

## **SOFT CROSSE – Mixed**

**Warm up prior to participation and warm down upon conclusion.**

**It is “strongly” recommended that appropriate protective equipment be worn during play.**

**Keep hydrated**

- 1 There must be at least two players of each sex on the field at all times. Teams consist of 6 players (**General Rule 1.1, 1.2 & 1.3 apply**)
- 2 Standard soft Crosse rules apply.
- 3 Play begins with a “face-off” between one player from each side.
- 4 When a player has been awarded the ball for any reason, no opposing player may take a position closer to him than 4 metres.
- 5 A free play shall not take place closer to the goals than 18 metres in any direction.
- 6 A player may check an opponent's Crosse with his own Crosse, provided that the opponent has possession of the ball or the opponent is within 3 metres of a loose ball.
- 7 There is no off-side.
- 8 Players must have 5 passes before a shot on goal is allowed.
- 9 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins).

### **Equipment**

SportsFest Supply all Gear

Competitors to have own personal safety equipment