

THE POLCROSSE ASSOCIATION OF AUSTRALIA INC

IN CONJUNCTION WITH

THE AUSTRALIAN PONY CLUB COUNCIL INC

RULES FOR PONY CLUB POLOCROSSE

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OBJECTIVES

Polocrosse provides the Pony Club with a team competition requiring courage, determination and all-round riding ability on the part of the rider, and careful and systematic training of the pony.

Its objective is to encourage a higher standard of riding throughout the Pony Club and to stimulate among the future generation a greater interest in riding as a sport and as a recreation.

It is suitable for children on ponies at all levels and encourages a strong and unselfish team spirit.

CONTACTS

www.polocrosse.org.au

www.ponyclubaustralia.com.au

THE GAME

The Rules are based on the Australian 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.

As the name implies Polocrosse is a combination of polo and lacrosse. It was developed in Australia just before World War 2 and became very popular immediately after the War. It was also extensively played in Rhodesia

from 1948 and is now widely played in Australia, New Zealand, Zimbabwe, USA, Papua New Guinea, South Africa, Chile, Argentina, Zambia, Norway, Vanuatu, United Kingdom, Ireland, Canada and Uruguay.

It is a team game on horseback and the object is to score goals. The team that scores the most goals in a match is the winner.

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 competition.

The members of each section are numbered 1, 2 and 3 and 1 must wear shirts with numbers clearly on them.

No 1, is attack, and is the only player that can score a goal for his/her section, and the only one that can play in their goal scoring area. He/she can play in the centre field, but may not play in the goal area his/her 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/she is defending. Thus only the attacking No 1 and defending No 3 are allowed in the respective goal scoring areas.

Ponies

A player is allowed only one pony in a tournament.

The Start

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 1's are in front, then the No 2's and the No 3's are at the back, all facing the Umpire and at least 5m from him/her. The umpire throws the ball in over arm from the side line well above the players heads. The game commences 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 racquet 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/she does not have possession of it while crossing the line. However, he/she may throw the ball to another player across the line.

A player carrying the ball in his/her racquet must carry it on his/her racquet 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/her pony, but he/she can pick up or catch the ball on the non-racquet side provided he/she brings the racquet back to his/her racquet side immediately.

Hitting at an opponent's racquet, either to dislodge the ball or prevent him/her from gaining possession of it, is allowed in an upward direction only. The swing shall be of no more than a quarter circle. There shall be no unsighted swings. 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.

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.

PONY CLUB RULES FOR POLOCROSSE TOURNAMENTS

Teams

A full Club team consists of six members or associates of that Club divided into 2 sections of 3 players each.

Sections

Tournaments can be played with single sections, which consist of only three players, members or associates.

Junior Teams

If a Junior competition is arranged it is suggested that, at the discretion of the organizer, an age limit is fixed, and a size limit for ponies set, so that small ponies are not liable to be "ridden off" by horses. It may be found that members under 15 years and ponies of 148 cm (14.2hh) and under is suitable. Exceptions could be made for real novices. Mixed teams from different Clubs might also be allowed if Clubs are unable to raise a team or section themselves.

DRESS

- a. **Hats** No player shall be allowed to play in a tournament, match or practice polocrosse unless that player wears a protective helmet which is approved by the Standards Association of Australia for use in competitive type equestrian horse sports. Hats must be worn with chinstrap fastened at all times when mounted and this includes at prize-giving.
- b. **Face Guards** If worn they must be fitted to a Pony Club approved hat. (Note: A rigid faceguard are not permitted).
- c. **Jewellery** (Including earrings) is NOT allowed.
- d. **Jodhpurs** Light coloured jodhpurs, breeches or white riding trousers must be worn.
- e. **Spurs** may only be used with the written permission of the D.C. and then only blunt spurs made of metal and without rowels or sharp edges may be worn. If the spurs are curved, the curves must be downwards. The shank must point straight to the back and be not more than 3cm long. Sharp spurs may not be worn.
- f. **Footwear** Standard riding or jodhpur boots with a smooth, fairly thin sole, and a well defined square cut heel should be worn. No other footwear will be allowed.
- g. **Numbers** Shirts numbered 1, 2 and 3 must be worn to indicate the position of the player. The number should be clearly visible on the back of the shirt, and on the sleeve if desired. The only other writing permitted is the name of the Club and the logo on the front pocket.
- h. **Shirts** Teams shall register their colours with the Chairman of the Polocrosse Committee.
- i. No player may wear buckles or studs on the upper part of his/her boots or knee pads in such a way as could damage another Player's boots or breeches.
- j. **Knee pads** if used, must be brown, black, cream or white. They must be made of soft fabric or leather and must be pliable.

