

## WHAT IS POLOCROSSE?

At the elite level polocrosse is a fast-paced, skilful, exciting game. It presents an incomparable athletic challenge involving speed and stamina, and demands lightning quick reflexes of both horse and rider.

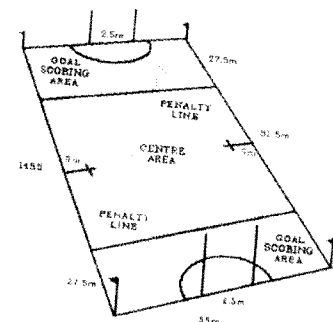
More generally it is enjoyed at Club level as a family sport where men and women aged 7 to 70 can compete at various skill based levels of competition. Polocrosse appeals to a broad cross section of the community with players coming from wide and varied backgrounds such as farmhands, lawyers, builders, farmers and business people.

Most of all it is a fun game and has been described as being a bit like rugby on horseback.

The game provides good healthy outdoor competition where teamwork and cooperation are highlighted. A unique feature being that it is played at tournaments which are run over an entire weekend and provides families with opportunities to camp together with friends from around Australia.

Our Coaching and Umpire development programs provide a safe basis for our competitors to enjoy the sport.

Polocrosse is played on a field 146.5m x 55m. There are six players in a team, with three members playing alternate chukkas.



## WHAT SORT OF HORSE DO I NEED?

You can play polocrosse on any sort of horse (so long as it is not blind in either eye, is not a stallion and is not unfit), but you will find some more suitable than others even though they come in a great variety of shapes and sizes.

Horses which have campdrafting or pony club experience generally make good polocrosse horses. Many top polocrosse horses are Australian Stock Horses, which have great athletic ability, agility, stamina and courage.

Of course it is easier to learn on an experienced horse but there is no reason why you can't both learn together. Many of our elite players have commenced their sporting careers on older, experienced horses that are accustomed to the rucks and lineouts and tend to follow the ball.

## CAN I GET INVOLVED WITHOUT PLAYING?

Most Clubs have an active social programme and yes, we are always looking for supporters, volunteers, timekeepers and sponsors. In most cases polocrosse tournaments include a social event on the Saturday night.

## IS THERE AN AGE LIMIT?

No. If you are old enough (or young enough) to ride a horse, you can play polocrosse.

Players are categorised by age groups:

- \* Sub juniors - under 12 years
- \* Junior - 12 to 15 years
- \* Intermediates - 16 to 20 years
- \* Seniors - Open
- \* Masters - Over 45 years (Women)  
- Over 50 years (men)

## CAN I HAVE A GO BEFORE I JOIN?

All players must be covered by the Polocrosse insurance scheme, and you must join before you can start to practice.

We have special TRIAL & CASUAL Memberships (for new members only). Check details but basically this entitles you to participate in some practice or coaching days and a carnival to get a small sample of what playing the game of Polocrosse is all about.

All clubs charge a "Club membership" fee so you need to contact your local to Club for more information on membership fees (see the Administration section on this site for Club details). Polocrosse is a recognised Pony Club sport - you might be able to compete at some rallies.

## WHAT GEAR WILL I NEED?

Helmet: Like most horse sports, you will need a helmet which conforms to Australian Standards. The current helmet required is the ASNZ3838 model.

Saddle: The most suitable type of saddle is an Australian Stock Saddle, but you can use any saddle as long as it doesn't have a horn. For safety reasons, all saddles must be equipped with a breast plate, girth and surcingle.

Bridle: Any bridle can be used, but no barred bits are permitted. Reins must be joined.

Protective Boots/Bandages and Bellboots: Must be on all 4 legs of the horse.

Racquet: There are a number of different style racquets available either through your local saddlery or from the specialist racquet makers.

## **NSW CLUBS**

We have clubs all over the State including:

Oberon, Orange, Sydney, Bunnan, Cassilis, Central Coast, Maitland, Manning, Merriwa, Muswellbrook, Quirindi, Singleton, Tamworth, Dubbo, Dunedoo, Gulgong, Mendooran, Quambone, Warren, Bingara, Glen Valley, Guyra, Inverell, Warialda, Coffs Harbour, Dorrigo, Macksville, Cubbaroo, Galloping Gully, Moree, Narrabri, Pallamallawa, Barkool, Berrigan, Bluegate, Gum Creek, Swan Hill, Euston, AlburyHolbrook, Harden, Jugiong, Marrar, Tarcutta, Tumbarumba, Tumut, Wagga Wagga, Young, Bungendore, Braidwood, Burradoo, Canberra, Hall, Lake George, Milton-Ulladulla, Moss Vale, Yass.

Call the NSW Polocrosse Association or your nearest club's contact – details on the Administration page of this site.

## **NSW POLOCROSSE HISTORY**

As the founding State, NSW has enjoyed competitive supremacy for many years and has grown to about 1800 members spread across more than 58 Clubs.

Club Championships are generally held every year and NSW hosts regional championships on a regular basis.

Our youth exchange programs offer wonderful opportunities for our children to travel the world and NSW hosts a number of visiting international players & teams every year.