

The UKPA Rulebook 2022



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The Rulebook

The intent of these rules and procedures is to define Rules governing polocrosse played under the auspices of the UKPA, and procedures for reviewing, and, where appropriate, amending them, and the organisation of UKPA tournaments.

UKPA PLAYING RULES INFORMATION

UKPA Polocrosse Rules are based on the International Polocrosse Council Rules which may be amended, or superseded, by Rules and amendments, recommended by the UKPA Playing and Rulebook Committee to the UKPA Executive Council Committee, to accommodate related conditions, specific to requirements or legislation, applicable in the UK.

1. The Playing & Rulebook Committee

- 1.1. The Committee, as defined in the UKPA constitution, meets under the Chairmanship of the Chief Umpire, as a minimum at the end of each playing season, or more often as required.
- 1.2. Prior to a meeting the Chair invites Committee members, to submit in writing, possible changes which might benefit the enjoyment and/or safety of players, horses, and spectators and/or improvements to polocrosse rules and tournament organisation, with reference to the previous season's play and tournament organisation.
- 1.3. The Committee reviews and discusses proposals submitted and, if appropriate, formulate and draft amendments to the current Rules for submission to a meeting of the UKPA Executive Committee.
- 1.4. The Executive Committee discusses proposals submitted by the Playing & Rulebook Committee and accepts, rejects or refers them back for amendment.
- 1.5. Rule and Procedure changes accepted and approved by the Executive Committee are incorporated in the Associations Codes, Rules and Procedures.

2. UKPA Supplementary Rules

- 2.1. Within these rules UKPA supplementary rulings, which are additional to the IPC rules, are highlighted by the annotation 'UKPA Rule'. See Table A for Summary.
- 2.2. The equivalent IPC Rule number(s) is (are) added in brackets after the UKPA rule number to assist cross referencing.

2.3. For international matches the IPC Rule Book takes precedence over the UKPA Rule Book and shall be the definitive document.

2.4. See [Appendix 2 \(UKPA Protective Riding Helmet Rules\)](#) to this Rule Book.

Table A – Summary of UKPA-Specific Rules

RULE NO.	SUBJECT
2(b)	Suspension of Play by Umpire
4(b)(c)(d)(e)	Infringement a Foul
7(b)	Drugs and Alcohol
8(a)(b)	Height and Age of Horses
11(b)(c)	Substitution of Player or Horse
16	Height of Horses for PJs
22(b)(e)	Goal Judges
27(k)	Whips
27(m)	Studs
39(c)	Player Over Riding the Penalty Line
40	Interfering with play in the Penalty Area
42(c)	Player Carrying the Ball
45(e)	Hit to the Player or Horse while shooting at Goal
54	Riding Between the Goal Posts
55(a)	Dismounted Player
56(a)	Injury to Player or Horse
57	Horse displaying a dangerous vice

3. Issue Status of the Rules

Where a rule is changed the 'Issue' will be changed to the next number, e.g., 'Issue 1' would change to 'Issue 2'. Changes will be identified by a line in the right-hand Margin. Issue 1 rules will then become obsolete.

- 3.1. Where there has been an error or omission rectified which does not significantly change the rules the issue will change at the first decimal point, e.g., 'Issue 1' would change to 'Issue 1.10'. Changes will be identified by a line in the right-hand margin.
- 3.2. Where there has been a typographical error rectified which does not change the content of the rule the issue will change in the second decimal point, e.g., 'Issue 1' would become Issue '1.01'. Changes will not be identified.
- 3.3. Until a rulebook issue changes in the main number (e.g., from Issue 1 to 2) previous rulebooks may continue to be used.

Issue Status Revision Summary		
Issue No	Changes	Dated
3	Rules 22,27 (g)	April 2018
4	Rule 57, Arena Rules	June 2022

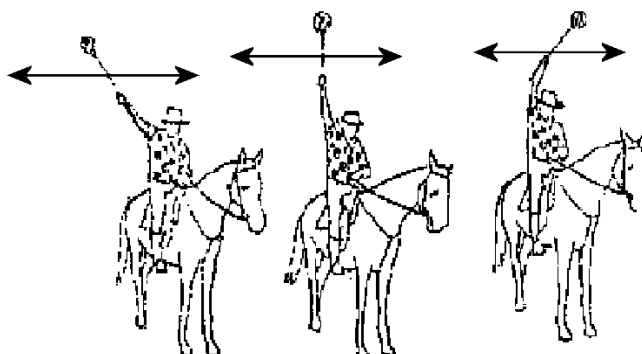
UKPA RULES OF PLAY (2022)

1 Incidents not provided for in the Rules.

- (51) Should any incident or question not provided for in these Rules arise, such incident or question shall be decided by the Umpire or Umpires and their decision shall be final. If the Umpires disagree, the tournament / match referee's decision shall be final.

2 Suspension of Play by Umpire

- (6, 18) (a) The Umpire shall have the power to suspend play until they are satisfied that field, horses, players, and officials conform to the rules as laid down.
- (b) The Umpire(s) shall stop play if they consider a dangerous situation could occur or has occurred (**UKPA Rule**).
- (c) The Umpire has the right to declare time off for any reason they consider necessary.
- (d) If a horse falls, or a player or a horse is injured, or in case of damage to a horse's gear which in the opinion of the Umpire involves danger to the player or other players, the Umpire shall stop the game.



Umpire's Signal - Time Off

3 Complaints to the Umpire

- (14) The captain of a team or the captain's deputy in the other section are the only people who may register a protest to the Umpire but shall not enter into any discussion or argument whatsoever. The Umpire's decision shall be final.

4 Infringement a Foul

- (46. 47) (a) Any infringement of the rules constitutes a foul, and the Umpire shall stop the game by the use of a whistle, except if the stopping of the game and the infliction of the penalty would be a disadvantage to the fouled side when the Umpire may play the 'advantage'.
- (b) The advantage shall not be played for dangerous fouls (**UKPA Rule**).
- (c) **Penalty Awarded** As designated in these rules, a Penalty shall be awarded against the offending player(s) which, if in the centre field,

may be taken by any member of the opposing section. If players from both sides are equally at fault the game shall restart with a line out from the nearest boundary line (**UKPA Rule**).

(d) **Conduct of Penalties** Penalties shall be conducted as detailed in Appendix 1 to these rules (**UKPA Rule**).

(e) **Failed Penalty** Should a Penalty be taken incorrectly the game shall restart with a line out from the nearest boundary line to where the original Penalty was designated (**UKPA Rule**).

5 Ball Dead

(46) If the Umpire blows their whistle, the ball becomes dead, and the Umpire must recommence the game by throwing the ball in, or awarding a Penalty throw.

6 Re-Start

(48) If for any reason the game is stopped other than for a foul, injury or external influence (e.g. safety), it shall be re-started by the Umpire throwing the ball in from the nearest boundary line (See Rule 31).

7 Drugs and Alcohol

- (2, 8)**
- (a) **Performance enhancing drugs** Performance enhancing drugs shall not be permitted in any horse or player in any polocrosse tournament unless prescribed by a veterinary surgeon or doctor (as applicable) with a certificate and full disclosure.
 - (b) **Drugs and Alcohol** No player will be permitted to play polocrosse who, in the opinion of the Umpire or other officer designated to monitor players by the Tournament or Match organiser, is unsafe to play due to the influence alcohol or drugs (**UKPA Rule**).

