

= Box lacrosse =

Box lacrosse , also known as indoor lacrosse and sometimes shortened to boxla or simply box , is an indoor version of lacrosse played mostly in North America . The game originated in Canada , where it is the most popular version of the game played in contrast to the traditional field lacrosse game . It is played between two teams of five players and one goalie each , and is traditionally played on an ice hockey rink once the ice has been removed or covered . The playing area is called a box , in contrast to the open playing field of field lacrosse . The object of the game is to use a long handled racket , known as a lacrosse stick , to catch , carry , and pass the ball in an effort to score by ultimately hurling a solid rubber lacrosse ball into an opponent 's goal .

At the highest level , box lacrosse is represented by the Senior A divisions of the Canadian Lacrosse Association (Western Lacrosse Association of the British Columbia Lacrosse Association and Major Series Lacrosse of the Ontario Lacrosse Association) , and the National Lacrosse League (NLL) .

While there are thirty @-@ one total members of the Federation of International Lacrosse (FIL) , only fifteen have competed in international box lacrosse competition . Only Canada , Iroquois Nationals and the United States have finished in the top three places at the ILF World Indoor Lacrosse Championships .

= = History = =

Lacrosse is a traditional Indigenous people 's game which was first encountered by Europeans when French Jesuit missionaries in the St. Lawrence Valley witnessed the game in the 1630s . Lacrosse for centuries was seen as a key element of cultural identity and spiritual healing to Native Americans . It originated as a field game and was adopted first by Canadian , American , and English athletes as a field game , eventually settling on a 10 v 10 format .

Box lacrosse is a modern version of the game that was invented in Canada during the 1920s and 1930s . The roots of indoor lacrosse are obscure , but its invention has been attributed to one Paddy Brennan , a field lacrosse player and referee from Montreal , who , being annoyed by the constant slowing of play from balls going out of bounds in the field game , experimented with indoor games at the Mount Royal Arena during the early 1920s .

Joseph Cattarinich and Leo Dandurand , owners of the National Hockey League 's Montreal Canadiens in the 1920s , led the participating ice hockey arena owners to introduce the new sport . In the 1930s , 6 v 6 indoor lacrosse came to be played in the summer in unused hockey rinks . Canadians adopted the new version of the sport quickly . Eventually it became the more popular version of the sport in Canada , supplanting field lacrosse . This form was also adopted as the primary version of the game played on Native American reservations in the US and Canada by Iroquois and other Native peoples . , It is the only sport in which the American indigenous people are sanctioned to compete internationally , participating as the Iroquois Nationals . However , many field lacrosse enthusiasts viewed the new version of the sport with negativity .

The first professional box lacrosse games were held in 1931 . That summer the arena owners formed the International Lacrosse League featuring four teams : the Montreal Canadiens , Montreal Maroons , Toronto Maple Leafs , and Cornwall Colts . The league only lasted two seasons . In the wake of the original International Lacrosse League opened the American Box Lacrosse League featuring six teams : two in New York City , and one each in Brooklyn , Toronto , Boston , and Baltimore . The league played to small crowds on outdoor fields such as Yankee Stadium and Fenway Park , before closing midway through its inaugural season . Lacrosse was officially declared Canada 's National Summer Sport with the passage of the National Sports Act (Bill C @-@ 212) on May 12 , 1994 .

The first box lacrosse match conducted in Australia came about as part of a fund raising appeal for the Queen Victoria Hospital in Melbourne . The Victorian Lacrosse Association was approached by the appeal committee to stage a lacrosse match as part of a multi sport carnival at the Plaza (Wattle Path Palais) ballroom at St Kilda on 1 July 1931 . After a lightning six @-@ a @-@ side (outdoor)

tournament format was successfully carried out a few weeks prior , it was decided to play six @-@ a @-@ side for this exhibition game between MCC and a composite team from other clubs , with players wearing rubber shoes and using a softer ball for the match . Newspaper articles at the time suggest that the sport may have even been created in Australia , with P J Lally of the famous Canadian lacrosse stick manufacturing company requesting a copy of the rules of the game from the VLA Secretary . By 1933 , box lacrosse matches were being played in Adelaide , Brisbane , and Perth . This new version of the game however did not overtake the traditional version of lacrosse in popularity in Australia as happened in Canada .

