



You've probably heard of polo – but have you discovered the exciting sport of polocrosse?

Polocrosse is a welcoming, team-oriented equestrian sport that brings riders, families, and horses together through competition, skill development, and community. Combining horsemanship, strategy, teamwork, and athleticism, the sport offers an exciting experience for both players and spectators alike.

Whether you are looking for fun, personal growth, or competitive play, polocrosse creates an environment where riders of all ages and experience levels can belong and thrive.

The sport is known for its supportive culture and strong sense of connection between players, horses, and clubs. Practices and tournaments create opportunities for mentorship, friendship, and personal growth, while encouraging sportsmanship, confidence, and teamwork both on and off the field.

Many members are drawn to polocrosse because it offers a more social, inclusive, and accessible alternative to traditional equestrian competition.

Originally developed in England and later modernized in Australia during the 1930s, polocrosse is now played around the world. Unlike polo, players compete using just one horse throughout a tournament, making the sport more accessible and affordable for everyday horse owners.

The official governing organization for the sport in the United States is the American Polocrosse Association (APA), a nonprofit 501(c)(3) organization founded in 1984. The APA supports clubs and players across the country, promotes the growth of the sport, oversees national standards of play, and represents the United States internationally through the International Polocrosse Council.



AMERICAN POLOCROSSE ASSOCIATION
www.americanpolocrosse.org

©2026 APA | Photos courtesy of Moon Lai Photography



Guide to Watching a Polocrosse Game

THE GAME: Polocrosse is a ball sport played on a horse with a racket similar to a lacrosse stick and a large soft rubber ball. Teams consist of three people and score points by throwing the ball through their opponent's goal posts. At the same time, they must also work to protect their goal from the other team. All players can catch, carry and throw the ball with their racquets.

THE PLAYERS: A team may consist of six players divided into two sections of three players each that play alternating time periods called "chukkas" of 6-8 minutes each, with two-minute breaks in between. The three players in each section consist of a #1 (the only player that can shoot the goal) a #2 (the player that plays only in mid field) and the #3 (the player that defends the goal). The total number of goals scored by the two sections determines the winning score.

THE RULES: The game starts in centerfield with a "line-up". The 3 players of each section line up in a row, facing the umpire, side by side in numerical order. The mounted umpire throws the ball in between the ranks of players within reach of the rackets. In case of a missed goal, the #3 takes the ball out of the "goal scoring" with a 10-yard throw. Players pick the ball up from the ground or catch it in their nets and carry it or pass it from player to player until the #1 has possession of it in the "goal scoring area" enabling

him to attempt a shot on goal. A player cannot carry the ball over the 30-yard line.

It must be passed to the #1 over the line by his #2 or #3 or the #1 must bounce or throw the ball over the line. Carrying the ball over the 30-yard line is a foul. A player carrying the ball in his racket must carry it on the racket side, i.e. right-handed player carries it on the right side of his horse and left-handed on the left side. A player can pick up the ball or catch it on the off-racket side if he/she brings it back to the racket side immediately. Hitting an opponent's racket is allowed to either dislodge the ball or prevent him from gaining possession of it, as long as it is done in an upward motion.

THE FIELD: The field is 160 yards long by 60 yards wide with goal posts 8 feet apart at each end. There is a line that extends the width of the field, 30 yards in from each goal that is called the "30-yard line". Directly in front of the goal there is a semi-circle with a radius of 11 yards that is called the "D". The #1 is the only player who can score a goal for his/her team, and the ball must be thrown at the goal from within the "goal scoring area" and behind the "D". The #2 can only play in the center of the field and the #3 is the only player who can defend the goal for his team.



AMERICAN POLOCROSSE ASSOCIATION
www.americanpolocrosse.org