8 Height and Age of Horses

- (1)**
- (a) The height of horses shall not be restricted except as detailed in Section 5.2.1 of the UKPA Handbook (**UKPA Rule**).
 - (b) No horse under the age of 4 years at the time of playing shall play in a tournament. They may act as an Umpire's horse (**UKPA Rule**).

9 Horse Not To Be Played - Penalty 5

- (1,2)**
- (a) A horse blind of an eye shall not be played.
 - (b) A stallion shall not be played.
 - (c) A horse showing a dangerous vice or disease, or not under proper control shall not be allowed in the game.
 - (d) A horse in the Umpire's opinion if unfit or unsafe to other players or horses shall not be played.

10 One Horse Per Player

(3) Unless specifically authorised for a tournament or match by the organisers with UKPA authorisation, only one horse shall be allowed for each player in any tournament, or match, except in the case of accident or injury to a horse,

when a substitute is allowed with permission of the Tournament Horse Welfare Officer (HWO) See Rule 11.

- 11**
(3, 10, 12) **Substitution of Horse or Player**
- (a) If a player or horse is injured, a period of up to 10 minutes may be allowed for recovery otherwise a named horse/rider or a substitute horse/rider shall take their place. The Captain of the affected side may immediately re-organise the players of the affected section. The original horse or player may be replayed if considered fit by the Tournament HWO or a paramedic/doctor. In the event of a player falling unconscious they must obtain the approval of a doctor before being allowed to play again in that tournament. If a substitute horse/player is not available within the 10 mins the game to recommence with the affected section playing with 2 players.
 - (b) In either case the section shall continue to play in that configuration for the remainder of the chukka (**UKPA Rule**).
 - (c) **Grading of Substitute Player** When a substitute player is played, such substitute player must not be of a higher grade than the player they are replacing and no more than 3 grade points below (**UKPA Rule**). The substitute player may play an alternative horse (**UKPA Rule**).

(d) Substitute of Players Within a Tournament

In tournaments (unless conditions of the tournament provide otherwise) if a player having taken part in the tournament for any reason is unable to play, or if a bona-fide member of a team be unable through sickness or accident to take part in the earlier parts of the tournament, they may be replaced by a player who by the rules is qualified. In all instances under this rule the tournament organisers must be consulted.

- 12**
(4) **Fresh Horse May Be Played**
- No player shall play a fresh horse during the course of a match without the permission of the Umpire. Such permission will only be granted:
- (a) In the case of injury to a horse when such injury in the opinion of the Tournament Vet or HWO renders the horse unfit to continue.
 - (b) When the Tournament Vet or HWO considers a horse unfit or unsafe.
 - (c) In the event of the Tournament Vet or HWO declaring a horse unfit to play and a replacement horse coming in. These horses will be played for the remainder of the tournament.
 - (d) If the substitute horse has played all its scheduled games for that day and that the horse has had adequate recovery time and will not exceed the permitted maximum playing time allowed.
 - (e) In the event a horse is sent off for penalty 7.
 - (f) The opposing section has the option of also bringing in a fresh horse

- 13**
(5, 48) **Game Stopped for Injury to Horse or Player**
- Play will be stopped for blood wounds for either horse or rider. Play will not continue until blood wound has been properly dealt with. Where a game is

14
(6)

- (a) The size of the standard pitch shall conform to the dimensions Table B and Fig.1 below.
- (b) Goal posts are to be 2.5 metres apart and at least 5 metres high and light enough to be pushed over or break when collided with and constructed or supported by such material that will not cause injury to player or horse.
- (c) All lines shall be clearly marked and defined so as to be readily seen by both players and Umpires.
- (d) Back Line and Penalty Lines shall also be marked with flexible 1m high flags, which shall be situated 3m out from the side-line.



Table B – Dimensions of a Polocrosse Pitch

Measurement	
Length	146.5 metres
Width	55.0 metres
Goal Scoring Areas	27.5 metres in length
Centre Area	91.5 metres in length
Goal Posts	2.5 metres apart, 5 metres high
Radius of Goal Circle ('D')	10.0 metres – in front and behind the backline.
Safety Lines: 'Spectator exclusion areas'	<p>Side line to Spectator Line – Minimum 5 metres</p> <p>Ends of Field – Minimum 12 metre clearance</p> <p><i>Only the two (2) Goal Umpires are allowed in this area</i></p> <p>Between fields – Minimum 10 metres</p> <p>Fields end-to-end – Minimum 24 metres</p> <p>Fields end-to-side – Minimum 22 metres</p> <p><i>Where there is no physical barrier at the end of a pitch, extending the exclusion area to 30 metres is recommended.</i></p>

15 Ball

- (7)** The ball shall be a thick-skinned sponge rubber ball 100 to 103 mm in diameter with a finished weight of 140-155 grams. The ball should have a 55% to 65% bounce when dropped at sea level onto a hard surface.

16 Team Constitution

- (8)**
- (a) A team shall be limited to six a side, consisting of two sections of three players in all matches except where substitute players are permitted. These sections shall play alternate Chukkas and the total score of the two sections make up the final score including goals awarded for Penalty 4.
 - (b) Except for Men's and Ladies' Teams and mixed, a team may consist of any combination of male and female players. The exact combination shall be decided upon prior to the tournament or match by the association or club conducting the game.
 - (c) **Section Games** When agreed by the Tournament organisers games maybe played by sections.
 - (d) **Mixed Teams Played** In 'Mixed Team' competitions the men's section shall play the men's section and women's section play the women's section throughout the whole of the tournament.

17 Player Age Limit

- (8,9)** (a) Where an age limit exists, it is that player's age as at the first day of January in that year.

- (b) **Proof of Date of Birth** Where age limits exist, proof of date of birth is to be lodged with the nation's Executive body at the time of registration/affiliation with that national body.

18 Nomination of Sections

- (9) (a) **Nomination by Team Captain** The team captain shall nominate the team, section order and the position of play to the Umpire immediately prior to any match and ride on from opposing ends chosen by the toss of a coin when requested to.
- (b) **Staying in Sections** Once nominated for their first match, the players in a team shall play within that section throughout the remainder of that tournament.

19 Change of Player Positions – Penalty 4

- (10) Players within one section of a team may change positions during the course of a game, provided that::
 - (a) The change is affected between chukkas.
 - (b) The Umpire is informed.
 - (c) The opposing captain is informed.
 - (d) The players' shirt numbers are changed.

20 Stick Hand – Penalty 1

- (11) (a) A player shall not change stick hands during the course of the game.
- (b) The Umpire must be informed of the presence of left-handed players before the commencement of the match and shall inform all players.

21 Doubling up of Players

- (13) When only five players are available to play, the team is to be made up by one player playing two horses, one in each section under the following conditions:
 - (a) Only at the discretion of the tournament or game organisers is doubling up possible.
 - (b) The team concerned must accept any available surplus player of a similar grade at a tournament or competition providing that a player is available before the commencement of the tournament or competition.
 - (c) When doubling up occurs the player that is playing in both sections must play at the No 2 position in one section.
 - (d) Doubling up can only occur with one player i.e. 5 players in a team are the minimum.
 - (e) **Filling Strongest Team First** Associations and Clubs fielding more than one team at a tournament must, where a vacancy exists in their teams, fill their strongest graded team first.

22 Goal Judges

- (15) (a) At all tournaments, a minimum of one Goal Judge shall be appointed for all non-final/critical games. For final/critical games then two goal judges at each goal are required. Goal judges shall be aged 16 years or over and give testimony to the Umpire in respect of goals or other

points (especially the 'D') for their goal. But the Umpire shall make all decisions.

