

# School Sport SA Modified SofCrosse

## Modification

SofCrosse is a modified form of the game of lacrosse.

The modification for the School Sport SA format of the competition will be 5 players on the field.

Competitions can be single or mixed gender teams as the district or zone decides.

The field should be no smaller than 50m x 25m, preferably 60m x 30m. The center line must be clearly marked.

See the following video for a quick summary of how to play the game.

<https://www.youtube.com/watch?v=qhRtb9sQiH0>

## Rules

1. No stick checks or stick contact
2. No body contact. Any over-guarding (stick past vertical) rough, deliberate contact or aggression.  
PENALTY: Free Throw
3. Only one player from each team may contest the ball
4. No 'hockey hitting', or covering (caging) of the ball. Drawback is ok
5. The stick cannot be used to interfere with or obstruct another player
6. There is no goal keeper in SofCrosse. Players may not 'goal tend' or guard the goal.  
If possible use a Pug goal  
Players are not allowed to stand within 1.5m (one arm's length) of goal face (inside markers)  
Players are permitted to stand to the side and reach or block with their sticks.  
PENALTY: If player has interfered with clear goal, the goal is awarded  
If the shot would have missed possession is maintained by attacking team because of goal tending
7. Players may kick the ball once during ground level contest
8. Players must keep two hands on the stick at all times when contesting the ball
9. There must be 3 thrown passes / possessions before the team can shoot a goal. Any touch or catch by the opposition team cancels the count
10. Players may have possession of the ball for 5 seconds only.
11. Loose or contested ball. When competing for a ground ball or pass, only one player from each team may contest simultaneously for possession of the ball.  
PENALTY: Free Throw if 2 players from the same team contest (reach) for the loose ball.
12. After a goal is scored, the non-scoring team takes the center pass for a restart of play. This is to be an immediate pass, no running / playing on.
13. Players are permitted to run as far as they like with the ball, provided they maintain possession for no longer than 5 seconds and do not run into an off-side position.
14. The team will be considered to be in an offside position if they have less than two players in their Offensive or Defensive ends.
15. If the ball goes out of bounds, the opposition teams takes a pass from the boundary line. No running / playing on. When goal shot is missed and the ball continues out of bounds, the player from defending team is awarded a standing free throw.
16. Centre pass and free throw: When a player is commencing play or awarded a free-throw, all opponents must be at least 4m distance from the player.
17. The 'mercy rule' shall apply after a team has established a lead of 10 goals.  
The leading team must pass the ball four times before attempting a shot on goal.  
If the lead extends to a 15 goal difference, leading team must pass ball five times before shooting.



18. Interchange: Players can be moved or interchanged at any stoppage of play, however no more than 5 players are permitted on the ground at any one time. There is no limit to the number of player changes.

### Intra-school competition

Schools are encouraged to run an internal competition at their site to determine their top team/s. This could be done during lunch breaks, through a SEPEP (Sport Education in Physical Education Program) unit or another format determined by the school.

### Suggested district/zone Carnival Format

Games are 25 minutes in length (10 minute halves, 5 minute half time). Central timing. 5 minutes between games.

Round	Time	Field 1	Field 2	Field 3	Field 4
1	9.30				
2	10.00				
3	10.30				
4	11.00				
5	11.30				
LUNCH	12.00				
6	12.30				
7	1.00				
Finals	1.30				
	2.10	PRESENTATIONS			