Activity scope
This document relates to student participation in Sof-crosse as a curriculum activity. Sof-crosse is a modified version of lacrosse. It is the first of two progressive games leading up to lacrosse: sof-crosse and mod-crosse. The modifications have focused on maintaining a safe environment for the game (which may be played indoors or outdoors) and on progressive skills development.

Minimum activity-specific qualifications for supervisors
- For a registered teacher, Competence (demonstrated ability/experience) in the teaching of sof-crosse, OR
- For a leader other than a registered teacher, Level One coaching qualifications from the Australian Lacrosse Association.

Minimum activity-specific equipment/facilities
- Ensure there is a clearance of five metres surrounding playing area if possible.
- Some suggested alternate controls where minimum boundary clearance is not met:
  o reduce the size of the playing field to achieve an adequate clearance zone
  o remove spectators/obstacles within the clearance zone
  o provide instructions to the officials/supervisors and players about the limited clearance zone
  o station supervisors near any obstacles within the clearance zone.
- Ensure drinks breaks occur every 30-60 minutes in all matches (every 30 minutes in conditions of extreme temperature).
- Use only ‘non-injurious’ boundary markers and improvised goals.
- Ensure if lacrosse, soccer or hockey goals are used, that they are firmly fixed.
- Use only a soft, small rubber ball for sof-crosse and mod-crosse.

Activity-specific hazards/risks and suggested control measures
- The playing area should be level and free from loose items, debris and hazards. Do not use slippery surfaces.
- Check equipment, including goal posts, before play. Equipment requiring repair should be removed from use. All cradles should be firmly attached to sticks.
- Ensure games are sufficiently spaced to prevent any equipment entering another playing area.
- Enforce the following rules and practices:
  o running distance for:
    ▪ sof-crosse: 5 metres and 5 seconds
    ▪ mod-crosse: 10 metres and 10 seconds
    ▪ lacrosse: unlimited
  o defence pressure for:
    ▪ sof-crosse: one-on-one only
    ▪ mod-crosse: two-on-two permitted
    ▪ lacrosse: unlimited
  o stick control for:
    ▪ sof-crosse: two hands always
    ▪ mod-crosse: one hand for attackers but two hands for defenders
    ▪ lacrosse: unlimited
• body contact for:
  ▪ sof-crosse: nil
  ▪ mod-crosse: into stationary shepherd/pick
  ▪ lacrosse: rule-specific for males and females
• sticks for:
  ▪ sof-crosse: hard cradle
  ▪ mod-crosse and lacrosse: nets.

• Enforce the rules regarding body and stick contact.

Useful activity-specific links

• Australian Lacrosse Association

• Federation of International Lacrosse
  http://www.filacrosse.com/

• Get Active Queensland Accreditation Program

Disclaimer:
This document is developed and distributed on this website by the State of Queensland for use by Queensland state schools. Use or adaptation of, or reliance on, this document or information in this document by persons or organisations other than the State of Queensland is at their sole risk. All users who use, adapt or rely on this document or any information in this document are responsible for ensuring by independent verification its accuracy, currency and appropriateness to their particular circumstances. The State of Queensland makes no representations, either express or implied, as to the suitability of this document or the information in this document to a user’s particular circumstances.

To the full extent permitted by law, the State of Queensland disclaims all responsibility and liability (including without limitation, liability in negligence) for all expenses, losses, damages and costs arising from the use or adaptation of, or reliance on, this document or any information in this document.

Links in this document to external websites are for convenience only and the State of Queensland has not independently verified the information on the linked websites. It is the responsibility of users to make their own decisions about the accuracy, currency, reliability and correctness of the information at these external websites.