- (b) Each competing team shall have the right to have an official representative as a judge at each goal (**UKPA Rule**). Both teams must consent to playing with just one goal judge.
- (c) The Goal Judge shall wave a racquet or their arms above their head to signal a goal or across below knee level to signal a miss and shall stand at least 3 metres behind the goal posts.
- (d) **Umpire May Overrule** The Umpire or Umpires shall be entitled to overrule goal judges notwithstanding any signal from them or the lack thereof.
- (e) Attire Goal Judges shall wear High Visibility jackets or vests.

23 Timekeepers & Scorers

- (16)**
- (a) An official timekeeper and an official scorer shall be employed in all games and matches (a second clock and second score sheet must be kept).
 - (b) They shall report the state of the game as regards numbers of goals scored and amount of time left to play if requested by the umpire or other match official.
 - (c) Each competing team shall have the right to have an official representative as, or with, the timekeeper and scorer.

24 Organisation of Play

- (17)**
- (a) **Maximum Duration** The maximum duration of play shall be eight chukkas of eight minutes each with intervals of two minutes after each period.
 - (b) **Alternate Chukkas** Each section shall play alternate chukkas. Each section of the team shall change over and play in the opposite direction in successive chukkas.
 - (c) **Maximum time of play by Horse** No horse shall be required to play more than a total of fifty-four (54) minutes in one day.
 - (d) **Shorter duration handicap calculation** Where matches are played under handicap and the Chukkas are less than the maximum, the handicap shall be worked out pro-rata according to the number of chukkas to be played. Mistakes in handicaps or in computing goal allowances must be challenged before the match begins and no objection shall be entertained afterwards.

25 Termination of Chukka

- (18)**
- (a) **Expiration of prescribed time** Each Chukka shall end at the expiration of the prescribed time and the ball dead on the first sound of the bell.
 - (b) **Foul on termination** In the event of a foul being committed before the expiration of time and insufficient time is available to execute the penalty, that penalty shall be executed at the commencement of the next chukka. In the final Chukka of the game if a penalty is awarded to the attacking team in the goal scoring area too late to be taken before the bell, time is extended to allow a direct throw at goal to be made

from the penalty spot. Provided there is no further infringement by the Defence the ball is then dead.

- (c) **Draw** In the case of a draw when there is the need to have a winning team, the section off the field shall continue the game until the next goal is scored on a chukka basis; the 'Golden Goal'.

26 Unfinished Game

- (19)** In the event of a game being stopped by the Umpire for darkness, weather or for any other cause during the day, it shall be resumed at the same point as regards score, time, chukka, and position of the ball where it stopped. If the conditions provide no further play on the prescribed day or days of the tournament, the game shall be deemed abandoned and re-organisation is left to the host **Club** or host committee.

27 Correct Dress and Gear

- (21, 22)**
- (a) **Protective Headgear** No player shall be allowed to play in a tournament or match or unless they wear a protective helmet of approved standards (see Appendix 2 to these Rules).
 - (b) **Player Clothing** Players must be properly dressed in registered National Association colours, riding boots, approved headgear and white trousers.
 - (c) **Umpires** Umpires shall be properly dressed in white trousers, white standards approved helmet, umpire jacket and riding boots.
 - (d) **Spurs** No player shall wear spurs with sharp rowels.
 - (e) **Safety of Bits** The Umpire shall have the right to determine the safety of all bits. Bits with protruding sidebars shall not be permitted. Bits to have a mouth piece and reins attached.
 - (f) **Safety of Gear** All gear (including tack, polocrosse stick and rider's clothing) must be sound and in good order.
 - (g) **Saddles** All saddles shall be equipped with girth, surcingle and breastplate or combination girth/surcingle and breastplate. If a saddle has two independent girth straps a surcingle or over-girth is not mandatory. Roping saddles or saddles equipped with a horn shall not be used.
 - (h) **Stick** The Polocrosse stick may be of any length but the head shall have an internal stringing area no greater than 216 mm in length by 184 mm and shall have no metal reinforcements or any protrusions.
 - (i) **Player Numbering** Players shall be correctly numbered with clearly visible numbers not less than 230 mm high on their backs and a second number of not less than 115 mm which shall be clearly visible on either the front or the arm.
 - 'Attack' players shall be numbered 1
 - 'Centre' players shall be numbered 2
 - 'Defence' players shall be numbered 3
 - (j) **Protective Boots** Horses will play with protective bandages/boots and coronet (overreach) boots on all four legs.

- (k) **Whips** All whips to have a flapper on the end at least 12.5 mm wide and 50 mm long which is to be sufficient to prevent injury to riders or horses from the whip end (**UKPA Rule**)
- (l) **Reins** No split or running reins shall be allowed. A running rein is defined as any attachment from hand through bit to saddle, girth, breastplate etc., or anything, which may be construed as a second rein. A professionally manufactured Market Harborough is accepted. The collected reins when placed on wither should not fall below horse's elbow.
- (m) **Studs** Plain, flat ended studs may be used, limited in size to 1cm cube and without a hardened core, and placed only on the outside of the hind shoes. The stud is to be between 12mm and 25mm from the edge of the heel (**UKPA Rule**).

28 Goal Scoring Areas

- (23) Goals shall be attempted only from within the defined areas AXYZA1B1B or DPQRD1C1C as shown in Figure 2. These are termed the 'goal scoring areas'. It shall not be deemed a goal if it is attempted from outside BB1 or CC1 nor from inside XYZ or PQR. The position of the horse's feet at the time of the throw shall determine the position of the throw.

29 Defined Areas of Play (See Figure 2)

- (24) Only the Blue 'Attack' No.1 player and the Red 'Defence' No. 3 may play in the 'rea AA1B1B and only the Red 'Attack' No.1 and Blue 'Defence' No. 3 in the area DD1C1C. All players including the 'Centre' No. 2 players of both sides may play in the area BCC1B1, this is the only area in which the 'Centre' No. 2 players may play.

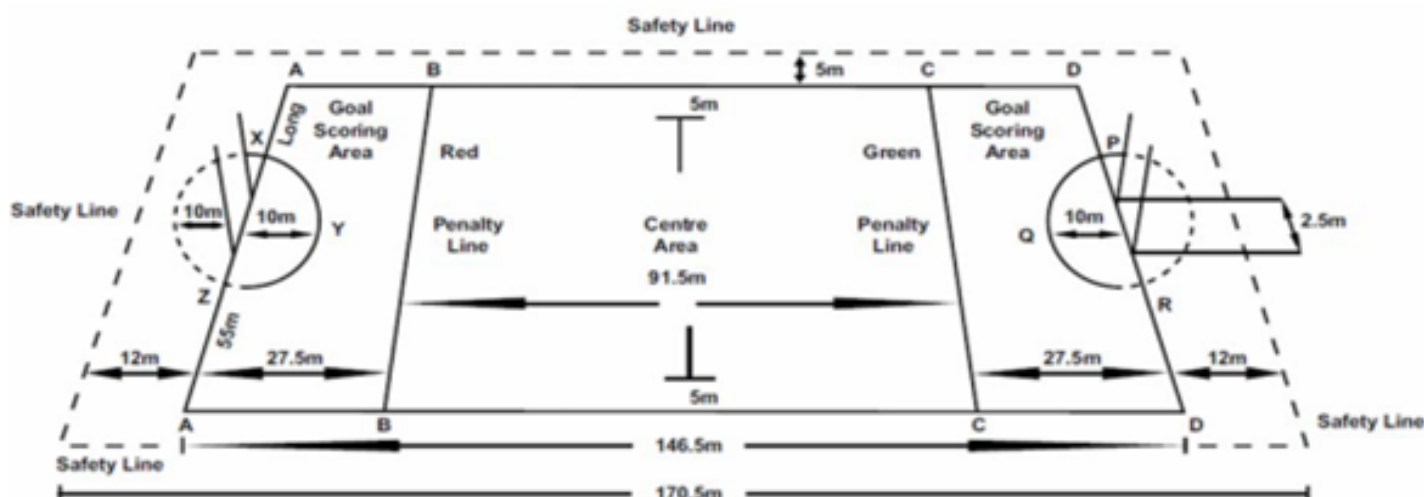


Figure 2 – Defined Areas of Play

30 Most Goals Wins Game

- (20) The side that scores the most goals (including those awarded for Penalty 4s) wins the game.

