



Welcome to the Exciting Sport of Polocrosse MN Polocrosse Tournament

Polocrosse is quickly becoming a popular sport for riders who enjoy a fast-paced, team-based equine activity that the whole family can enjoy together.

Polocrosse is a fast moving and exciting team sport involving speed, stamina, and quick reflexes from both horse and rider. Polocrosse offers the horse enthusiast the opportunity to combine their love of horses with competition in a game of teamwork, strategy and agility. To the spectator, polocrosse offers an action packed feast of galloping horses, thrilling ball handling and clashing rackets. For the players and their families, polocrosse is a fun, family-oriented sport that brings people together for fun and the thrill of the game.

Originally created in England, polocrosse was used as an indoor exercise to teach people how to ride a horse. The modern game took shape in Australia in the 1930's. Today, there are over 6,000 players in the world! Polocrosse differs from its sister sport, Polo, because a player can use only one horse throughout a tournament. This permits someone

who may own only one or two horses to compete at the same level as someone with several horses. And, all types of horses play polocrosse: every breed, size and age. Speed, agility, temperament and stamina are desirable, but the only requirement is that a horse be in sound physical condition. **All age groups are welcome to participate in the sport as well, so it's not uncommon to see riders in grade school playing riders in their retirement years!**

The official organization for Polocrosse in the United States is the American Polocrosse Association (APA) which is a non-profit 501(c)(3). The APA was originally formed in 1984 in Phoenix, Arizona, and it has helped organize polocrosse clubs across the U.S. **There are currently 44 polocrosse clubs in the U.S.** The APA is a member of the International Polocrosse Council (IPC) and is the sole authority for the official APA Standards of Play and Rule Book used in the U.S., and U.S. World Cup Team.

For more information on the sport of polocrosse, please check out the Minnesota Polocrosse website at www.mnpolocrosse.com.



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 rackets.

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 area" 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 provided that he 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 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.