 goalie.
3. If a player does not observe the correct attack/defence ratio on the field then the player is deemed to be offside and the team loses possession.



THE FIELD

Field size can vary from half a soccer field to dimensions shown below.

Goals are 1.2m square with netting at rear pegged 1m behind goal.

EQUIPMENT

1. A Sofcrosse ball is soft and spongy, unlike that used for lacrosse or modcrosse which is a rubber compound ball.
2. Sticks are different colours to identify teams.
3. Goalies must wear protective gear – gloves, helmet, chest and groin protectors.

THE GAME

1. Games are played with 4 x 10 – 15 minutes quarters, with 2 minute breaks between quarters and a 5 minute half time.
2. Substitutions can occur at any time during the game and must take place off the field and through a designated substitution area (see diagram).
Players coming onto the field must observe the attack/defensive placement of players and rotation of roles is strongly recommended at the quarter changes.
3. No body or stick contact is allowed.
4. Both hands are on the stick when playing the ball.
5. The ball can only be carried for 4 seconds and thrown before the count reaches 4 (Count:

1001....1003,1004)

6. Only two opposing players may contest a ground ball. If another player joins in then the team with only 1 contesting player takes possession.
 7. The ball cannot be trapped by the scoop.
 8. The stick cannot be used to back scoop the ball – attempts to pick up the ball must be propelled forward.
 9. Teams win a toss to start a game and each quarter teams alternate first possession. The game starts in the defensive half of the field (with the goalkeeper). From the start there must be at least two passes before a goal is scored.
 10. Defenders retreat 3m for start of quarters and loss of possession. All other defending situations require 1m clearance with defenders' sticks as vertical as possible and players facing each other.
 11. Only the goalkeeper may use a hand to protect the goal but may not catch the ball.
 12. The line is deemed out. Balls crossing the line - after a shot on goal go to the closest defending player, in general play go to team not in possession.
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