31 How the Game Commences (Line Up)

(25) At the commencement of the game, each chukka (unless restarting with a Penalty throw) and after a goal is scored, the game shall recommence with a line-up:

- (a) In two parallel files, knee to knee facing the Umpire.
- (b) No 1 (Attack) players nearest to the throw-in, followed by No 2 (Centre) players with the No 3 (Defence) players in the rear. All horses shall be no closer than nose to tail and no further apart than one horse's length.

Penalty 1, 2.

- (c) The 'Attack' players to be 5 metres from the side-line and the Umpire shall be at least 3 metres from the players.
- (d) Each section shall line up on the side of the field nearest the goal it is defending.
- (e) On the centre line of the field near the side-line indicated by the Umpire.
- (f) The Umpire shall throw the ball in by hand (over-arm) within reach of the players' sticks and above the players' heads between the opposing ranks of players. The Umpire will hold the ball down until the moment of throw. In the event of the ball not being thrown in correctly and/or the ball being deflected out of play the Umpire is to blow the whistle and repeat the throw.
- (g) However, with reference to **25(f)** above should the ball be taken in the net and lost out of play the umpire will award a penalty. **Penalty 1**
- (h) No player may make any move for advantage in the game until the ball has left the Umpire's hand. **Penalty 1, 2**
- (i) After each goal is scored the Umpire shall throw the ball in from the alternate side-line.
- (j) A reasonable amount of time must be allowed for the teams to line up.
- (k) The first line up of a chukka shall start on the same side of the field as the timekeeper.

32 How a Goal is Scored.

(26) A goal is scored when:

- (a) The ball is deliberately thrown by the 'Attack' No. 1 from within the goal scoring area and passes through and between the goal posts at any height or lands on the backline between the posts, provided that their horse's feet are not on or over the 10 metre 'D' and that the 'Attack' does not throw their stick with the ball through the posts.

OR

- (b) The ball is thrown by the 'Attack' No. 1 and passes through the goal post, but hits, in passing, the opposing 'Defence' No.3 or their horse, even if the 'Defence' is inside the 10 metre 'D'.

OR

- (c) With their horse's feet on or over the back line between the posts, the 'Defence' No.3 catches the ball before it goes through the goal posts or deflects the ball over the backline.



Umpire Signal – Successful Goal

33 Game Restart After a Failed Shot at Goal

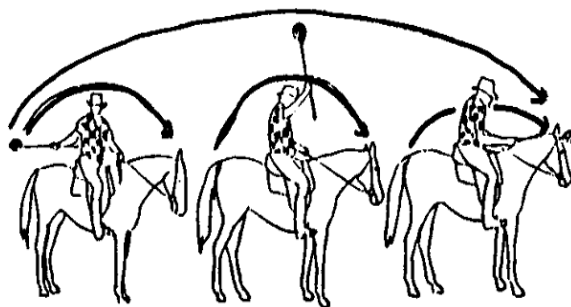
(23)

- (a) Should an attempt at goal fail and go out of play either directly or deflected off the 'Defence' No.3, the 'Defence' No.3 shall be given a Penalty throw on the Penalty line at a position in a direct line from where the ball crossed the back line. The ball in this instance must be thrown at least 10 metres in any forward direction.
- (b) The 'Attack' No.1 player of the opposing side must follow out the 'Defence' No.3 horse's nose to horse's hip, but only at such distance as not to obstruct the throw being executed.

34 Crossing the Penalty Line - Penalty 1

(27)

- (a) **Ball Not Carried Over Line** The ball must not be carried over the Penalty Lines BB1 or CC1 (see Figure 2)
- (b) **How to Cross the Line** A player carrying the ball up to the Penalty Line must throw the ball over the line so that it hits the ground on the opposite side of the line and so that they do not have possession whilst their horse is crossing it, i.e.. Not while the front legs are over the line, and before the hind legs have passed over. However, the ball may be thrown by one player from one side of the Penalty Line and may be caught by another player on the opposite side of the Penalty Line.
- (c) **Penalty on Foul** If a foul is committed by a player carrying the ball over the penalty line, the spot from which the penalty is to be taken shall be in the area to which the player was proceeding.

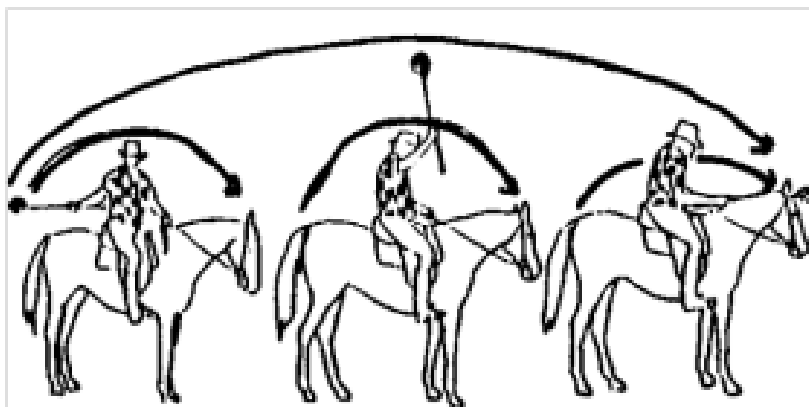


Umpire Signal - Player crossing Penalty line whilst in possession of the ball

35
(28, 29)

Ball Out of Play

- (a) **Ball on the Line** If the ball or hoof is on the line, the ball is deemed 'out of play'.
- (b) **Position of Horse's Feet** When carrying the ball, the player shall be judged in or out of play by the position of their horse's feet or foot and not the position of the ball relative to the boundary line or any other line.
- (c) **Ball on Penalty Line - Penalty 1** A ball resting on the penalty line may only be picked up by the players in centre field.
- (d) **From Where Ball is to be Thrown In** If the ball is out and becomes an Umpire's throw in it is thrown in a near the spot where it went out. Umpires should use discretion if the exact spot is close to the Penalty line or back line and move the throw no closer than 5 metres from the Penalty line or back line.
- (e) **Over-Riding a Boundary Line - Penalty 1** A player shall not over-ride the boundary line with the ball in their possession.



Umpire Signal - Player crossing Boundary line whilst in possession of the ball

36
(29)

Player Allowed to Re-Enter Field - Penalty 1 or 2

Any player riding outside the boundary of the field, or any player being ridden off and forced outside the boundary line must be allowed by their opponents to re-enter the field and must re-enter at a point within 10 metres from the point at which they went out; provided that the player re-enters the field in the area from which they went out.

