

How do you get the ball from your opponent?

Hitting at an opponent's stick, either to dislodge the ball or to prevent them from gaining possession of it, is allowed in an upward direction only. Riding off is allowed, but crossing, stopping over the ball, or elbowing constitutes fouls. Sandwiching of one player between two others also constitutes a foul. Fouls result in a free throw to the offended side.

Who can play?

If you can ride a horse you can play polocrosse. Playing polocrosse can help improve riding skills. All ages and abilities are encouraged to play in the UK, and the Pony Club have polocrosse as a recognised horse sport. You are never too old or too young to play the game.

What equipment will I need?

Requirements for the rider are a recognised safety helmet and a racquet. For the horse you will need leg wraps and coronet boots. To get started you will need little more extra equipment than this.

Is it expensive to play?

A new racquet and ball will cost around £70, however some sticks and balls are available for loan until you are ready to make an investment.

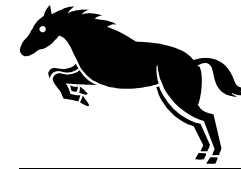
Where can I get more information about the sport?

If you are interested and want to learn more, watch the game or have a go then please [contact Hannah Clack at The Pony Club Headquarters](#) or email: Hannah@pcuk.org.

Have you tried the new game of

‘Quidditch on horseback’?

Experience the thrill of this increasingly popular game



The most exciting game on horseback!!

A team game of skill, fun and tactics – what are we talking about?

POLOCROSSE

Contact The Pony Club Polocrosse Secretary
Hannah Clack for more information

What is Polocrosse?

As the name implies, it is a combination of polo and lacrosse. It is played outside, on a field, on horseback. Each rider uses a stick to which is attached a racquet head with a loose, thread net, in which the ball is carried. The ball is made of sponge rubber and is approximately 4" across. The objective is to score goals by throwing the ball between your opponent's goal posts.

What about my horse?

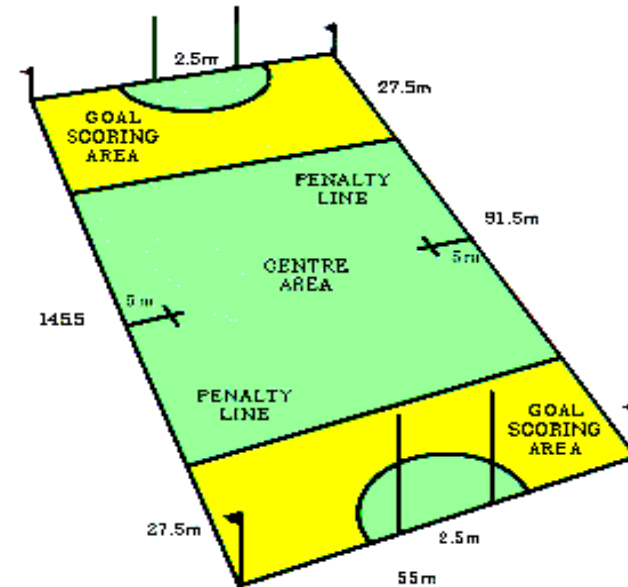
Players are allowed only to play one horse, except in the case of injury. Horses of all breeds play polocrosse. Just use your favourite horse!

How many are on a team?

A team consists of 6 players, divided into two sections of three who play alternate chukkas of a maximum of 8 minutes each. Six or eight chukkas comprise a full match. The three players in each section play the position of a No. 1 "attack", a No. 2 "centre", or a No. 3 "defence".

What does the field look like?

The field is 60 yards (55m) x 160 yards (146.5m), with three separate areas. The goal scoring areas, on each end, are 30 yards long. Only the No.1 of the attacking team and the No. 3 of the defending team can play in these areas. The middle area is 100 yards long. The line separating the goal scoring and centre areas is called the penalty line. Goal posts are 8 feet apart. To score, the ball must be thrown from outside an 11-yard semi-circle in front of the goal.



Players can pick up the ball from the ground, catch it in their racquet, and ride with it. They will throw it to other players until the No.1 has possession in the goal scoring area. A player cannot carry the ball over the penalty line, but must bounce it so that they do not have possession of it while actually crossing the line. However, it can be thrown to a player over the line. When carrying the ball, a player must carry it on the stick side, i.e. right-handed players must carry it on the offside of the horse. They can, however, pick-up or catch the ball on the non-stick side provided they immediately bring it back to their stick side.

How does the game start?

It commences in centre field with the players lining up, one section beside the other, with the No. 1's in front. This is called a line out. The umpire then throws the ball, over the player's heads. The game recommences similarly after a goal has been scored. Whenever an attempt at goal fails, the No. 3 throws the ball back into play from behind the penalty line, as directed by the umpire.