PONIES

Must have genuinely participated at a minimum of three working rallies since 1st July in the previous year with a member of the Pony Club, one of which must have been in the current year. They must be serviceably sound

and well shod, or with their feet properly trimmed. They must not kick or show vice. They must be at least 5 years old for Open Tournaments.

A player is allowed only one pony in a tournament. A substitute pony can only be used in the event of lameness or accident and with the permission of the Chief Steward.

SADDLERY

Ponies must be turned out with well-fitting and properly maintained saddlery.

- **Saddles** - Conventional hunting/general purpose or lightweight poley saddles are recommended. The saddle must be equipped with a breastplate, girth and surcingle, or combination girth and surcingle, or double buckle girth.
- **Stirrups must** - be of the correct size to suit the rider's boots and must have 7mm clearance on either side. Anyone found using incorrect stirrups will not be allowed to play.
- **Saddle Cloths and Blankets** - may only bear a Pony Club branch name or badge.
- **Market Harboroughs** - and running, draw or check reins of any kind are forbidden. (A running, draw or check rein is one which is attached to the saddle, girth, martingale or breast plate on the horse).
- **The use of string**, twine or cord in or around the horse's mouth is forbidden.
- **Martingales/Nosebands**: If a martingale is desirable a standing martingale is recommended, which must be fitted correctly. Standing martingales may be attached only to a Cavesson noseband or the Cavesson portion of a 'Flash' noseband fitted above the bit. Only the following nosebands are permitted Cavesson, Drop, Grackle or Flash.
- **No item of gear** may be used for any other purpose, or in any other way than that for which it was designed and intended, e.g. Running martingales may not be used as Standing martingales.
- **Bits** - only the following are permitted
 - I. A plain snaffle with a straight bar or a single joint in the middle.
 - II. A snaffle with two joints, but the middle link must be smooth and rounded. This includes a Dr. Bristol which is now permitted. Anyone using a double-jointed bit must declare this to the gear Inspector and demonstrate that it conforms to these rules.
 - III. A hanging cheek snaffle is allowed. Gags and cheek snaffles with protruding cheek pieces (e.g. Fulmer Snaffles) are not permitted.
 - IV. A pelham with a single rein attached to 'roundings', or a Kimblewick, with the rein attached to the main 'D' (and not in any slot). Curb hooks should be taped.
 - V. A Belgain gag with only one loop underneath the main ring, with the rein attached to the lowest ring.

In all cases the mouthpiece must be smooth.

- **Bitless bridles** (Including Hackamores) are NOT permitted.
- **Bandages** - Ponies' legs must be correctly bandaged, or have suitable boots which protect the fetlock.
- **Bell Boots**, both in front and behind are compulsory.
- **Whips** must not be longer than 1.1 m including a flap not less than 50mm long and 25mm wide at the end.
- **Saddlery and gadgets** which are not allowed in the competition may not, on penalty of elimination, be worn at the venue.
- **Nickel bits** and stirrup irons can be dangerous and are not recommended.
- **Badly fitting or unsafe gear**, or saddles that are down on the withers when the rider is mounted, will result in the disqualification of that competitor, unless the gear can be changed to the satisfaction of the Chief Steward before the start of the game.

The Chief Steward has absolute discretion in ruling on these matters.

INSPECTION

Riders and ponies will be inspected in the collecting area in the clothing and saddlery in which they are to ride, and these will not be changed thereafter without reference to the Chief Steward. Inspection Stewards will report any rider whom they think may be overweight for their pony, to the Chief Steward. Team Managers must be present for the Inspection.

RESPONSIBILITY

It is the responsibility of competitors that their dress and saddlery are in accordance with the Rules. Team Managers must accompany their Team and ensure they are presented at the appointed time for their gear inspection, ready to play, with the correct equipment properly fitted in accordance with the Rules.