37
(30)

Backline Penalty - Penalty 1

- (a) **Position of Penalty** A penalty given for a player ridden out over or deliberately riding out over the back line, and who is in possession of the ball, shall be taken from the spot where they crossed the back line.
- (b) **Execution of Penalty** To execute this Penalty a player may move up to the spot on the back line nominated by the Umpire from outside the perimeter of the field.

38
(31)

Ball Over Boundary Line - Penalty 1, 2 or 3

- (a) A player shall not throw the ball out over a boundary line of the field or cause by use of their stick or person a ball to go out over a boundary

line of the field (e.g. from a pick up or by having their stick hit). The penalty shall be given from the spot where the ball crossed the boundary line.

- (b) Where a ball goes out off a horse accidentally across a boundary line, the play will recommence with a line-up (see Rule 31 for Line Up) at the spot where the ball crossed the line.
- (c) **Deliberate Deflection – Penalty 1** When a player is about to be forced over a boundary line and deliberately deflects the ball out off his own or another player's horse, a penalty shall be awarded against that player.

39 Player Over Riding Penalty Line - Penalty 1, 2 or 3

(32) A player who is not permitted to play in the goal scoring area may over-ride the Penalty Line provided that:

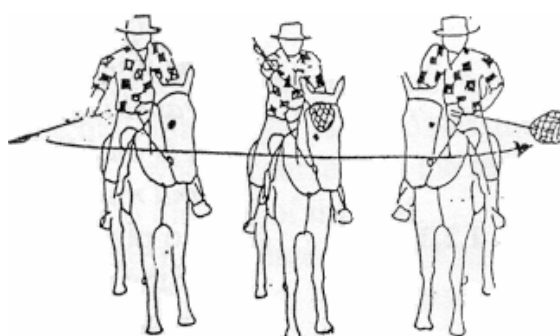
- (a) They do not carry the ball over the line.
- (b) They pull out of the way immediately so as not to either hinder or intimidate in any way the players permitted in the area or make contact with the ball (**UKPA Rule**).
- (c) They leave the area immediately and must not obtain advantage when they re-enter the centre field area.

40 Interfering with Play in the Goal Scoring Area – Penalty 1,2 or 3

No player outside the Goal Scoring Area shall interfere with play or players in the goal scoring Area (**UKPA Rule**).

41 Crossing - Penalty 1,2,3, or 4, 6 or 7

(33) No player may cross another player except at such a distance as does not involve the possibility of collision or danger to either player. Any player leaving the field has no automatic right of way when returning to the field. If considered a dangerous cross – Penalty 4, 6 or 7.



Umpire Signal – *Player crossing dangerously in front of other player(s)*

42 Line of the Ball

(33, 34) **Definition** – the 'Line of the Ball' is an imaginary line running along the line the ball is travelling (or had travelled along before stopping) along the ground and continuing indefinitely past its present point.

- (a) **Possessor of the Line of the Ball - Penalty 1,2,3, or 4** That player is in possession of the line of the ball who is riding in the direction in which

it was thrown at the least angle to the line of the ball and shall have right of way over other players.

- (b) **Players Riding Off - Penalty 1,2,3, or 4** Two players following the line of the ball attempting to ride one another off have the right of way over a single player coming from any direction.
- (c) **Player Carrying the Ball** A player carrying the ball shall generally be considered to possess the Line of the Ball except when other players have yet to stop riding along a line of the ball which has only just changed (**UKPA Rule**).
- (d) **Entering the Line of the Ball - Penalty 1,2,3, or 4** No player shall enter the line of the ball in front of a player in possession of the line, except at such a distance as does not involve the possibility of collision or danger to either player. If a player enters safely on the line of the ball another player shall not ride into that player from behind.
- (e) **Deviation from the Line by the Thrower** A player is not in possession of the line of the ball simply because they were the last thrower if they have deviated from the exact course of the ball.
- (f) **Stopping on the Ball – Penalty 1,2,3 or 4** No player shall pull up across the line of the ball if by doing so they endanger themselves or a player on the line of the ball.
- (g) **No Line of Travel** If the ball has no line of travel, the player closer to the ball has possession.
- (h) **Standing Stationary on the Line – Penalty 1,2,3 or 4** Any player standing stationary on the line of the ball must immediately move from that line. The player may catch the ball provided that he/she moves immediately from the line of the ball and does not involve the possibility of a collision or danger to either player.
- (i) **Line of Ball over Penalty Line - Penalty 1,2,3 or 4** The 'Defence' and 'Attack' players when following a ball from the goal scoring area towards and/or over the Penalty Line have the line of the ball. Those players in Centre Field must give way.

43 Dangerous Riding - Penalty 4, 6 or 7.

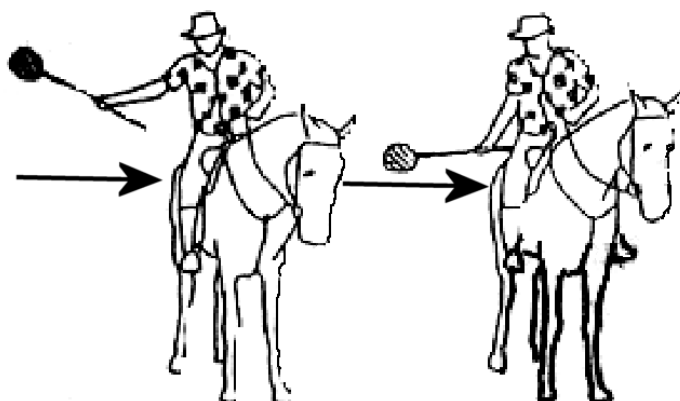
(35) No player shall ride dangerously as, for example:

- (a) Bumping at an angle dangerous to a player or their horse.
- (b) Pulling across or over a horse's forelegs or hindquarters in such a manner as to risk tripping the horse.
- (c) Bumping with sufficient force to dislodge a horse from its line of travel.
- (d) Pushing across a horse's loins or neck.
- (e) Jostling or bumping during time-off.
- (f) Intentionally losing contact with the reins during play.

Acceptable Horse Contact:

- Riding off is allowed provided that contact is made with the horses facing in the same direction and pushing shoulder to shoulder.

- When horses are facing in opposite directions, pushing is permitted sideways provided that horses are kept parallel and either player does not push across the other horse's loins or back or under the opposing horse's neck.



Umpire Signal - Horse bumping dangerously into another horse behind the saddle

44 Rough Play

(36)

- (a) **Use of a Player's Body - Penalty 2,3,4 or 6** No player shall seize any other player, their horse or their gear with the hand, strike or push with the head, arm, or elbow, but a player may push with their arm above the elbow provided the elbow is kept close to his side.
- (b) **Horse's Head - Penalty 2,3 or 5** No player shall permit their horse's head to contact another player if in so doing it is likely to cause injury or interference to the other player.

45 Swinging Stick - Penalty 2,3,4 or 6

(36)

- (a) No player shall swing their stick wildly so as likely to intimidate or injure horse or rider. Any attempt to hit an opponent's stick which in the umpire's opinion constitutes vicious swing shall be deemed dangerous play – **Penalty 4 or 6.**

The swing must commence:

- I. In a forward direction no higher than the rump of the horse
 - II. In a backwards direction no higher than the horse's rump
- (b) The swinging of the stick in more than one consecutive circle constitutes dangerous play.
 - (c) No player shall be allowed to swing at an opponent's stick whilst coming from behind, until the player's body is level with the opponent's horse's hip and no further forward than the horse's shoulder for a backward swing but at all stages players must be within reach of an opponent's stick before attacking the racquet.
 - (d) **Hit to Player or Horse – Penalty 4 or 6** Any wild or uncontrolled hit with a stick to the player or horse shall not be permitted.

