



PRIMARY SCHOOL LACROSSE RULES (SOFCROSSE)

COMPETITION RULES

Primary school lacrosse rules emphasise Non-contact rules which put emphasis on skill development and team play necessary to pass the ball before a shot on goal. Finals for boys/open teams and girl's teams will be conducted. Districts conducting summer or winter sports fixtures or round robin competitions should advise Lacrosse Victoria by November 8th, naming the winning teams who qualify to compete in the finals.

SKILL DEVELOPMENT

Play should be continuous with players throwing, catching or scooping up the ball. Players should be encouraged to have both hands on the stick when playing the ball: Referees should penalise the following practices by awarding a free throw to an opposing player from the position where the offence occurred.

- Touching the ball with their hand
- The "draw back" pick up in a contested situation.
- Trapping the ball
- Batting the ball
- Kicking the ball
- Over-guarding (blocking beyond the vertical position of the defence stick)
- One hand on stick (encourages warding off an opponent)

FIELD DIMENSIONS

A rectangular field of either 50-60 m x 30-35 m, divided by a halfway line and with a goal circle of 3 metres radius approximately 10 metres from each of the end boundary. Each goal should be located centrally within the goal circle.

EQUIPMENT

The Sofcrosse sticks (moulded plastic pockets) should be used. Each team should use sticks of the same colour if possible to assist identification by the referee.

A soft ball is used.

Pop up goals of approximately 1m (Same as Soccer goals). Goals can only be scored from the front of the goal line.

Uniform – players should wear identically coloured tops and shorts/skirts – preferably with tops individually numbered.

GAME DURATION

For afternoon inter-school competition, 4 x 10 minute quarters with 2 minute breaks at each quarter time and a 5 minute break at half time.

Round Robin – each game consists of 15 minutes. This timing may be varied to suit tournament conditions.

No time outs.

TEAM SIZE

7 players on the field, this consists of 2 attack, 3 midfield and 2 defence. 10 players per team are recommended, but there should be no more than 13 players per team. Players can be substituted on and off the field at any time, leaving or entering the field near the junction of the sideline and the centre line on one side of the field.

A team is “off side” if it lacks 2 players in either half of the field (whether in attack or defence).

If the team in possession of the ball goes off side, the offending team loses possession. If the offending team is on defence, the player is put back 'on sides' and a free throw is given to the team with the ball.

STARTING THE GAME

Decide ends and award possession to one team. Commence play with a stationary pass from the centre line. Alternate the teams at the start of each quarter or half. After each goal, the non-scoring team commences play from the centre line.

POSSESSION

A player should not retain possession of the ball longer than 4 seconds. Call 1, 2, 3, 4, then whistle.

A team in possession needs to complete 3 passes over the whole field before a shot on goal is called. If the ball is deflected by an opposition player, the counting of passes continues, as long as the offensive team remains in possession of the ball.

NO CONTACT

Intentional body or stick contact is not permitted. Deliberate contact, over guarding, aggressive or non-sporting play should be penalised by dismissal from the field. Vertical stick block is permitted.

OUT OF BOUNDS & AFTER A SHOT

Possession is awarded to the opponent of the team who last touched the ball except after a shot on goal when possession is awarded to the closest player to the ball when it crossed the boundary. The player taking possession for a boundary throw-in can commence play with a pass or by running.

ROLL IN

When the referee is uncertain about the player to be awarded a throw-in or when play becomes too congested, the referee can take a player from each team, place those players side by side facing the referee at a distance of 4-5 metres, roll the ball between the players. All other players should be 4 metres clear of this play.

ONE ON ONE PLAY

When competing for a ground ball or a pass, only one player from each team should be involved. Where 2 players from the same team compete simultaneously for a ball, possession is awarded to the opposing team.

NO GOAL TENDING

There is no goalie in Primary school/Sofcrosse; no player is allowed in the goal circle during play. If the ball lies in the goal circle, the referee will direct the closest defender to collect the ball for play to recommence.

If, to block a shot on goal, defenders fall back and line the circle, a free throw is awarded the attacking team (approximately 10m wide from the goal mouth) who can run and shoot on goal or pass.

CENTRE PASS AND FREE THROW

When a player is commencing play from the centre of boundary line or after being awarded a free-throw, opponents must be at least 4 metres distance from the player.

ADVANTAGE

If the non-offending team would be penalised by stopping play to award a penalty free throw, "Advantage" will be called by the referee.