COLLECTING AREA

Teams must return to the Collecting Area before and after every chukka. Only Team Managers are allowed to accompany the Team in this Area.

Spectator Areas. Horses/Ponies are NOT allowed in the spectator areas at Tournaments. Signs to this effect, e.g. 'No horses' should be erected. It is important to have clearly defined areas where horses/ponies can be worked.

TOURNAMENTS

The Organiser of an informal Tournament may decide to permit teams to be made up with members from different Clubs. It is recommended that this is permitted at Club level if Clubs cannot make up a full team, or have spare members wishing to play and no place for them in their own team. The Organiser will place these players into sections.

LEGAL LIABILITY

Neither the Pony Club nor the Organiser, nor any person acting on their behalf, accept any liability for any loss, damage, accident, injury or illness to horses, riders, spectators or any other persons or property whatsoever.

USEMELY BEHAVIOUR

On the part of riders, team officials, or team supporters will be reported as soon as possible by the Official to Pony Club headquarters, and they may be penalised by disqualification of the Branch or Branches concerned for a period up to three years.

CONCUSSION

A player concussed is not allowed to ride again until certified fit by a doctor, and on no account on the same day.

POLOCROSSE FIELD

The field should be reasonably flat. It is 90m long by 45m wide, with goal posts 2.5m apart at each end. 20m 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 5m radius. A goal can only be scored if it is thrown from outside this semi-circle, but inside the goal scoring area.

The size of the Modified Polocrosse Field shall be:

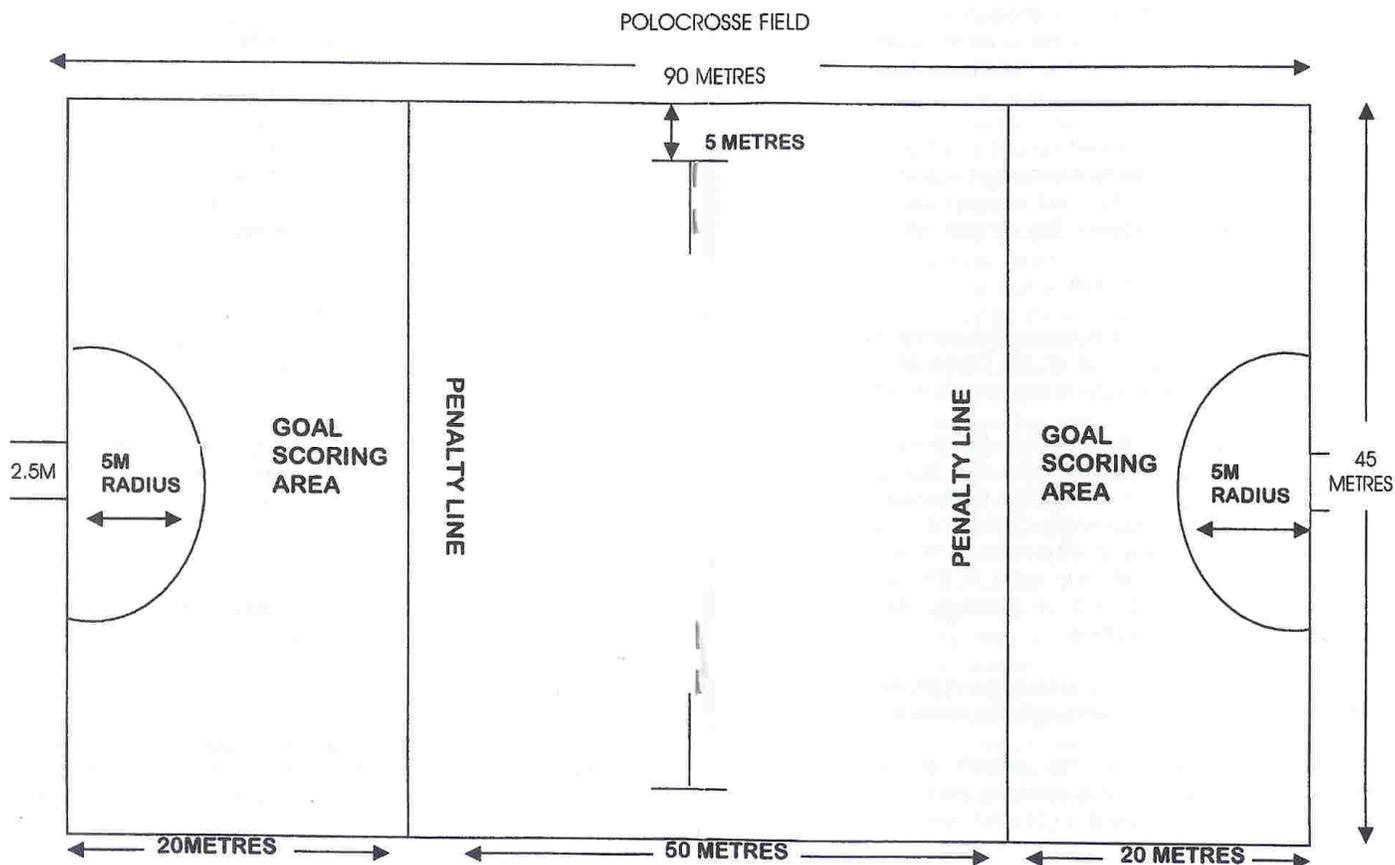
Length:	90 meters
Width:	45 meters
Goal Scoring Area:	20 meters in length
Centre Area:	50 meters
Goal Posts:	2.5m apart 3m high
Radius of Goal Circle:	5 meters