The Canadian Lacrosse Association began sponsoring box lacrosse . In 1932 , the Mann Cup , the most prestigious lacrosse trophy in Canada , was contended for under box lacrosse rules for the first time . Previously , the national senior men 's lacrosse championship , awarded since 1901 , was competed for under field lacrosse rules . The Mann Cup is an annual tournament that presents the champion of the Western Lacrosse Association and Major Series Lacrosse in a best of seven national championship . A few years later , in 1937 , the Minto Cup , began being awarded under box lacrosse rules to the junior men 's champions . Currently the Canadian Lacrosse Association oversees the Mann Cup , the Minto Cup , the Presidents Cup (Senior B national championship) the Founders Cup (Junior B national championship) all under box lacrosse rules .

Briefly in 1939 , a professional box lacrosse league started up in California , called the Pacific Coast Lacrosse Association . This four team league also folded shortly after opening . Professional box lacrosse did not return to the United States again until 1968 when the Coquitlam Adanacs franchise played one Western Lacrosse Association season in Portland , Oregon .

A new professional indoor lacrosse league was created in the 1970s with the formation of the original National Lacrosse League . This league opened in 1974 with teams in Montreal , Toronto , Rochester , Syracuse , Philadelphia , and Maryland . For the 1975 season , Rochester moved to Boston , Syracuse moved to Quebec City , and Toronto moved to Long Island . Thus , by its second year , the original NLL was playing in all major league arenas : the Colisée de Québec , the Montreal Forum , the Boston Garden , Nassau Coliseum , the Spectrum , and the Capital Centre . When the two wealthier ' 75 NLL franchises , Philadelphia and Maryland , finished out of the playoffs , and with Montreal losing access to the fabled Montreal Forum in the upcoming season due to the 1976 Montreal Olympic Games , the league folded after two seasons due to financial uncertainty .

The rebirth of professional box lacrosse in the United States came on March 13 , 1986 , with the formation of the Eagle Pro Box Lacrosse League , which was incorporated by Russ Cline and Chris Fritz . The league originated with four teams : the Philadelphia Wings , New Jersey Saints , Washington Wave , and Baltimore Thunder , and unlike box lacrosse generally , was played during the winter . The league rebranded itself as the Major Indoor Lacrosse League (MILL) immediately after its second season , and in 1998 renamed itself again , this time to the NLL . In 1998 , the NLL entered into the Canadian market for the first time with the Ontario Raiders . Although 5 of the league 's 9 teams are based in American cities , more than two @-@ thirds of the players are Canadian .

= = Rules = =

= = = Players , equipment and officials = = =

During play , a team consists of six players : a goalkeeper and five " runners " . A runner is any non @-@ goalkeeper position player , including forwards , transition players , and defenders . When the sport originated teams played with six runners . However , in 1953 the sixth runner , a position called rover , was eliminated . Team rosters are typically a total of as many players as a team can carry . The goalkeeper can be replaced by another runner (often when a penalty has been signaled by the referee or at the end of a quarter) .

A player 's lacrosse stick must be between 40 inches (1 @. @ 0 m) and 46 inches (1 @. @ 2 m) in length (youth levels may use shorter sticks) . In most box lacrosse leagues , the use of a traditional

wooden stick is allowed . However , almost no lacrosse players use wooden sticks anymore , preferring aluminum or another metal , and a plastic head . In the NLL , wooden lacrosse sticks are not allowed . Besides a lacrosse stick , each player must also wear a certain amount of protective equipment , including a lacrosse helmet with facemask , lacrosse gloves , arm and shoulder pads , and back / kidney pads (rib pads , optional in some leagues) .

In some box leagues , especially the NLL , the five " runners " wear helmets specifically designed for box lacrosse . These helmets consist of a hockey helmet with a box lacrosse face mask attached instead of a hockey cage . Players who use these helmets often cite that they are lighter than field lacrosse helmets as the primary advantage .

During a typical game the number of officials can range from one to three , depending on the league and level of play . In most games there are at least two referees : a lead official and a trail official . In NLL games there are three officials per game .

===== Goaltender =====

The goaltender 's responsibility is to prevent the opposition from scoring goals by directly defending the net . Box lacrosse goaltenders equipment includes upper body gear (measuring no more than 3 inches (7 @. @ 6 cm) up and 5 inches (13 cm) out off the shoulder ? much larger than similar gear for field lacrosse or ice hockey goaltenders) , large shin guards that must measure no more than 11 inches (28 cm) at the knee , 9 inches (23 cm) at the top of the shin and 7 inches (18 cm) at the ankle , and a field lacrosse helmet or ice hockey goalie mask according to the rules set by the CLA for the 2012 season .

