

The #1 is the only player who can score a goal for

soft four inch foam ball.
Each rider uses a cane racquet that is around 36 inches in length with an eight inch diameter head. The loose string net is used to catch, carry, pick up or throw the soft four inch foam ball.

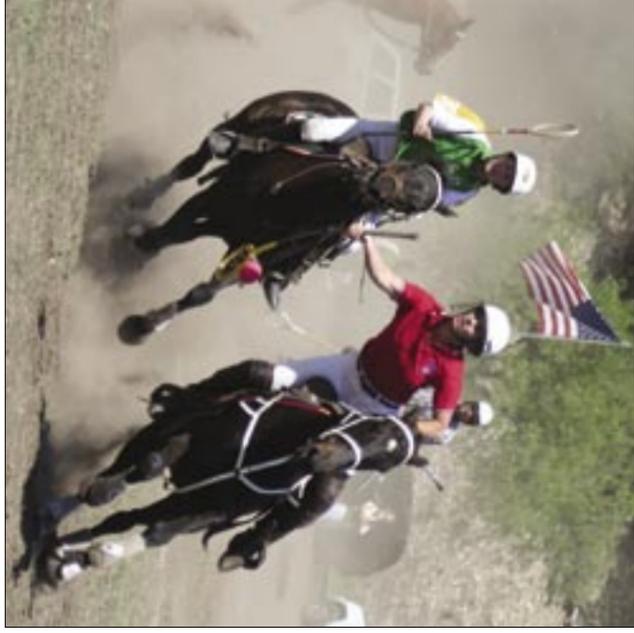
chukkas long.

A full team consists of six players divided into two sections. The first section plays a six to eight minute chukka, while the second section sits out. At the end of the first chukka, the second section takes the field while the first section sits out. The sections alternate play for the entire game, which may be four to eight chukkas long.

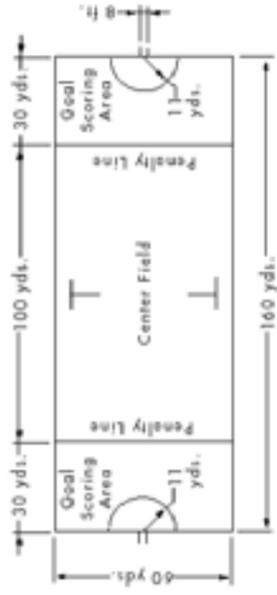
Polocrosse is a team sport, as well as being a family sport. Players of all ages participate at their own skill level. Women compete with men on an equal basis, and there are divisions for junior players.

Polocrosse is a ball sport played on horse-back. Spectators are entertained by the fast paced game that combines the speed of polo, the strategy of chess with the tough ball handling skills of lacrosse.

What is Polocrosse?



the Field of Play



Polocrosse is played on a field which is 160 yards long by 60 yards wide. Goal posts, which are 8 feet apart, are located at each end of the field. The in-part, has a line that extends the width of the field, 30 yards from each goal, called the 'penalty line'. This line encloses what is called the 'goal scoring area', in which only the #1 of the attacking team and the #3 of the defending team are allowed to enter. The ball may not be carried across the penalty line. If the #1 already has possession of the ball mid-field, they must bounce the ball in front of their horse into the goal scoring area and pick it up. If the #2 or the #3 has the ball, they will throw it to the #1 inside the goal scoring area.

Directly in front of the goal posts is an 11 yard semi-circle. The ball must be thrown through the goal posts from outside this semi-circle and from within the goal scoring area. The #3 (defender) may be anywhere in the goal scoring area in order to defend the goal.



The APA is a member of the International Polocrosse Council and has written the official U.S. rulebook. The Association provides sanctioning of tournaments, tournament insurance, umpire training and certification, instructional clinics, and selection of teams for international competition.

American Polocrosse Association

P.O. Box 158, Bonneau, SC 29431
843-825-2686 • info@americanpolocrosse.org

American Polocrosse Association Web Site

www.americanpolocrosse.org

Local Contact

If you are tired of making endless circles in an arena and all the trails are starting to look the same to you, try polocrosse! Polocrosse is an Australian import, a team sport that anyone, on any horse, can play. The game promotes good sportsmanship and good horsemanship, but most of all, it's a lot of fun. Have a go at polocrosse, and you'll see just what we mean when we say that polocrosse is about the most fun that you can have on a horse!

POLOCROSSE



Experience the EXHILARATION!

American Polocrosse Association





Polocrosse?

How To Play

the LINE UP

The game begins in center field with the players lined up side by side facing the umpire. The #1's (the only player that can score) are in front, the #2's (the pivot player) behind them and the #3's (the only player that can defend the goal) bring up the rear. The ball is thrown in between the players by the mounted umpire, and players attempt to catch the ball.

the BALL & RACQUET

A player carrying the ball in his net must carry it on the racquet side of his horse. A foul occurs if the ball and racquet are carried over the centerline of the horse. Hitting an opponent's racquet to dislodge the ball is permitted, as long as the racquet swing is done in an upward motion. Hitting down constitutes a foul.

the 10 YARD THROW

When a penalty occurs against a player, the opposing team is awarded the ball and is asked to execute a 10 yard throw to bring the ball back in play. Any player may take the penalty and they can execute it in any direction from the point indicated by the umpire.

PASSING the BALL

One way to move the ball down the field and into the goal scoring area is to pass it from player to player.

BOUNCING the BALL

The #1 or the opposing #3 may bounce or throw the ball over the 30 yard line (the penalty line) into or out of the goal scoring area. A foul occurs if the ball is carried over the 30 yard or side line.

PICK UP

The player may pick the ball up off the ground or catch the ball on the non-racquet or "off" side. A foul occurs if the ball is not immediately brought over to the racquet side.

RIDING OFF or MARKING UP

Pushing an opponent away from the line of play is allowed. Crossing a player or stopping on the ball is not; the umpires enforce safety rules to protect horse and rider and the ball will be awarded to the other team.

THROWING a GOAL

The #1 may attempt a goal by throwing the ball through the goal posts at any height, provided the throw occurred outside the 11 yard semi-circle called the "D" and the ball does not cross the centerline of the horse while still in the racquet.

the Line Up



the Ball & Racquet



the 10 Yard Throw



Passing the Ball



Bouncing the Ball



Picking Up the Ball



Riding Off or Marking Up a Player



Throwing a Goal