GOAL POSTS

The goal posts are to be at least 3m high and 2.5m apart and flexible enough to be pushed over if collided with. Steel posts shall not be used as supports for piping for goal posts.

BOUNDARY AND PENALTY LINES

Boundary and Penalty lines shall be marked with suitable flexible markers which shall be situated 3m out from the sidelines. All lines shall be clearly marked and defined so as to be readily seen by all players and umpires.



THE BALL

The ball shall be a thick-skinned sponge rubber ball 100 to 103 mm in diameter with a finished weight of 145 to 155 grams.

RACQUET

Each player has a racquet made up of a shaft like a polo racquet which is attached to a squash racquet size head with a loose twisted-thread net in which the ball is carried. The racquet is usually 1m to 1.2m (39" to 42" long), but there is no restriction on length.

RULES OF THE GAME

These Rules of the Game are a simplified version of The Polocrosse Association of Australia Rule Book. For anything not covered here, and for more detailed explanations reference should be made to that Rule Book. Umpires and Instructors should be in possession of a copy of it. Copies are available from The Polocrosse Association of Australia.

- **Racquet Side** - The ball may be picked up or caught on either side of the pony, but must be returned to the racquet side immediately. It can be carried or thrown. Left-handed players must declare to the Umpire before the first throw-in. The Umpire will inform the opposing players. The ball can be thrown in any direction.

The racquet and ball can be taken across the centre line of the pony in the action of catching but AT NO OTHER TIME, i.e. the racquet must not cross 'the centreline of the pony to evade a hit.

- **Dislodging the Ball** - A player with the ball in his/her racquet may have his/her racquet hit 'upwards' one swing at a time only of no more than a quarter circle. When attempting to dislodge a ball, a player may not cross his/her opponents centre line of pony, but may cross his/her own centre line. To hit a racquet 'downwards' is a foul (it might hit the pony's legs). Any swing of the racquet not upwards is very dangerous and must be penalised immediately. The advantage rule cannot apply here.

Any wild swinging of the racquet is a serious foul. A player must not intentionally hit his/her or any other pony with the racquet.

INTIMIDATION

Any play, which in the opinion of the umpire is, or maybe, intimidating MUST immediately be penalised. This rule will be strictly enforced when there is an obvious variance in size of ponies.

Excessive use of the whip will be penalised.

BOUNDARY LINES

- A ball on a side line or base line is 'out'.
- A pony's foot touching a side line or base line while the player is in possession of the ball means the ball is 'out'.
- A player must not deliberately throw the ball out over the side line, nor ride out with it in his/her racquet. If he is ridden off and his/her pony is about to be pushed over the side line he must throw the ball back into the field of play.

