

Box Lacrosse

From its origins as a training contest between Indigenous warriors, lacrosse has evolved with changes to equipment, rules, playing surface and number of players.

As interest in field lacrosse, Canada's most popular sport in the late 1800s, started to decline due to the competition from more spectator-friendly sports, dramatic changes were made, starting with the move indoors into hockey arenas.

Box lacrosse was born.

A professional league was launched in 1931 between the Montreal Canadiens, Montreal Maroons, Toronto Maple Leafs and Cornwall Colts. After just one season, the Canadian Amateur Lacrosse Association accepted the new indoor 'box' game as the official version of the sport.

From the 1930s until the 1980s, Canada was the only country in the world playing 'box lacrosse'.

In 1954 the position of rover was removed and the game, including the goalie saw a change to 6 players on the floor (like ice hockey), and a 30-second shot clock (like basketball) was added in the '60s. In 2020, World Lacrosse revised the international field game to 6 players per team on a small field (borrowing from box lacrosse). This is the version that may return to the Olympics in 2028.

