

# 4-H Equine - Project Options - About Polocrosse

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## About Polocrosse

### Interested in learning more about polocrosse?

**Polocrosse, What Is It?** At the elite level polocrosse is a fast-paced, skilful, exciting game. It presents an incomparable athletic challenge involving speed, 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 10 to 70 can compete at various skill based levels of competition. Most of all it is a fun game and has been described as being a bit like hockey 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 on a single horse. Polocrosse is an excellent way to develop your horse skills; competition is essentially a way of measuring our progress while having fun.

As the name implies, it is a combination of polo and lacrosse. It is played outside, on a field, on horseback. Each rider uses a cane stick to which is attached a racquet head with a loose, thread net, in which the ball is carried. The ball is made of sponge rubber and is approximately 4 " across. The objective is to score goals by throwing the ball between your opponent's goal posts.

Polocrosse is messing around by yourself with a stick and ball, playing a little impromptu one on one, or perhaps two on two with some friends to full scale tournament play. It's played throughout the world by people of all ages and riding skills. It's all polocrosse, and it's all fun.

***Polocrosse Canada wants to see more and more people take up the sport of polocrosse and will do all that we can to help you get started!***

### Why Polocrosse?

Polocrosse is a great discipline for 4H clubs to offer for a number of reasons:

- It takes the basic western riding manoeuvres, stops, turns, roll backs, and incorporates them into the game.
- It improves riders' horsemanship. To perform well in the game, horse and rider have to work together as one.
- It raises the horses training level and your riding ability, you have to practice to be good.
- It gives you purpose in your riding, the competition of the game puts the fun into riding.
- It a team sport, you, your horse and your friends work at together.
- Polocrosse is a game that is simple to learn, but takes a lifetime to master!

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- Opportunity for International competition and exchanges, your handicap is your passport to the world.
- We would like to encourage the formation of 4H club competitions.

## Equipment Kit

If your club would like to try out Polocrosse, we have a Polocrosse equipment kit available for rent. It consists of 6 racquets, two balls and 6 numbered player pinnies, rule book and video.

## Polocrosse Clinics

Polocrosse Canada is very keen to grow the sport in Canada and to increase participation in our sport. With this in mind we offer clinics to interested groups at minimal cost. Over the last year many riding groups have started to offer polocrosse and Polocrosse Canada has worked closely with them to ensure they have the help and support they need. If your group is interested in find more out about polocrosse or hosting a clinic try the links below or contact me directly.

## More information

Polocrosse Canada has created a dedicated document to explain the sport in more detail, the benefits and how to get involved

For more information on polocrosse, please visit:

What is Polocrosse [http://polocrossecanada.com/wp-content/files/Clinic\\_polox.pdf](http://polocrossecanada.com/wp-content/files/Clinic_polox.pdf)

Polocrosse Canada <http://polocrossecanada.com/>

Polocrosse Canada

– 4-H Club <http://polocrossecanada.com/get-involved/4h-pony-clubs/>

Polocrosse Worldwide <http://polocrosse.net/>