

MODCROSSE – RULES OF PLAY

1. GAME CONCEPT

Modcrosse is a team game played with a crosse and soft sponge rubber compound ball and is a minimal contact sport.

2. TEAMS

A team consists of an unlimited number of players with a maximum of eight players on the field at any one time. Each team of eight players shall be designated as follows:-

- One Goalkeeper
- Two Defence Players
- Three Midfield Players
- Two Offence Players

3. GAME OBJECT

The object of the game is to outscore your opponents. Goals are scored by gaining possession of the ball in your crosse, carrying the ball or passing the ball to other team players and by throwing the ball through the face of the goals. The ball may not be touched with the hand except by the goalkeeper within the goal circle.

4. GAME DURATION

The duration of the game is four by 15 minute quarters with a 2 minute break at the end of the first and third quarters and a 5 minute break at half time.

5. EQUIPMENT

The crosse/stick is a standard mens field lacrosse stick with a maximum length of 1.5m. Only one stick wider than 25cm, to be used by the goalkeeper, is allowed on the field for each team.

The ball shall be soft sponge rubber compound as approved by the Australian Lacrosse Association (ALA).

The goalkeeper shall wear approved helmet and chest pad – other players shall not wear protective equipment.

6. FIELD OF PLAY

The field of play is 74.86m by 32.01m. The goals are located 27.43m either side of the centerline and midway across the width of the field. Flag or cone markers should be placed at the four corners, at the centerline opposite the substitution area and at the extremities of the substitution area.

7. THE GOAL

The goal is a square frame of inside dimension 1.2m by 1.2m covered with a net.

8. OFFSIDE / ONSIDE

Each team shall retain 3 players (one of which must be the goalkeeper) in their defensive half of the field and 2 players in their offensive half of the field at all times to remain onside. The number of players is more important than the positions those players adopted.

9. OFFICIALS

The game shall be controlled by one or two Referees (preferably two) who are encouraged to talk to the players, explain any rule infringements and generally to encourage their efforts.

10. CHOICE OF ENDS

Prior to the start of the game the two captains shall call the toss of a crosse to determine the goal each will defend in the first quarter – thereafter at each interval the teams will change ends.

11. INITIAL POSSESSION

The team winning the toss shall have possession of the ball for the commencement of the game – possession for the other three quarters shall alternate. The ball needs to be passed at least once before a shot on goal can be taken.

12. POSSESSION CHANGE AFTER A SCORE

After the scoring of a goal, possession of the ball will go to the team against whom the goal was scored, possession to be taken in the defensive half of the field at the centerline. Play will restart on the whistle. The ball needs to be passed at least once before a shot on goal can be taken.

13. SUBSTITUTION

Substitution of players may take place at any time during the game subject to the following:

- Substitution must take place off the field, ie. the player entering the field must wait for the departing player to vacate the field, and
- Substitution to take place through the designated substitution area, and
- The provision of Offside / Onside (Rule 8) is to be observed during substitution.

14. PENALTIES

If an infringement of the rules occurs the non offending team gains possession of the ball.

15. POSSESSION AFTER A PENALTY

When a penalty is awarded the non offending team shall take possession where the infringement was made, except that no free throw may be taken within 15m from the goal circle.

Where an infringement has occurred within 15m of the goal circle, possession shall be taken laterally across the field from the point of the infringement and at least 15m from the goal circle.

The ball needs to be passed at least once before a shot on goal can be taken.

16. BALL OUT OF BOUNDS – GENERAL PLAY

When the ball goes out of bounds in general play the ball is awarded to the team opposing that team whose player last touched the ball before it went out of bounds. A ball is out of bounds when it, or any player in possession, touches the boundary line or any part of the field outside the boundary line.

17. BALL OUT OF BOUNDS – GOAL SHOT OR DEFLECTED GOAL SHOT

A ball going out of bounds as a result of a goal shot (called ‘shot’ by the Referee), regardless of whether the ball has been touched by any player, will be awarded to the team whose player is closest to the ball when it crossed the boundary.

18. TWO PLAYERS ONLY

Only one player from each team may compete for possession of a loose ball, a third or subsequent player may not intervene.

19. FOUR SECOND CARRY

A player must dispose of the ball to another player within four seconds of gaining possession.

20. NO INTENTIONAL KICKING OF THE BALL

A player shall not intentionally kick the ball to gain advantage. Accidental contact by foot is allowed.

21. HAND CONTACT WITH THE BALL

No player other than the goalkeeper inside the circle may contact the ball with the hand.

22. HAND CONTACT WITH THE BALL – GOALKEEPER

The goalkeeper may block or stop the ball with the hand but may not catch, hold or throw the ball.

23. GOAL CIRCLE RESTRICTION

No player other than the goalkeeper shall enter the goal circle at any one time.

