

CANADIAN SPORTS

Canadian Parliament made lacrosse the national summer sport, and hockey the national winter sport.



Lacrosse is based on a game played by Native Americans, where sticks were used to drive a ball through the gap between two trees. It was a very violent game, players often got their bones broken. But modern lacrosse matches are very polite. Before each game each player introduces themselves to their particular opponent, shakes hands and wishes them luck.



How to play

Lacrosse fields are 110 yards (100m) long and 60 yards (54m) wide, with the goals set 80 yards (73m) apart. Each team fields ten players but there is no limit to the number of substitutions that may be made.

All lacrosse players wear helmets, gloves and pads for protection, while the goalkeepers wear additional chest and throat shields.

Matches last for four periods of fifteen minutes each, with a ten-minute halftime break and one-minute intervals between quarters. If both teams are tied after sixty minutes, a five-minute intermission follows before play resumes for two four-minute periods. Only the goalkeepers may use their hands and although all players may kick or bat the ball, you can only score a goal when you throw the ball from a crosse.

Hockey



There are many different theories, but ice hockey was probably the result of a combination of earlier stick and ball games played in northern Europe and pre-colonial North America. Violence has also been an integral part of ice hockey culture.

NHL ice hockey matches are played on a round-cornered rectangular rink that is 100 feet (61m) long and 85 feet (26m) wide. Teams are composed of six players. Substitutions may take place while they are playing. Players who commit infractions receive two, five or 10-minute stints in the penalty box, depending on the severity of an offence.

Although all players wear pads and helmets for protection, the goaltenders wear an incredibly weighty 40 pounds (18kg) of equipment.

Matches last for three 20-minute periods, with a 15-minute break between each one. Goals count for one point but points are also awarded for assists, up to a maximum of three points for one goal. If both teams are tied after sixty minutes, a five-minute sudden death overtime follows, before a shoot-out, if they are still tied. Only the goalkeepers may use their hands and you can only score a goal when you throw the ball from a stick.

Write T (true) or F (false):

Hockey games are longer than lacrosse games.

Lacrosse fields are larger than hockey rinks.

Hockey teams have more players than Lacrosse teams.

Games can end when teams are tied (*empatados*).

Hockey players can use their hands to score a goal.

All players wear helmets.

Lacrosse is more violent than hockey.

In hockey penalised players go to a penalty box.