PENALTY LINE

- Only attacking No 1 and defending No 3 may play across the penalty line.
- The ball may not be carried over the line. No 1 or No 3 may throw the ball, let it bounce and pick it up again. They must not have the ball in their racquets when crossing the line. The ball may be thrown across the line between two players without having to bounce.
- A player not allowed to play in the goal scoring area may ride over the line, but must not interfere in any way with play and must leave the area immediately.
- A ball at rest on the penalty line is in the centre playing area and must be picked up from that side without the pony's foot going onto or across the line.
- A pony's foot touching the penalty line while the player is in possession of the ball is a foul.

GOAL SCORING AREA

- No 1 only may score goals from within the goal scoring area, and outside the 5m semi-circle.
- It must be a definite attempt at goal.
- If No 1 throws at goal and the ball touches No 3 or his/her pony, yet goes between the goal posts, it is a goal. Likewise if the No 3 intercepts and catches the ball being thrown at goal and his/her pony's foot crosses the line between the goal posts, while the ball is in his/her net, it is a goal.
- If No 1 throws at goal and misses, the defending No 3 restarts the game by throwing the ball in from just behind the penalty line, at a position in a direct line from where the ball crossed the base line, the ball must travel 5 metres in a forward direction.
- If the ball goes out of play over the base line off the No 1, either as a failed catch or "pick-up" there is a throw in from behind the base line by the defending No 3. Likewise if the No 3 causes the ball to go out

there is a throw-in by the No 1. If neither player can be held responsible for the ball going out, there is a neutral umpire throw-in between the No 1 and the No 3.

Line of Ball and Riding Off

- a. A player following the line of direction of travel of the ball has absolute right of way over a player moving in any different direction.
- b. A player may not stop or turn on the line of the ball, thereby causing another player to alter course or slow down to evade.
- c. A player may join the line of ball in front or behind a player already on the line providing it is absolutely safe and he does not obstruct the first player.
- d. One player may ride another player off the line of the ball but he:
 - I. must not come in at an angle that could be dangerous.
 - II. must not cause the player being ridden off to be moved laterally at the moment of contact.
 - III. must not come In front of opponents pony's shoulder.
 - IV. must not come in behind opponents saddle.
 - V. must not use his/her elbows against the opponent.
 - VI. must not cause a sandwich (i.e. must not come in if there is another pony on the far side.)
 - VII. must allow a player whom he has ridden off over a boundary line to return immediately to the field of play.
 - VIII. must not be dangerous in any way.
- e. A player must not criss-cross in front of another player's pony, nor ride into another pony's quarters.
- f. A player wishing to change direction at speed may only cross behind another player so that his/her pony's nose is well clear of the other pony's tall.
- g. A player ridden off the field must return within 5 metres of the point he/she left it and not ride outside the boundary line. He must return to the same area of the field as that which he left.

Bad Language

The Umpire shall stop the game and warn the offender; if this continues he shall award a penalty, or, if necessary, send the player off the field.

Any Breach of these Rules constitutes a foul and results in a Penalty. ANY ACTION THE UMPIRE CONSIDERS POTENTIALLY DANGEROUS IS TREATED AS A FOUL

Penalties

Penalties usually take the form of a free throw which must travel at least 5 metres. Other players must be at least 5 metres from the spot where the throw is to be taken.

If the player taking the throw plays the ball before it has travelled 5 metres, or the ball fails to travel 5 metres, or the throw fails in some other way, the umpire shall throw in from the nearest side-line.

Penalty throws can be given:

- a. From the place at which the foul was committed.
- b. With an advantage to be decided by the umpire. (eg from the next penalty line).
- c. In serious cases a penalty goal can be awarded or the player sent off the field for a specified time.
- d. If a player has had 3 penalty goals awarded against him during the course of a Tournament the Umpire will send him/her off the field for a specified time.

It is the responsibility of the scorer to keep a record of penalty goals awarded, particularly in single chukka league competitions, and to inform the Umpires immediately after the player concerned has the 3rd goal awarded against him/her. If there is more than one field this Information must be passed to the scorer on any other field on which the player may play. Any player sent off the field must remain mounted and stand by the scorers table for the time specified.

This rule in no way reduces the Umpire's duty to send a player off the field for a sufficiently serious foul even if he has had no penalty goals awarded against him previously.