(e) **Hit to Horse or Player While Shooting at Goal - Penalty 4, 6 or 7**

Should an 'Attack' No.1 player be awarded a goal for a strike to themselves or their horse whilst in the act of throwing a shot at goal (this include any hit to horse or player whilst moving directly towards the goal to shoot within the penalty area or over the penalty line)which succeeds, both the goal and the penalty goal shall stand (**UKPA Rule**).

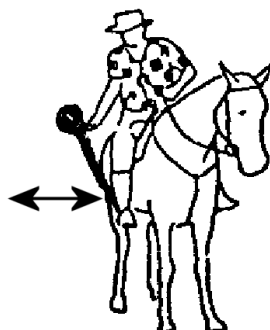


Umpire Signal - A wild or dangerous swing that could cause injury to horse or rider

46 Injuring a Horse by Stick Whip or Spurs

(37)

1. **Striking horse with stick - Penalty 1,2,3,4 or 6** No player shall be allowed to intentionally hit a horse (including their own) with a polocrosse stick.
2. **Wrongful use of spurs or whip - Penalty 1,2,3,4 or 6** No player shall use their whip, stick or spurs to intimidate or injure any horse (including their own) or rider. Wrongful use includes:
 - 2.1. Use of the whip when ball is not in play.
 - 2.2. Hitting the horse more than once without allowing the horse to react before any further hit.
3. **Removal of Spurs or Whip** The Umpire may order a player to remove spurs or whip for injury to their horse and prevent them from using any spurs or whip for part or the remainder of the game.



Umpire Signal - Hitting or prodding horse with the racquet

47 Sandwiching and Wedging of a Player - Penalty,4, 6 or 7

(38)

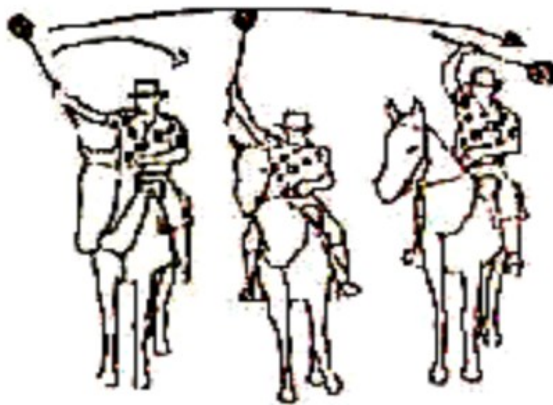
No player shall ride so as to sandwich or wedge a player between two players with dangerous contact between the three horses concerned.

Contact which has significant impact on, or deceleration of, the affected player shall be considered as dangerous. The last player making contact causes the penalty.

48 Carrying Ball Over the Centre Line of the Horse

(39)

- (a) **Penalty 1** Any player carrying the ball must carry it on their stick side and not cross the centreline of the horse with it. It is permissible to pick up or catch the ball up on either side providing that the stick is immediately brought back to the carrying side.
- (b) A player's stick with the ball in it may pass over the centre line of their horse without constituting a foul or penalty provided they are in the act of actually throwing the ball.



Umpire Signal - *Player crosses centre line of horse whilst in possession of the ball*

49 Misuse of Stick

(40, 41)

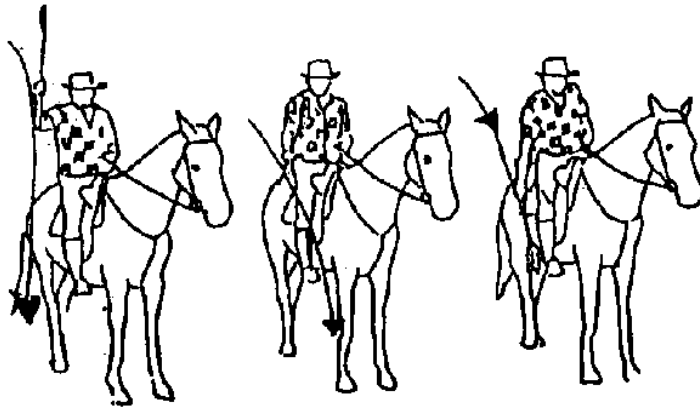
- (a) **Two-Handed Throws – Penalty 1** Two-handed throws are not allowed.
- (b) **Passing the Ball in the Stick - Penalty 2** A player in possession of the ball shall not throw or pass their stick with the ball in it to another player.
- (c) **Throwing the Stick – Penalty 2** No player shall deliberately throw their stick either at an opponent's stick or at the ball in flight.

50 Hitting of Stick

(41)

A player may hit an opponent's stick but only under the following conditions:

- (a) **Penalty 1,2 or 3** Only hit in an upward direction **and**
- (b) **Penalty 1,2 or 3** The Player's stick does not cross the centreline of the opponent's horse **and**
- (c) **Penalty 1 or 2** The opponent is in the act of gaining possession or has possession of the ball.



Umpire Signal - Player hitting down on opposing player's racquet to dislodge the ball

51 Reaching Under or Over a Horse – Penalty 1,2 3 or 4

No player shall reach over or under another player's horse's neck or body in front of the rider in order to catch, dislodge or pick up the ball.

52 Striking the Ball with the Stick
(41, 42)

- (a) **Near the Ground - Penalty 1** A ball may be tapped along the ground but the stick must not be raised above the hock or knee in doing so.
- (b) **Striking a Ball overhead - Penalty 1** A ball may be caught or thrown overhead but not struck.

53 Catching, Striking, Blocking and Carrying the Ball
(43)

- (a) **Penalty 1** A player shall not catch, carry or actively strike the ball with anything but their stick. A player must not hold the ball in the stick by the use of their body, or that of their horse, but shall drop it immediately.
- (b) **Blocking the Ball** -A player may use their body to only block the path of the ball.

54 Riding Between the Goalposts – Penalty 4

At no time during play shall a player ride between the goalposts or act so as to force another player to ride between the goalposts. A rider forced between the goalposts shall not be penalised (**UKPA Rule**).

- a) '*...ride between the goalposts...*' means all four feet of the horse to have actually crossed over the goal line and been placed on the ground. If a horse steps over with only 1-3 feet then this shall not be regarded as a foul.

55 Dismounted Player

- (44)** (a) **Dismounting - Penalty 1 or 2** No player shall deliberately dismount on the pitch where it will endanger themselves, their horse or any other player or horse (**UKPA Rule**).

- (b) **Interference By and Of Dismounted Player – Penalty 1, 2** No dismounted player shall interfere with the ball or the game in any way. Similarly, no dismounted player can be obstructed in any way.

56 Injury to Horse or Player and Damage to Equipment

- (45) (a) **Injury to Player or Horse** If play is stopped for injury to a player or a horse the game shall recommence with a Penalty throw to the team in possession of the ball at the point where the ball went dead. If no team had possession the game shall recommence with a line out from the nearest boundary line to where the ball went dead (**UKPA Rule**).
- (b) **Broken or Loose Bandages Penalty 1 or 2** The Umpire shall stop play for broken or loose bandages. The player with the broken or loose bandages shall be penalised. Play shall recommence with a Penalty throw to the opposition at the point where the ball went dead.
- (c) **Saddle Cloths Penalty 1 or 2** Umpires shall stop play if a saddle cloth is lost or in danger of coming off. Play shall commence when the saddle cloth is replaced with a penalty throw to the opposing team at the point where the ball went dead.
- (d) **Broken or Loose Gear** The Umpire shall use their discretion regarding stopping the play for broken or loose gear. If stopped, the game shall recommence with a Penalty throw to the team in possession when the ball went dead. If no team had possession the game shall recommence with a line out from the nearest boundary line to where the ball went dead. Persistent loose gear by a player shall be penalised Penalty 1 or 2.
- (e) **Dropped Stick** The Umpire shall not stop the game for a broken or dropped racquet unless it is the result of an infringement by the opposing team, or a dropped racquet poses an immediate safety hazard.
- (f) **Loss of Headgear** If a player loses their helmet the Umpire shall stop the game to enable such player to recover it. The game shall be restarted by the Umpire giving a Penalty throw to the opposing side from where the ball became dead.

