

Title:

All About Box Lacrosse

Word Count:

415

Summary:

Box Lacrosse, also referred to as boxla or boxcrosse is an indoor version of outdoor field lacrosse.

Keywords:

box lacrosse, boxla, lacrosse, sport, sports, athletic, team, team sport, boxcrosse, field lacrosse

Article Body:

Box Lacrosse, also referred to as boxla or boxcrosse is an indoor version of outdoor field lacrosse.

Box Lacrosse is predominantly played in Canada during the summer months. Box Lacrosse started in the 1930s.

In Canada box lacrosse is more popular than field lacrosse from which it was derived. The rules are similar to field lacrosse.

The goal in box lacrosse is smaller than the goal in field lacrosse and the attacking team must shoot the ball into the goal.

Box lacrosse should not be confused with indoor lacrosse which is a newer version of the indoor game.

Professional indoor lacrosse combines the physical play of hockey with the high scoring, fast paced action of lacrosse.

The two indoor games have become increasingly similar in recent years with the primary difference being the goal size.

The age of indoor lacrosse is evident when discussions relating to the first World Indoor Lacrosse Championship are held.

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