

The Rules of Polocrosse



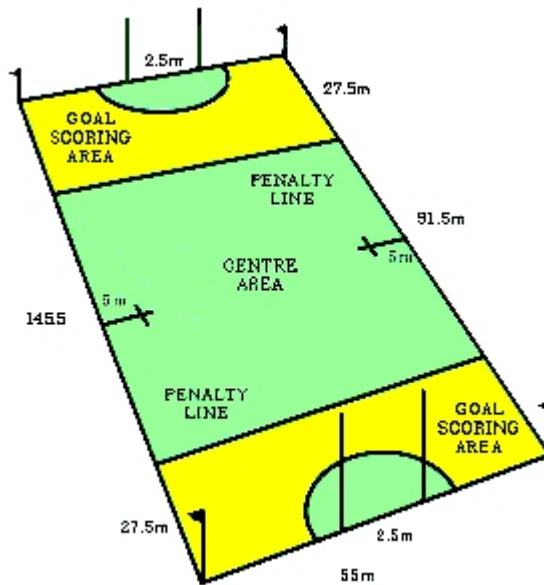
The Rules are based on the U.K. Polocrosse Association current rules, which are consistent with the rules of the International Polocrosse Council. This booklet sets out the Rules that specifically apply to Pony Club Polocrosse and an outline of the general rules. Umpires and Instructors are advised to study the Rules of the U.K. Polocrosse Association. These are obtainable from Headquarters (£3.00). A brief explanation of the rules is provided below.

Equipment

Each player has a stick made up of a shaft like a polo stick which is attached to a squash racquet size head with a loose twisted-thread net in which the ball is carried. The stick is usually 1m to 1.2m (39" to 42" long), but there is no restriction on length. The ball is made of foam rubber, approximately 10cm (4") in diameter, and weighs approximately 142g (5 oz).

The Field

The field should be reasonably flat. It is 146.5m (160 yds) long by 55m (60 yds) wide, with goal posts 2.5m (8ft) apart at each end. 27.5m (30 yds.) from each end there is a line across the field which is called the 'penalty line' and encloses the 'goal scoring area'. Directly in front of each goal there is a semi-circle of 10m (11 yds.) radius. A goal can only be scored if it is thrown from outside this semi-circle, but inside the goal scoring area.



Teams

A full team consists of six players, divided into two sections of three players each. The two sections play alternate chukkas so that any time while the game is in progress three players are on the field of play and the other three are resting. There can be 2, 4, 6 or 8 chukkas in a match. Tournaments can also be played with single section teams of just three players, in which case it is usual to have single chukka matches, to make a league Competition.

The members of each section are numbered 1, 2 and 3 and must wear shirts or tabards with these numbers clearly on them. No 1 is attack, and is the only player that can score a goal for his section, and the only one that can play in their goal scoring area. He can play in the centre field, but may not play in the goal area his team are defending. No 2, usually the pivot of the team, may only play in the centre area between the two penalty lines. No 3 is defence and plays in the centre area and the goal scoring area that he is defending. Thus only the attacking No 1 and defending No. 3 are allowed in the respective goal scoring areas.



Start of the Game

The game is commenced in centre field, the players lining up in pairs side by side and one behind the other, each team standing closest to the goal it is defending. The No 1s are in front, then the No 2s and the No. 3s are at the back, all facing the umpire and at least 5m (16ft) from him. The umpire throws the ball in overarm from the side line high between the players. The game recommences similarly after a goal is scored. Whenever an attempt at goal fails, No 3 throws the ball back into play from just behind the penalty line.

Play

Players pick up the ball from the ground, or catch it in the net of the stick and carry it or throw it from player to player until the No 1 (attack) is in possession of it in the goal scoring area, so as to be able to throw at goal. A player cannot carry the ball over the penalty line, but must bounce it on the ground, so that he does not have possession of it while crossing the line. However, he may throw the ball to another player across the line.

A player carrying the ball in his stick must carry it on his stick side, i.e. right handed players carry it on the off side of the pony, left-handed players on the near-side. A player cannot carry it across his pony, but he can pick up or catch the ball on the non-stick side provided he brings the stick back to his stick side immediately. Hitting at an opponent's stick, either to dislodge the ball or prevent him from gaining possession of it, is allowed in an upward direction only. Hitting down is not allowed as the pony's legs might be hit.

Riding-off is allowed, but crossing, stopping over the ball, or elbowing are not allowed. The wedging or sandwiching of one player between two players "riding-off" simultaneously is dangerous play and not allowed.

Ponies

A player is only allowed one pony in a tournament.

Time

The maximum length of a chukka is 8 minutes, and there is a 2 minute change-over time between chukkas. Each section of a team shall change over and play in the opposite direction in successive chukkas. Full team matches can be of 2, 4, 6 or a maximum of 8 chukkas. Single section matches are usually of only one chukka.