57 Horse Displaying a Dangerous Vice – Penalty 5

Horses displaying a dangerous vice such as kicking out, biting, running out of control or bucking / rearing in a way the Umpire considers dangerous shall be 'sent off' at the first offence and banned from further participation in the current tournament (**UKPA Rule**).

58 Assistance to Players - Penalty 4

- (49) No person is allowed on the pitch during play for any purpose whatever, except the players and Umpires. A player requiring a stick or other assistance from an outside person must ride over the ends of the field or over the side-line to procure it. This applies to the No 1 and No 3 in the goal area where no player from the centre field may enter the area to pass a stick. A free goal shall be awarded against a player receiving a dropped racquet lost in the field of play from any person not playing on the field.

59 Dropped Racquet – Penalty 1

(49) No person shall intentionally leave their dropped racquet in the field of play unless it is unsafe to retrieve it.

60 Dead-Lock

(50) In the event of a deadlock (two opposing players unable to make any progress without possession of the ball in the goal scoring area) lasting more than 10 seconds, the Umpire shall stop the game and throw the ball in from the nearest boundary line.

61 Bad or Foul Language. Penalty 4 and, if persistent, Penalty 6 or 7

(8) Any player using foul or bad language, in the Umpire's opinion , during the course of the game shall be penalised.

ADDITIONAL UKPA RULES OF PLAY FOR ARENA POLOCROSSE

In addition to the normal playing rules as set out in the current UK Polocrosse Association Rulebook, the following rules apply specifically to the Arena Leagues.

- 1) The ball hitting the Arena wall will remain in play, unless it was a failed attempt at goal, when a free throw will be taken by the No 3 (Defence) from the centre of the penalty line. Should the ball leave the Arena during play, a penalty throw will be awarded to the opposing team.
- 2) The goal scoring area is defined as the erected sponsor banners (2.5m x 4.0m); above or outside of the banners is classed as a missed shot at goal.
- 3) The No 3 (Defence) is not permitted to remain stationary in the 'D' and must leave the 'D' at least once every five seconds.
- 4) For a Penalty 3 (free shot at goal), the No 3 (Defence) is not permitted to stand in the goal.
- 5) 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.
- 6) 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.

Penalties

PENALTY 1

A free throw to the non-offending side from the spot at which the infringement took place or the spot nominated by the umpire.

- a) The throw shall be executed from the spot nominated by the Umpire.
- b) The player may not execute the free throw until directed to do so by the Umpire.
The throw must be taken within a reasonable time.
- c) The ball shall not be deliberately thrown at another player unless it is intended as a pass.
- d) The ball shall be thrown at least 10 metres.
- e) If not accepted as a pass, the ball must hit the ground before the thrower can touch it.

Failed Penalty If the thrower infringes any of the conditions (a) to (e) it is a 'failed Penalty' and the Umpire shall restart the game with a throw in from the nearest boundary line, in line with the penalty spot.

- f) Penalty throws may be thrown in any direction, unless otherwise stipulated in the rulebook.
- g) The player may throw from a stationary position or moving.
- h) Apart from the player taking the throw all other players must be at least 10m from the penalty spot until after the ball is thrown (Except for Penalty 3). If an opposing player does not move away in time the penalty shall be moved up as for Penalty 2. If a team member of the thrower does not move away then it is a 'failed Penalty'.
- i) No player shall attempt to touch the ball until it has travelled 10 metres or interfere with the player taking the throw until the thrower has travelled 10 metres.
- j) If the Penalty spot is within the goal scoring area the thrower may take a shot at goal straight from the Penalty.

PENALTY 2

A free throw as for Penalty 1, taken within Centre Field, from a central spot on the Penalty Line in a forward direction.

The No. 3 may defend his/her goal but must not be within 10 meters from the spot where the throw is taken.

Note: *The thrower may not shoot at goal as the Penalty Spot is outside the Goal Scoring Area.*

PENALTY 3

A free throw at goal from a central spot just outside the 'D'.

- a) The ball must be thrown at goal.
- b) The number 3 player may defend the goal from a stationary position and remain stationary until the ball is thrown but cannot stand closer than 8 metres from the spot from where the throw is taken. Should the goal throw fail, the number 3 has the line of the ball.

PENALTY 4

If in the opinion of the Umpire a player commits a dangerous foul, the side fouled shall be allowed one goal. The game shall be recommenced by the Umpire throwing the ball into play in the centre of the field.

PENALTY 5

The horse ordered off the field by the umpire and disqualified from being played again during the match:

- a) A substitute horse may be played by the affected player only.
- b) See Rules 11 and 12 for conditions on horse substitution.

PENALTY 6

The Umpire may exclude a player from the game for part of the match in addition to any other penalty, in the case of a deliberate dangerous foul, persistent fouling after being warned, or conduct prejudicial to the game.

- a) A substitute player may not be played.
- b) In the event of a player being sent off, the captain of that team has the right to re-organise the section affected to the best advantage.
- c) The sidelined player shall not re-enter the playing field until such time as indicated by the Umpire.
- d) The sidelined player must come onto the field into the vacant position.

- e) A player cannot be sidelined for more than a maximum of three minutes playing time in any one period.
- f) The Umpire at the tournament shall prepare a written report within 24 hours and it shall be forwarded to the national association to whom the player is registered and to the International Polocrosse Council within sixty (60) days of such incident occurring.

PENALTY 7

The Umpire may exclude a player from the game for part or the whole of the match, in addition to any other penalty, in the case of a deliberate dangerous foul, persistent fouling after being warned, or conduct prejudicial to the game.

- a) After a period of three minutes a substitute player may be played.
- b) In the event of a player being sent off, the captain of that team has the right to re-organise the section affected to the best advantage with the use of the reserve player.
- c) In all instances, the player sent off shall be the subject of a written report by both umpires and the referee to be prepared within 24 hours and to be forwarded to the national association to whom the player is registered and to the International Polocrosse Council within sixty (60) days of such incident occurring.

UKPA Protective Riding Helmet Rules

The intent of these Rules is to ensure that all UKPA Members wear riding helmets, of an approved standard, when taking part in UKPA associated horse-riding activities.

It remains the responsibility of the rider, at all times, to ensure their riding hat is suitable for the task.




The requirements of the Rules provide annual verification that Members riding helmets have been checked for marking with specified National Standards and are of an acceptable condition. To verify a helmet has been inspected and confirmed as complying with these rules, annual tags of a distinctive colour will be provided by the UKPA. These Rules supplement **UKPA rule 27(a)**.

