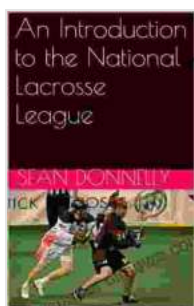


An Introduction to the National Lacrosse League

The National Lacrosse League (NLL) is a professional box lacrosse league that features teams from across North America. The league was founded in 1987 and is currently comprised of 15 teams. The NLL season runs from December to June, with each team playing a 16-game regular season schedule. The top eight teams in the regular season standings qualify for the playoffs, which culminate in the NLL Cup Finals.

History

The NLL was founded in 1987 as the Major Indoor Lacrosse League (MILL). The league was initially comprised of six teams: the Baltimore Thunder, Boston Blazers, New Jersey Saints, New York Saints, Philadelphia Wings, and Washington Wave. The MILL changed its name to the National Lacrosse League in 1998.



An Introduction to the National Lacrosse League

by Jill Dearman

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
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Word Wise : Enabled
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The NLL has undergone several expansions over the years. The league expanded to Canada in 1997 with the addition of the Vancouver Ravens. The league expanded to the West Coast in 2002 with the addition of the San Jose Stealth. The league expanded to the Midwest in 2004 with the addition of the Minnesota Swarm. The league expanded to the Northeast in 2008 with the addition of the Philadelphia Wings. The league expanded to the South in 2012 with the addition of the Dallas Rattlers.

Teams

The NLL is currently comprised of 15 teams:

- Albany FireWolves
- Buffalo Bandits
- Calgary Roughnecks
- Colorado Mammoth
- Dallas Rattlers
- Georgia Swarm
- Halifax Thunderbirds
- Las Vegas Desert Dogs
- New York Riptide
- Panther City Lacrosse Club
- Philadelphia Wings
- San Diego Seals
- Saskatchewan Rush

- Toronto Rock
- Vancouver Warriors

Rules

Lacrosse is played on a field that is 110 yards long and 60 yards wide. The game is played with a lacrosse stick, which is a long stick with a net at the end. Players use their lacrosse sticks to catch, carry, and throw the ball. The goal of the game is to score by shooting the ball into the opponent's net.

The NLL uses a slightly different set of rules than the outdoor lacrosse game. The most notable difference is that the NLL uses a smaller field, which makes the game faster and more physical. The NLL also uses a different set of penalties, which are designed to keep the game flowing.

Gameplay

Lacrosse is a fast-paced and physical game. Players use their speed, strength, and agility to gain possession of the ball and score goals. The game is played with a high level of intensity, and there is often a lot of contact between players.

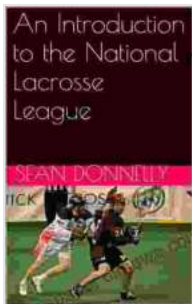
The NLL season is divided into two halves, with each half consisting of two quarters. Each quarter is 15 minutes long. The team with the most goals at the end of the game wins.

Playoffs

The top eight teams in the NLL regular season standings qualify for the playoffs. The playoffs are a single-elimination tournament, with the winner

of each game advancing to the next round. The playoffs culminate in the NLL Cup Finals, which is a best-of-seven series.

The National Lacrosse League is a professional box lacrosse league that features teams from across North America. The league is known for its fast-paced and physical gameplay. The NLL season runs from December to June, and the playoffs culminate in the NLL Cup Finals.



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