The Umpire decides on the severity of the foul and awards the penalty accordingly. If a foul is not dangerous then the advantage rule may be applied, ie. if the fouled team would be penalised by being given a penalty, the umpire need not stop play.

If, during a multi-chukka game, a penalty throw is awarded so near the end of the chukka that there is not enough time to take the penalty throw during that chukka then the throw will be taken at the beginning of the next chukka (and therefore by the other section.).

If the game is a single chukka one, or the chukka is the last one of a multi-chukka game, and a penalty throw has been awarded at the end of the chukka in the goal scoring area, then enough extra time will be allowed by the umpires to enable the throw to be taken but no further play to ensue i.e. a throw directly at goal from the spot indicated by the umpire will be permitted.

ANY PLAYER PLAYING DANGEROUSLY OR PERSISTENTLY FOULING SHOULD BE ORDERED OFF THE FIELD BY THE UMPIRE.

BALL OUT OF PLAY

The ball is out of play if it touches the boundary line or if, while carrying the ball, a player's horse's hoof touches the boundary line.

a. Over the side line:

If the ball is thrown, carried or caused by a player's racquet to go over the side line the opposing team will restart play from the spot where the ball left the field. The ball must travel at least 5 metres in any direction. The throw to be taken from just outside the field, the player may be moving. All other players to be on the field at least 5 metres from where the throw is to be taken. Other rules pertaining to penalty throws also apply here.

b. Over the base line:

- i) If the ball is thrown, carried or caused by a player's racquet to go over the base line, but is not an attempt at goal by the number 1, the opposing player will restart play from the spot where the ball left the field. The ball must travel at least 5 metres into the field. The other rules pertaining to penalty throws apply here.
- ii) After an attempt at goal by the number 1 has missed, number 3 will restart play with a throw from the penalty line from a spot directly in line with where the ball went out. The number 1 must follow the number 3 no closer than horse's nose to horse's hip. All other rules pertaining to penalty throws apply.

c. Off a Horse:

Where the ball goes out off a horse accidentally, the umpire will restart play with a line-up from where the ball crossed the line.

OUTSIDE ASSISTANCE

No one may enter the field of play during a chukka to assist a player, e.g. to pick up a dropped racquet.

In the event of a bandage coming loose or undone, or if gear breaks during the game, the Umpire will stop play. The pony must leave the field and will not be allowed to return until it has been securely re-banded or the broken gear replaced. The umpire will hold play for a reasonable time for this to be effected, and will then restart play with a penalty throw for the opposite team.

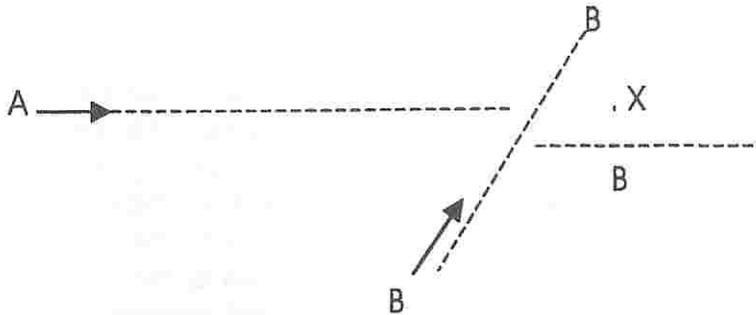
EXAMPLES OF FIELD RULES

Example 1

Crossing

A throws the ball to X

If B can unquestionably reach the ball at X without causing A to check to avoid a collision, then B is entitled to possession and can pick up the ball.

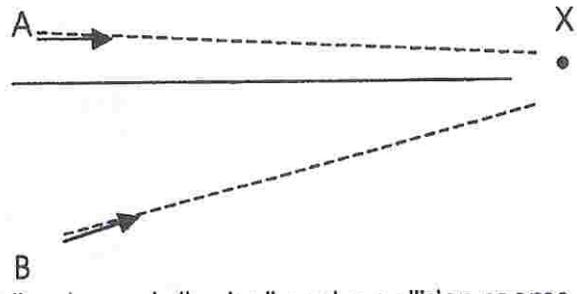


If there is reasonable doubt, then it is B's duty to swerve towards B (the line of the ball) and attempt a near side pick up, but if in doing so his horse crosses the line of the ball in the slightest degree then a "cross" is incurred.

