



Pony Club Polocrosse – Arena Polocrosse

You can play a version of polocrosse in a smaller area such as a 40 x 20m arena, here are some suggestions on how to make it a fun and safe game for everyone.

Number of players:

- Teams are usually made up of six players, split into two sections of three.
- In a small arena, you may wish to reduce the team size to two or three per side to allow for more space and safer play.

Pitch Marketings:

- An arena as small as 40 by 20 metres can accommodate a modified version of the game.
- Mark out three zones: a central area and two goal scoring areas at each end. Use cones or chalk to define boundaries clearly.

Ball Out:

- The ball hitting the arena wall or fence will stay in play unless it was a failed attempt at goal.
- If it was a failed attempt at goal, a free throw will be taken by the 'defence' player from the back of the arena.

Other options include:

- Shorten the game time (e.g., 2–4 chukkas of 5 minutes each).
- Encourage quick passes and fast movement to keep the game flowing in the confined space.
- Consider lowering the goalpost height or width if young or inexperienced players are involved.

Key Safety Rules:

- When riding off, if contact is made with the Arena wall on one side and a player on the other side, this will be classed as a sandwich and a penalty awarded.
- Players are not permitted to use the Arena wall to their advantage when carrying the ball. Riding alongside the wall with their stick held out of play will be penalised.

Tips for Enjoyable Play:

- Prioritise safety - ensure horses are comfortable with close quarters and sudden stops.
- Emphasise teamwork, as tight spaces require good communication and cooperation.
- Rotate players frequently to maintain energy and engagement.
- Focus on skill development, such as ball handling and precise passing.