1. Horse Riding

- 1.1. Riding Helmets must be inspected and tagged, with the current years tag, prior to a UKPA Player Member taking part in any horse-riding event associated with the UKPA and it is mandatory for affiliated polocrosse Clubs to ensure compliance with these rules.
- 1.2. It is the responsibility of a UKPA Member, or for a Junior Member a parent or guardian, to ensure their helmet complies with these Rules and is tagged or re-tagged before they take part in any UKPA horse-riding event. It is also their responsibility to ensure the manufacturer's guidelines, with regard to replacement and fitting of a helmet, are conformed to.

2. Acceptable National Standards

- 2.1. Helmets must be marked with a Standards Symbol, either the BSI Kitemark, the SAI Global symbol or the official Snell label with number. The CE symbol on its own does not verify compliance with these rules.

<p>PAS 015:1998 or EN 1384:1996 BS EN 1384:1997 with the BSI Kitemark</p>	<p>Snell E2001 with the official Snell label and number</p>	<p>AS/NZS 3838 1998 or AS/NZS 3838 2003</p>
 <p>N.B. The prefix 'BS' on the EN 1384 standard does not mean the helmet has undergone batch testing by the British Standards Institute – the label must also display the BSI Kitemark.</p>		 <p>N.B. The tag at the back or inside of the helmet must be present and clearly visible</p>

3. Helmet Verification & Tagging

- 3.1. The Chief Umpire and the Executive Umpires have authority to inspect and tag Club Members riding helmets on behalf of the UKPA. UKPA Helmet tags are available from the Chief Umpire and Executive Umpires on request.
- 3.2. The Chief Umpire or Executive Umpire will carry out helmet inspection, at the request of individual members of their Club, and affix a UKPA helmet tag to helmets that comply with the above requirements. From 2020, hat tags will be Navy Blue and display the UKPA logo and will be updated when there is a change in helmet standards (rather than on an annual basis).
- 3.3. If a helmet shows obvious signs of significant damage or deterioration it will be considered to be unacceptable and will not be tagged.
- 3.4. The tag is to be fitted to the helmet harness in such a way that it is clearly visible when the helmet is worn on the head.
- 3.5. Tagging verifies only that the helmet complied with these rules at the time it was checked.
- 3.6. Affixing a UKPA tag does not imply or verify compliance with any standard, the fit or condition of the helmet.

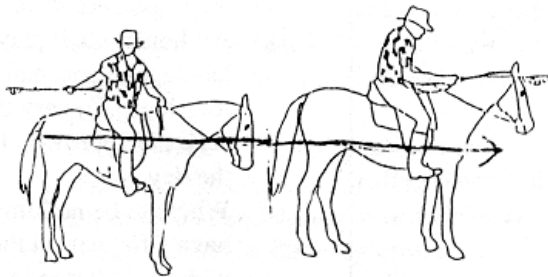
4. Helmet Fit, Adjustment and Condition

- 4.1. The fit of the helmet and adjustment of the harness are crucial to the protection afforded by the helmet. Riders are advised to try several makes to find the best fit. The helmet should not move on the head when the head is tipped forward or backwards.
- 4.2. Helmets must be replaced after a severe impact, as subsequent protection may be significantly reduced.
- 4.3. Helmets deteriorate with age and should be replaced after three to five years, dependant on the amount of use and changes to approved standards.

5. Checks

- 5.1. Umpires and UKPA appointed Officers may carry out tagging checks at any time during UKPA horse riding activities.
- 5.2. If a helmet, when checked, is found not to comply with these rules it must not be further worn as a protective riding helmet until properly tagged.
- 5.3. If a helmet is found to have been incorrectly tagged, all helmets tagged by the same Club must be re-inspected for compliance with these rules.

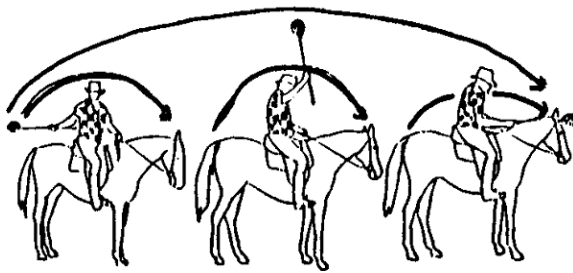
Umpire Signals



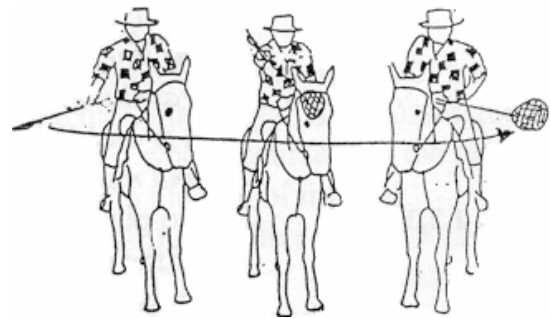
Unsuccessful Attempt at Goal



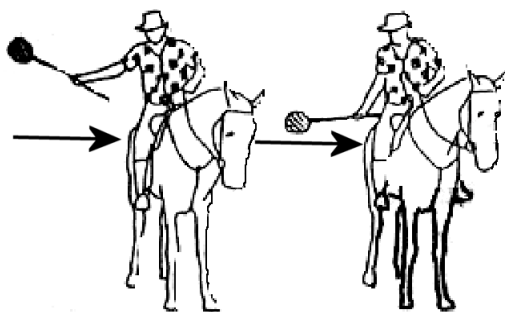
Successful Goal



Player Crossing Penalty Line while in possession of the Ball



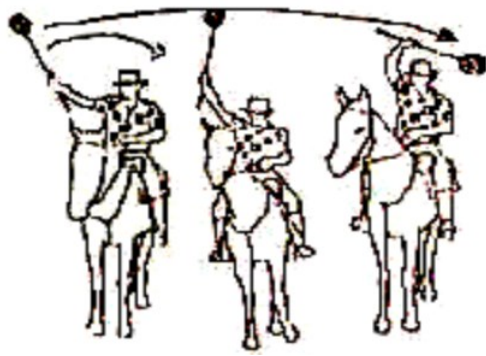
Player crossing dangerously in front of other player(s)



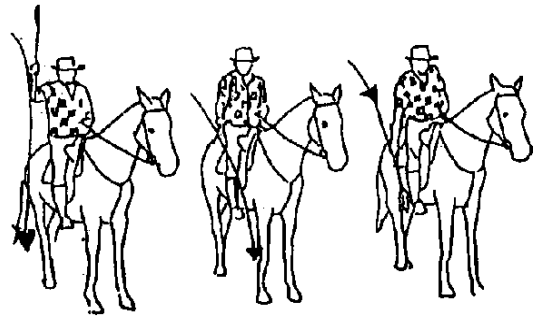
Horse bumping dangerously into another horse behind the saddle



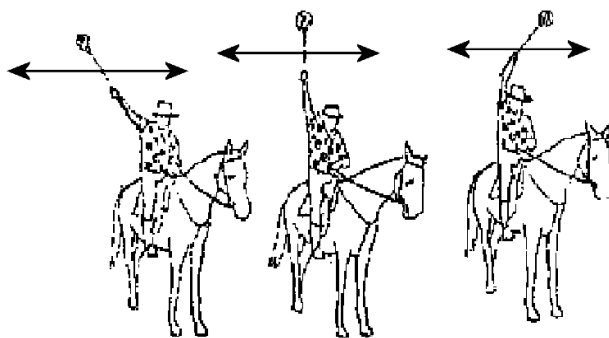
A wild or dangerous swing that could cause injury to horse or rider



Player crosses centre line of horse whilst in possession of the ball



Player hitting down on opposing player's racquet to dislodge the ball



Time Off