Example 2

Crossing

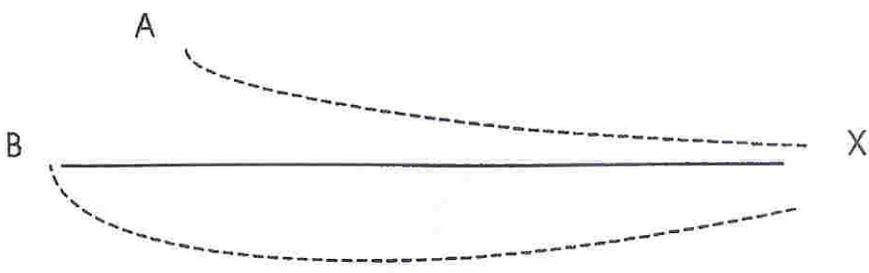
The ball has been thrown to X. Neither A, nor B have thrown it there.



If A and B start riding towards the ball and a collision seems probable, B shall give way to A because A has followed more closely the line on which the ball has travelled.

Example 3

B on the ball throws to X and swings around in a semi-circle. A is following the line of the ball.



A collision at X is imminent.

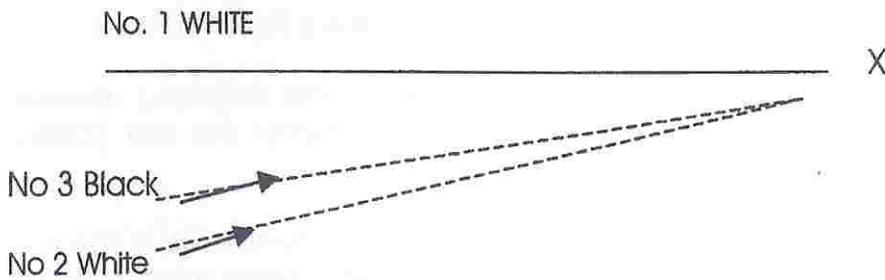
Although B threw the ball, he loses possession because A has ridden on a line closer and more nearly parallel to the line on which the ball has been travelling.

Example 4

Crossing

No. 1 WHITE in possession of the ball throws to X.

All three players ride for the ball, No. 2 WHITE riding off the No. 3 BLACK all the way and a collision between the three is imminent at X.



No. 1 WHITE is entitled to possession A dangerous foul should be given against No.2 WHITE if he/she causes No. 3 BLACK to cross No. 1 WHITE or if he/she causes the Defence to pull up so as to avoid a collision with the No 1.

INSTRUCTIONS FOR GOAL JUDGES

Goal Judges The Personnel Organiser should ensure that they are organised and properly briefed on the following lines

1. Goals can only be scored by the No 1.
2. Ball to go between the goal posts AT ANY HEIGHT.
3. The No 1 must be inside the goal scoring area and outside the D semi-circle in front of goal when throwing ball.
4. It must be a deliberate throw at goal.
5. If in doubt tell the umpire what happened. The ultimate decision is his/hers.
6. If goal is scored wave the flag above your head. If goal is missed, wave flag below knee level.
7. Signal a no goal if No 1 is inside D when throwing.
8. Watch base line and hold flag up, keeping it still, if horse steps on or over baseline while player has ball in his/her racquet.

