

Polocrosse

Polocrosse is a combination of polo, lacrosse and netball. Polocrosse is typically a hard, fast sport played outdoors with plenty of room for clean enthusiasm. It is a team sport that encourages camaraderie between team members.

History

Polocrosse was first played in Australia in 1939 and riders throughout the country were immediately enthusiastic about the sport. Polocrosse is now played in more than 18 countries throughout the world - the first World Cup Championships were held in Australia in 2003. Polocrosse is expanding internationally and Australia regularly has teams from other countries visiting to learn more about the sport. It has contributed to a steady growing interest in horses and horsemanship while promoting close friendships between team members nationally and internationally.

Rules

A team consists of six polocrosse players dressed in uniform, divided into two sections of three who play alternate chukkas of six or eight minutes. A full game comprises four to eight chukkas. The three players in each section consist of a No. 1 (Attack/Goal Shooter), a No. 2 (Centre) and a No. 3 (Defence/Goal Defence). The No. 1 is the only player who can score a goal and must be in the goal scoring area at the time. The No. 3 is the only player able to defend in the goal scoring area, whilst the No. 2 is the pivot member of the team and can only play in the centre area.

The field consists of three sections - a goal scoring area for each team at alternate ends of the field and a centre field area where all players can attack the other team to gain possession of the ball or if in possession of the ball, use their skills to obtain a goal. When crossing the designated areas on the field, the ball must be passed between players or bounced across the line. To commence the gain, an umpire will throw the ball amongst players in the centre field area where players can catch the ball or pick up the ball from the ground. Players may then pass the ball amongst team members or hit the ball out of the opposition's racquet. The game requires many skills - it is fast and aggressive.

Players can be penalised by the umpire for infringing on the rules. The player must carry the racquet in one hand only and when carrying the ball must not put the racquet and ball on the other side of the horse. Hitting an opponent's racquet to dislodge the ball may only be done in an upward direction. Crossing the designated areas on the field with the ball in the racquet or a player riding dangerously will also incur a penalty.

Equipment and Horse Type

A polocrosse racquet is made up of a polo stick shaft that is attached to a squash racquet head with a loose twisted-thread net, in which the ball is carried. Each player is permitted only one horse for a tournament, except in the case of injury when a substitute horse can be played. The horse must be fit, capable of fast speed and precision control, stopping or turning quickly to gain possession of the ball.

Join a Club

Most areas in Australia have Polocrosse Clubs and this is where you will be able to practice and join a team. Contact the Australian Polocrosse Association to find your nearest club.