

The Basics of Sofcrosse

Field size: 100m x 55m.

Equipment: Classic Sof-Crosse Set, 2 x Hockey Goals.

1. No stick checks, stick contact or body contact.
2. Only one player from each team may contest the ball.
3. The stick cannot be used to interfere with or obstruct another player.
4. Players may not 'goal tend' or guard the goal. No players are allowed to stand within 1.5m of the goal (Goal Circle).
5. Players must keep two hands on the stick at all times when contesting the ball.
6. There must be 3 thrown passes before the team can shoot a goal. Any touch or catch by the opposition team cancels the count.
7. Players may have possession of the ball for 5 seconds only.
8. Players are permitted to run as far as they like with the ball, provided they maintain possession for no longer than 5 seconds.
9. If the ball goes out of bounds, the opposition teams takes a pass from the boundary line.