24. GOALKEEPING RESTRICTION

Only one player shall act as a goalkeeper. The goalkeeper is restricted to the defensive half of the field.

All other defence players must be actively playing an opposition player and no defence player may act as a goalkeeper in addition to the designated goalkeeper. In the case of an infringement if it is deemed by the referee that it is safe to continue play the Advantage Play will be invoked. If the referee deems it is unsafe to continue play the game is stopped and defending players instructed to man up. The attacking team retains possession and play is restarted from the sideline boundary in line with the goal face.

25. OFFSIDE

A team going offside when in possession of the ball will lose possession. If the team that goes offside does not have possession of the ball the Referee will stop the game and place the offending team onside.

26. THREE METRE CLEARANCE

No player may be within 3m of an opposing player who has a free throw either as a result of a change in possession, bringing a ball back into play from boundary, restarting play after a quarter break or restarting play after a goal has been scored. On the whistle the player with the ball may pass or run.

27. NO FOLLOW THROUGH

A player in possession and passing the ball shall not follow through onto a opposing player.

28. NO BODY CONTACT

There shall be no body contact although unavoidable contact is allowed at the discretion of the Referee. The offending player shall be the player who initiates the contact by movement into another player.

29. NO STICK CONTACT

There shall be no stick contact although unavoidable contact is allowed at the discretion of the Referee. The offending player shall be the player who initiates contact.

30. CONTACT WITH THE GOALKEEPER

No opposing player may contact the goalkeeper or the goalkeepers crosse whilst the goalkeeper is within the goal circle, whether the goalkeeper has possession or not.

31. ADVANTAGE PLAY

If after an infringement in the offensive half of the field the non offending team retains possession of the ball with the potential to score, the Referee shall delay sounding the whistle until either:-

A goal is scored on the original play, or

The attacking team loses possession of the ball, or

The attacking team has lost the opportunity to score on the original play.

The Referee shall indicate such an infringement has occurred by the calling out "Advantage". After the play has been completed and the whistle blown, the penalty for the infringement must be applied.

32. RAKING BACK THE GROUND BALL

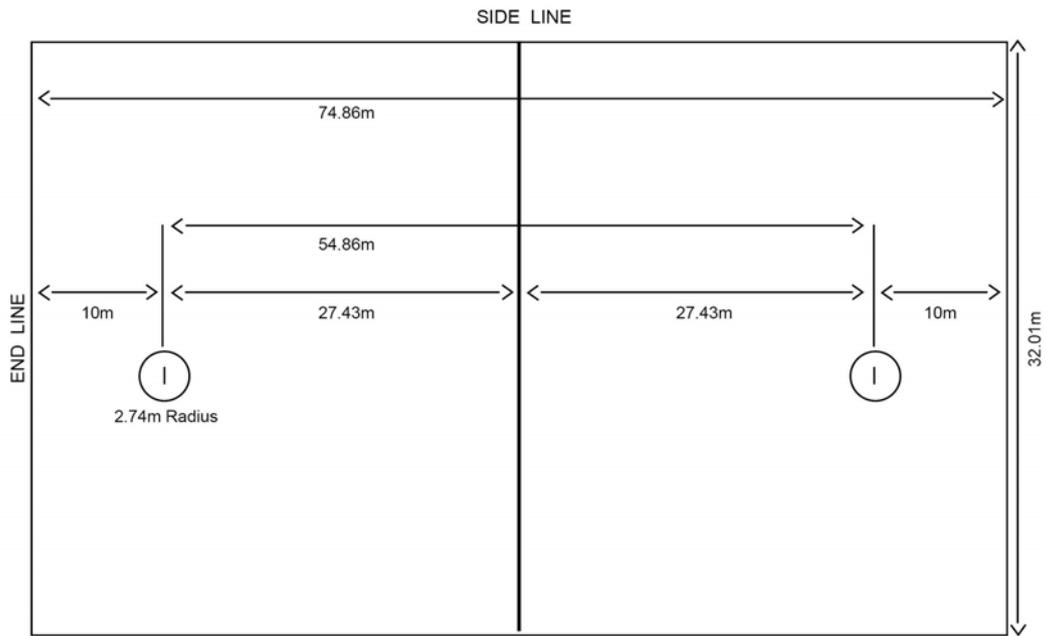
No player shall 'rake' the ground ball back into the stick. (Introduced for safety reasons so as to avoid the butt of the stick being drawn backwards into another players body.)

33. UNSPORTSMAN LIKE CONDUCT

No player, substitute, non playing member of a squad, coach or anyone connected with a competing team shall act in an unsportsman like manner and without limiting the generality of the unsportsman like manner such determination shall be left to the Referee.

Note: Referees are encouraged to report any misbehavior, dangerous or deliberate infringements to the relevant team coach for corrective action.

Modcrosse Field of Play



Two Modcrosse Fields Overlaying Lacrosse Field