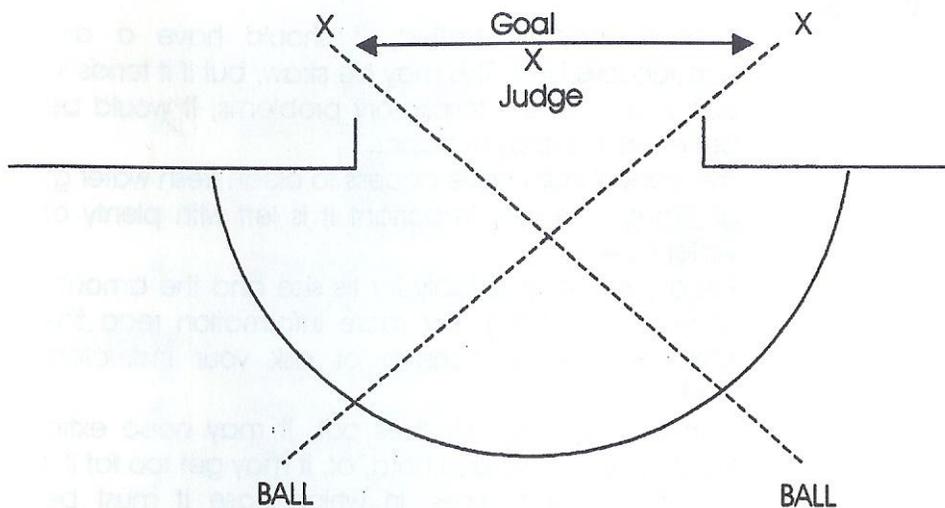
PLEASE

Do not have small children behind the goal posts. Ponies can come very fast over the base line. Keep area clear of spectators.

Station yourself between the goal posts and a few yards back.

For high balls it is necessary to imagine lines extending upwards from the goal posts, and to decide whether the ball passed between these lines.

To do this goal judges should be ready to move to be in line with the on-coming ball. It is virtually impossible to judge a fast, high ball correctly otherwise.



HINTS TO YOUNG POLOCROSSE PLAYERS

Read the Rules carefully and make certain that your dress and the gear and equipment for your pony comply.

At Home

1. If your pony is stabled, it should have a dry, comfortable bed. This may be straw, but if it tends to eat it, or has any respiratory problems, it would be better on shavings or paper.
2. The pony should have access to clean fresh water **at all times**. It is very important it is left with plenty of water overnight.
3. Feed your pony suitably for its size and the amount of work it is doing. For more information read the Manual of Horsemanship or ask your Instructor's advice.
4. If your pony normally lives out, it may need extra food when it is working hard, or, it may get too fat if it is out on good grass, in which case it must be brought in part of the time.
5. Remember to get the pony fit gradually, allowing plenty of time, increasing the feed as it does more work.
6. All ponies should have their teeth checked annually, and be wormed regularly. It is also strongly recommended that they should be inoculated against Strangles and Tetanus. It is important to plan strangles, tetanus and worming times to not fall due at the height of the season when the pony is working very hard.
7. If your pony is OLD it will require more care to keep it in good condition.
8. When the weather is very hot or if the pony sweats a lot, it may be wise to give him electrolytes, either after play or on a regular basis. Players should take Veterinary advice first.

Before Floating

1. Bandage pony's legs and tail.
2. Prepare a box or bag containing:
 - Grooming Kit, Gear Cleaning Kit
 - First Aid (antiseptic cream or spray)
 - Boots, Bandages.
 - Spare stirrup leather, reins, girth, martingale
3. Don't forget to load:
 - Feed, Hay net, bucket and container of water
 - Sweat Rug and/or other rug.
 - Fork and Shovel for mucking out.
4. Check gear, headstall, bandages, polocrosse racquets and your hat are all in good order.

On Arrival

1. Look at program and note times of chukkas.
2. Plan to have self and pony ready at least half an hour before game.
3. Groom, pick out feet and check that all gear is correctly fitted.
4. Check girths.
5. All four legs must be protected with bandages to protect the fetlocks and pasterns, or proper polo boots, and bell boots all round.

Between Chukkas

1. Dismount and walk pony until he has stopped blowing.
2. Throw a sweat sheet/rug over him if there is a cold wind..
3. Check for injuries, especially legs.
4. Don't forget to check girth before next chukka.

After game

1. Loosen girth and walk pony until it has cooled down.
2. Remove all gear, boots, bandages.
3. Put on sweat sheet/rug and roller.
4. Never allow pony to drink too much water while still hot.
5. Check for Injuries.
6. If the pony is to wait on the ground, make sure the pony is dry and comfortable, and give it a hay net if it has finished play for the day. If the pony has to play in the morning and afternoon with a break of more than three hours, it should have a drink and small feed, but no hay until it has finished play in the afternoon.
7. Clean gear

All players should thank Umpires and officials at the end of the game and It is customary also to thank your opponents.

ALWAYS THINK OF YOUR PONY BEFORE YOURSELF DON'T LEAVE LITTER (TAPE, ETC.!!) PUT IT IN YOUR OWN BOX OR A LITTER BIN.