



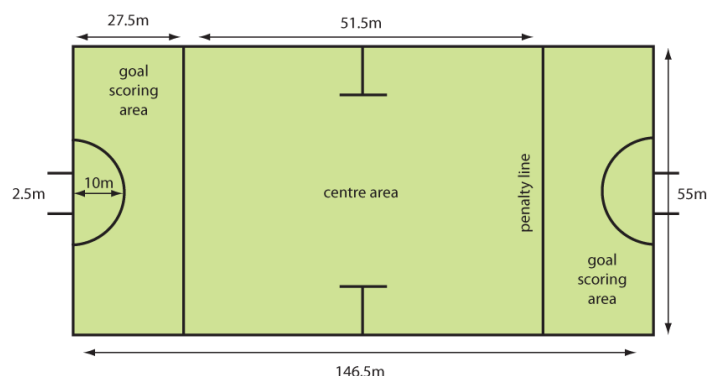
## Pony Club Polocrosse – What is polocrosse?

Polocrosse is an exciting, fast-paced equestrian sport that uniquely blends elements of polo and lacrosse. Played on horseback, polocrosse involves two teams competing to score goals by carrying, passing, and throwing a ball using a racquet with a loose, thread net (similar to a lacrosse stick).

A typical polocrosse match is played with teams of six, divided into two sections of three players. Only one section from each team is on the pitch at any time, and they swap at the end of each chukka (period of play). The game emphasises skill, speed, and strategy, with a strong focus on horsemanship and teamwork.

### The Polocrosse Pitch

- The polocrosse pitch is rectangular and measures approximately 146 metres long by 55 metres wide (about the size of a football pitch).
- The pitch is divided into three areas: two goal scoring areas at each end and a larger central area.
- Only attackers and defenders can enter the scoring zones, while midfielders must remain in the centre section, which demands precise coordination and positioning from players.



### Tack and Equipment Needed for Polocrosse

To play polocrosse safely and effectively, both the rider and the horse requires the following:

- **Polocrosse Racquet:** The primary tool for the game, featuring a stick with a loose, thread net head to catch and throw the ball.
- **Polocrosse Ball:** Made from sponge rubber, typically measuring about 10 cm in diameter.
- **Helmet:** All players must wear a riding helmet that meets Pony Club safety standards.
- **Leg Protection:** Horses wear bandages or boots (including over reach boots) on all four legs for protection.

Tack should be in good condition and fit both horse and rider properly to ensure comfort and safety on the pitch.