

Why not try . . . ?

The Discipline
of the Month



No 1. Polocrosse

Five reasons why your club should try Polocrosse:

1.

A lot of boys enjoy it. (Well, so do girls, but it could be a good way to keep or attract male riders.)



2.

Many clubs could be able to borrow equipment to try it out through the **Blue Bandage Polocrosse program**



3.

Polocrosse improves your horsemanship and opens opportunities to ride in zone and state teams, and even a national team, and represent PCA overseas



4.

This activity has the support of the Polocrosse Association of Australia. There are clubs and state organisations throughout Australia if you get serious.



5.

PCA is working on developing a national polocrosse competition





What is Polocrosse?

Unlike polo, where each rider needs a team of polo ponies, polocrosse is one rider, one horse, which makes it more accessible to more people.

Blue Bandage Polocrosse is designed to introduce new players and welcome back former players to enjoy polocrosse in a fun environment. It is non-competitive and non-graded.

(Regular Polocrosse members play what is call 'White Bandage Polocrosse')

<https://www.bluebandagepolocrosse.org.au/>

The Blue Bandage polocrosse rules are:

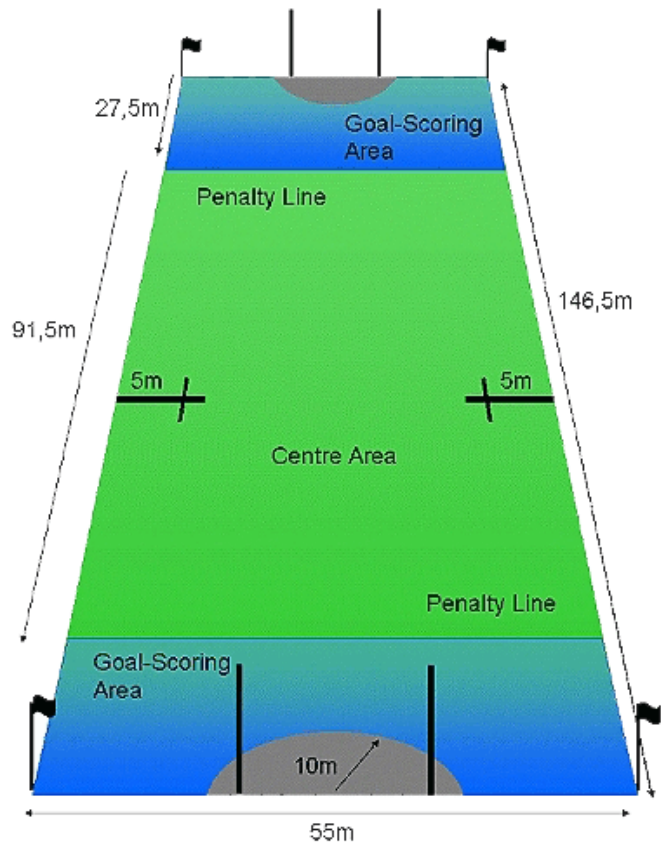
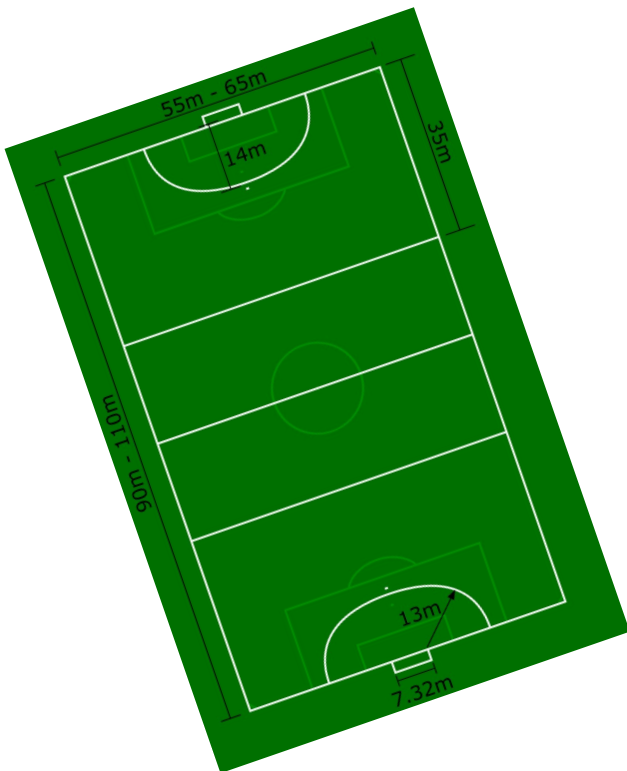
- low to no contact
- no swinging (cannot hit the ball from another rider's racket)
- slow pace
- safe and easy access to goals.