The 9 feet (2 @. @ 7 m) to 9 feet 3 inches (2 @. @ 82 m) diameter area surrounding the net is called the " crease " . Players except for the goaltender may not enter the crease while playing the ball . Punishments for crease infractions include a change of possession , resetting of the time @-@ clock , or a possible two @-@ minute penalty depending on the infraction . Opposing players may not make contact with the goaltender while he is in the crease . Once he leaves the crease , however , he loses all goaltender privileges .

Even as box lacrosse grows in the United States , the American goalkeeper is a rarity . The skills required to be a successful field lacrosse goaltender and a successful box lacrosse goaltender are very different and do not lend well to one another .

===== Defenders =====

A defender is a player position whose primary responsibility is to prevent the opposing team from scoring . Unlike in field lacrosse where some defensive players carry " long poles " (a lacrosse stick with a 5 feet (1 @. @ 5 m) shaft or handle) , all box lacrosse defenders play with a maximum 46 inches (1 @. @ 2 m) long stick . Defensive tactics include cross checking (where a player uses the shaft of his stick to push the opposition player off balance) , body checking (where a player makes contact with the opposition player in order to slow him down) , and stick checking (where a player makes contact with the opposition player 's stick in order to knock the ball loose) .

===== Transition =====

A transition player is a player whose responsibility is primarily to play during defensive situations with an offensive mindset . The goal of this player is to create fastbreaks and scoring opportunities .

===== Forwards =====

A forward is a player position on the field whose responsibility is primarily offensive . Typically , a forward is dominant throwing with one hand or the other , and will primarily play on that side of the floor . Some players , known as creasemen , do not focus on one side or the other . These players instead focus their offensive attention near the crease area in front of the goaltender .

== Playing area ==

The playing area of box lacrosse is typically an ice hockey rink during the summer months . The playing surface is usually the concrete floor underneath the melted ice . Generally the playing area is 180 feet (55 m) to 200 feet (61 m) in length and 80 feet (24 m) to 90 feet (27 m) in width . The NLL plays on artificial turf placed on top of the ice . Some leagues , and teams that have dedicated box lacrosse arenas (such as the Iroquois) , have outfitted their playing surface with artificial turf similar to the NLL .

Box lacrosse goal dimensions are traditionally 4 feet (1 @. @ 2 m) wide by 4 feet (1 @. @ 2 m) tall . In the NLL , the dimensions are slightly larger at 4 feet 9 inches (1 @. @ 45 m) wide by 4 feet (1 @. @ 2 m) tall . These nets are significantly smaller than field lacrosse nets which measure 6 feet (1 @. @ 8 m) wide by 6 feet (1 @. @ 8 m) tall .

== Duration and tie @-@ breaking methods ==

A traditional game played under the rules of the Canadian Lacrosse Association consists of three periods of 20 minutes each (similar to ice hockey) , with the teams changing ends each period . The NLL plays four 15 @-@ minute quarters rather than three periods . If the game is tied at the end of regulation play , a 5 @-@ minute overtime (15 in NLL) can be played . Overtime may or may not be sudden victory , depending on the league .

== Ball in and out of play ==

Each period , and after each goal scored , play is restarted with a face @-@ off . If a ball travels over the boards and outside of the playing area , play is restarted by possession being awarded to the opposing team to that which last touched the ball .

During play , teams may substitute players in and out freely . Sometimes this is referred to as " on the fly " substitution . Substitution must occur within the designated exchange area in front of the players bench in order to be legal . The sport utilizes a shot clock and the attacking team must take a shot on goal within 30 seconds of gaining possession of the ball . In additional , players must advance the ball from their own defensive end to the offensive half of the floor within 10 seconds (8 in NLL) .

== Penalties ==

For most penalties , the offending player is sent to the penalty box and his team has to play without him and with one less player for a short amount of time . Most penalties last for two minutes unless a major penalty has been assessed . The team that has taken the penalty is said to be playing shorthanded while the other team is on the power play .

A two @-@ minute minor penalty is often called for lesser infractions such as slashing , tripping , elbowing , roughing , too many players , illegal equipment , holding , or interference . Five @-@ minute major penalties are called for especially violent instances of most minor infractions that result in intentional injury to an opponent , as well as for fighting . Players are released from the penalty box when either the penalty time expires , or the opposition scores a goal (or three goals for the instance of a major penalty) .

