

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, developed in Australia, is 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



Get on the "Pitch"! It's fun and easy to get started...

- ▼ **Contact the APA:** info@americanpolocrosse.org
- ▼ **Contact a polocrosse club:** Local Contact below
- ▼ **Find a certified clinician:**
www.americanpolocrosse.org/coaches-instructors-clinicians
- ▼ **Go to a practice:**
www.americanpolocrosse.org/about-polocrosse/polocrosse-clubs
- ▼ **Host a clinic:** Go to any of the links above for more info!
- ▼ **Go to a tournament- Invite your friends:**
www.americanpolocrosse.org/news-events/sanctioned-events



American Polocrosse Association

www.americanpolocrosse.org

 [americanpolocrosseassociation](https://www.facebook.com/americanpolocrosseassociation)

Local Contact

POLOCROSSE

King of the one Horse Sports



Looking for a fun and exciting change?

**Find out
what polocrosse can do
for you & your horse**



American Polocrosse Association

Is this a sport for me or my kids?



Do I need a special type of horse?

What equipment will I need to get started?

How polocrosse started?

Polocrosse was designed to provide riding practice and develop horsemanship skills for the local horse and pony clubs in Australia. Soon, "polocrosse," became enjoyed by men, women, and children across Australia and around the globe!

Polocrosse follows some of the basic concepts of the game of polo and lacrosse, hence the name polocrosse. But similarities end there. Polocrosse contains rules, skills, and characteristics all its own, making it a safe and brilliant equine sport that is unparalleled. This undeniably fun and exciting game develops strong self-confidence in riding ability while improving hand-eye coordination. Even those just beginning their riding career can manage this game that is lots of fun and encourages the rider to improve quickly.

Safety is paramount

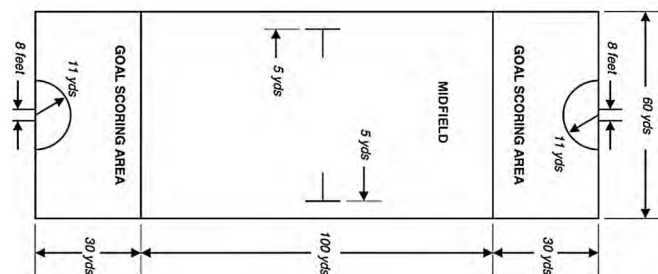
Polocrosse is a team sport, as well as being a family sport. Polocrosse can be played by riders of all ages and riding abilities. Players participate at their own skill level against players with the same skill level regardless of age or gender.

Any breed or type of horse that is appropriate for the rider's abilities is suitable for polocrosse. However, stallions, horses with visual impairment, or horses that kick are not allowed to play.

Unlike polo, which requires a string of mounts, polocrosse is a "one horse sport". Polocrosse is, because of its structure and rules is dependent upon teamwork between players and the welfare of the horse is paramount. It promotes camaraderie within teams and clubs and is a great equalizer because it requires mutual respect. Most importantly, polocrosse is structured around safety for the horse and rider.

What do we need to get started

Field and practice area: The game is played on a polocrosse 'pitch' – a field 160 yards long and 60 yards wide – somewhat larger than an American football field. Most APA clubs have practice fields and hold regular



practices. Any indoor or outdoor arena is all that is needed to get started, and for practice at your stable.

Equipment: Polocrosse players use a cane and plastic polocrosse racquet with a loosely knotted net to catch, pick-up, bounce, and throw a polocrosse ball made of a dense sponge rubber.

Riders need an APA approved Helmet, and proper footwear for practices and clinics. Horses require an english saddle (no horn), breastplate, polo-wraps or sport medicine boots and bell boots on all four legs. Sharp spurs, whips without flaps and bits with cheeks or shanks are not allowed.

Competing

Games consist of a team section of 3 players competing in 3 six or eight minute chukkas. Each player is allowed one horse for the entire game, and each player has assigned positions and duties. Horses are allowed to play no more than a total of 54 minutes each day. Competing in a Tournament normally consists of 4 games for each team over 2 days. Local scrimmages or "playdays" are usually held on one day in a more informal setting. Every chukka and game will leave players and spectators alike wanting more every time the horses walk off the field.

The **American Polocrosse Association (APA)** is the official North American governing body of polocrosse. **Contact the APA or your local Club and ask about opportunities to learn and try polocrosse.**

*Thank you to photographers **Sophia Solomon** and **Jason Jackson** for their outstanding photographs and generous support of the APA.*