Blue Bandage Polocrosse FAQs

<https://www.bluebandagepolocrosse.org.au/wp-content/uploads/2019/07/Blue-Bandage-Polocrosse-FAQ-2.pdf>

What does a polocrosse field look like?



The playing field is 146.5 m long and 55m wide, with goal posts at each end.

How the game is played:

Note: automatically add laughter and excitement!

In a Polocrosse game, each team has six players
1 separated into two sections of three players each.
A game can be 2, 3 or 4 (sometimes up to 8) quarters, known as chukkas, each lasting six to eight minutes.

2 The two sections from each team alternate on and off the field each chukka. Members 1, 2 and 3 play the respective roles of No 1 (attack), No 2 (combination of defence and offence) and No 3 (defence).

Polocrosse is played by men, women and children.
3 Each rider uses a cane stick, made up of a polo-stick shaft with a squash racquet type head with a knotted thread net in which the ball is caught and carried. The ball is made of thick-skinned sponge rubber and is 100mm -130mm in diameter.

Players pick up the ball from the ground, pass the
4 ball, bounce the ball and carry the ball endeavouring to take it into their scoring area to throw a goal.



Rider and Gear Checklist



Here's what riders and horses should have – but note, this is for Blue Bandage polocrosse. To try the sport at Pony Club, observe the safety rules (eg PC approved helmet; no bits with protruding sidebars, joined reins, horses legs bandaged, tails can be tied up or free flowing)

More: <https://www.bluebandagepolocrosse.org.au/wp-content/uploads/2019/07/Blue-Bandage-Polocrosse-getting-started-1.pdf>

And the rules: The main rule is that the horse does not kick or bite riders or other horses.

<https://www.bluebandagepolocrosse.org.au/wp-content/uploads/2019/07/Blue-Bandage-Polocrosse-The-Rules-3.pdf>

History of Polox

The sport developed from a combination of polo, lacrosse and netball in 1938.

It is credited as being one of only three truly Australian sports – the other two being Australian Rules Football and camp-drafting.



What to expect from a lesson

If you invite a Polocrosse Club member to a rally or muster to teach you some basics, what can you expect from a practice session or lesson?

The game of polocrosse requires a very responsive horse that can run, stop, turn (change direction), and go sideways. If your horse can do that, or learn to do that, you can play. A sample session at a Pony Club rally could include:

- Gear check and discussion about what polocrosse is, and some history
- Explanation of the roles of players 1,2 and 3 and practising racquet skills on foot
- On foot game of polocrosse to get the idea of rules, passing, scoring etc
- On horse skills—pick up, throw, shadowing, (simulate goal defence and attack)
- A chukka or two at slow pace, stopping and explaining rules as you go
- May also be a video session to see the game played (eg lunchtime)

* Our own Jo Tremellen is available to help clubs in SA - tremellenj@yahoo.com

Borrow or buy?

Can we borrow polocrosse equipment?

Each State polocrosse office has a set of equipment they loan to polocrosse clubs. Contact your office or a nearby club, mention PCA Discipline of the Month and see what's available in your area.

You might also find some Pony Clubs in your zone have equipment they will loan you for a rally (and hopefully a polocrosse instructor too.)

Polocrosse contacts for each State:

<http://www.ponyclubaustralia.com.au/News/Disciplineofthemoth.aspx>

How do we buy polocrosse equipment?

Bennett Rackets do a deal for clubs – but you need to contact them directly, not purchase from the website.

<https://www.polocrosse.biz/shop/polocrosse-kits-c-20/standard-coaching-kit-p-60>

Their address is

Bennett Polocrosse,
PO Box 85, Kendall NSW 2439.

Standard kits cost \$1045 and include:

- 6 x 'round' head rackets
 - 1 x racket bag
 - 2 x polocrosse balls
- or upgrade to the Quality 'Pro' head rackets for an additional \$99.00

or the \$1,155.00 coaching kit

- 6 x 'round' head rackets
 - 1 x kit bag
 - 2 x Polocrosse Balls
 - 1 set Numbered Bibs
 - 1 x Polocrosse and A Practical Guide (Book)
- Bennett Rackets can also make up custom kits.



Trying Polocrosse?

Don't forget to share, and also send us, your photos so we can see and share them in our newsletters and on Facebook too!



Each month in 2020 we will be bringing you a 'Discipline of the Month' - it is up to you when you try it out

Our thanks to the Polocrosse Association of Australia for their support.

<https://www.polocrosse.org.au/>

Pony Club Australia
info@ponyclubaustralia.com.au
www.ponyclubaustralia.com.au