At the officials ' discretion a ten @-@ minute misconduct penalty may be assessed . These are served in full by the penalized player , but his team may immediately substitute another player on the playing area unless a minor or major penalty is assessed in conjunction with the misconduct (a " two @-@ and @-@ ten " or " five @-@ and @-@ ten ") . In that case , the team designates another player to serve the minor or major ; both players go to the penalty box , but only the designee may not be replaced , and he is released upon the expiration of the two or five minutes . In addition , game misconducts are assessed for deliberate intent to inflict severe injury on an opponent . A

player who receives a game misconduct is ejected and may not return to play . Receiving two major penalties in a game will result in a game misconduct .

A penalty shot , where a player from the non @-@ offending team is given an attempt to score a goal without opposition from any defending players except the goaltender , may be awarded under certain circumstances . By rule , teams must have at least three runners in play . If a team commits a third penalty resulting in a " three man down " situation a penalty shot is awarded in favor of having the offending player serve in the penalty box . A penalty shot may also be awarded , at the referee 's discretion , if a defensive player causes a foul to prevent a goal (by throwing his stick , holding , tripping , or by deliberately displacing the goal , or a defensive player intentionally falls and covers a ball in his own team 's crease) . In the NLL , a penalty shot is awarded against any team taking a too @-@ many @-@ men penalty in the final two minutes of the game or overtime .

= = = = Fighting = = = =

Similar to fighting in ice hockey , fighting is tolerated in professional box lacrosse . Professional players are not automatically subject to ejection , but incur a five @-@ minute major penalty . In CLA (Canadian Lacrosse Association) play , players are assessed a five @-@ minute major penalty plus a game misconduct . Fighting in youth or club level box lacrosse is typically penalized with expulsion and suspensions . In 1990 , when the Six Nations created the new Mohawk lacrosse league , fighting was specifically targeted as unacceptable . Violators were ejected from the game in which the altercation occurred and given a minimum three game suspension .

= = International competition = =

Box lacrosse is the most popular version of the sport in the Czech Republic . It is also played to a marginal degree in Australia , primarily by players who have played field lacrosse . Club level box lacrosse leagues in the United States have increased the number of players exposed to the sport , including the : Baltimore Indoor Lacrosse League , the Philadelphia Box Lacrosse Association , and the Metro Area Box Lacrosse League .

The first ever world championship of box lacrosse , " The Nations in 1980 " , was staged in several arenas in British Columbia , Canada in July 1980 involving teams representing the United States , Australia , Canada East , Canada West and the Iroquois Nationals . Canada West (Coquitlam Adanacs) defeated the Iroquois in the nationally televised world championship game from Pacific Coliseum in Vancouver . This was the first time in history that Indigenous peoples of the Americas people represented themselves in an athletic world championship competition . In a spirited contest at the other end of the bracket , the USA defeated Australia for bragging rights .

The second international box lacrosse tournament was held in 2003 , with the inaugural World Indoor Lacrosse Championships . The competitors were national teams from Australia , Canada , the Czech Republic , the Iroquois Nation , Scotland , and the United States .

The 2007 Championships had eight nations participating , the previous competitors plus England and Ireland .

The 2015 WILC was hosted by the Onondaga Nation which marks the first time an international sporting event has been held on indigenous land . 13 teams competed in the championship : Australia , Canada , Czech Republic , England , Finland , Germany , Haudenosaunee , Ireland , Israel , Serbia , Switzerland , Turkey , United States .

Canada , Iroquois Nationals and the United States have won gold , silver , and bronze respectively in each of the World Indoor Lacrosse Championships held . Canada has yet to lose a international game in Box Lacrosse .

Other international tournaments have been played . Annually , the European Lacrosse Federation holds the Ale? H?ebesky Memorial tournament in Prague . This is the largest European box lacrosse tournament . In 2002 and 2004 , the Heritage Cup was played between the United States and Canada featuring mostly players that were members of NLL teams .

= = Women = =

Historically , box lacrosse has been exclusively a men 's sport . Women who played the sport of lacrosse typically played the more genteel women 's field lacrosse version . Recently , Ontario , Alberta , Minneapolis , Nova Scotia and British Columbia have established girls ' and women 's box lacrosse leagues .

During the 2003 NLL season , goaltender Ginny Capicchioni appeared in two preseason and one regular season game to become the only woman to make an appearance in the NLL .