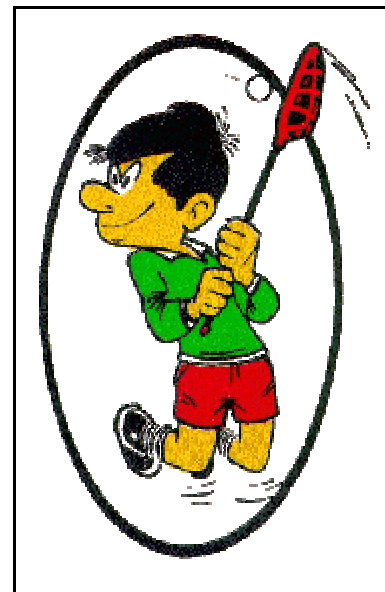


CONTACTS

If you are interested in trying out intercrosse or if you need more information you may contact:

INTERCROSSE

A new sport with an old heritage



HISTORY

Intercrosse originally comes from lacrosse, a game developed by Indians as war practice.

Lacrosse is a physical game where body-checking is allowed.

In the early 1980s a version

of lacrosse was developed which, as opposed to lacrosse, was played indoors and where

physical contact was not allowed. This sport was called intercrosse.

Intercrosse is built upon four values called MARC for short:

☐ **Movement**

It is not allowed to walk with the ball.

You must either run or stand still.

☐ **Autonomy**

You can, at anytime during the game, cover the ball in order to gain ball possession.

☐ **Respect**

Body- and cross contact is not allowed.

☐ **Communication**

Ball possession is limited to five seconds in order to improve the communication between the players.

RULES

The field

Intercrosse is played indoors on a field the size of a handball field (40 x 20 meters). In front of each goal is a half-circle shaped crease which cannot be penetrated by the attackers.

Equipment

The game is played with a stick called "cross". The cross is about 1 meter long with a kind of "bag net" made of plastic as a head. The use of protective eye glasses is also recommended. Apart from ordinary gym clothing this is the only equipment needed.

Goalkeepers wear protective pads over the chest, arms and legs as well as a helmet and gloves.

The teams

Intercrosse is always played mixed. The teams consist of up to twelve players and two goalkeepers. Substitutions are made on the fly during the game.

Times

A complete match consists of three 15 minute periods with a few minutes break in between.

During the game, each player is allowed to keep the ball for five seconds. Then he/she must either pass or shoot.

Covering the ball

Covering is allowed at any point during the game and guarantees ball possession to the player. If the ball is covered on the defensive side of the field the player may continue the game from the same spot. Otherwise, that is if the ball is covered on the offensive side of the field, the player must go to the sideline before he/she may continue.

Defence

The only method of defence is "man-to-man". Thus, "Zone defence" is not allowed. The defenders must hold their cross with both hands at all times during defensive play.

Miscellaneous

If one team passes the ball over the sideline, ball possession is given to the opposite team where the ball left the field.

If the ball is passed over the end line, ball possession is always given to the goalkeeper.