



PROWLER UNIVERSITY

# *BACK TO THE BASE-STICKS*





# BOX LACROSSE



Lacrosse is the oldest organized sport in North America.

The object of the game is to shoot the ball and score on the opposing team's goalie using a lacrosse stick.

Box lacrosse is typically played on turf, wood floor, or concrete.

## FUN FACT

Panther City Lacrosse Club purple and red colors emphasize the descriptors of an ominous big cat that hunts at night. This is not a cat that came into the city and slipped out unnoticed, as the legend tells. This panther is a threatening and aggressive apex predator that is #ONTHEPROWL

## BOX LACROSSE 101

During an NLL game, both teams score an average of 25 goals.

Each game consists of four fifteen-minute quarters. A tie at the end of regulation is decided in sudden-victory overtime.

Each team has five runners (forwards, transition players, and defensemen) and a goaltender on the floor during the game.

Each team dresses 19 players (17 runners and two goaltenders) per game, and the players rotate on and off the floor in shifts, similar to ice hockey.





# HISTORY OF LACROSSE



Lacrosse was created by Indigenous Peoples and was originally known as stickball. It is considered a 'medicine and spiritual game'.

Teams sometimes included as many as 1,000 men, and the goals might be placed several miles apart. The games could also last many days, from sunrise to sunset.

In the late 1800's, a completely Wooden Lacrosse Stick was created. They have evolved over the years and today sticks that have plastic heads and graphite handles are the norm in the box game.



## MEDICINE GAME

The game was given as a MEDICINE GAME to heal the sick, make peace upon nations, and have fun.

