

# Cork Polocrosse Club

*Polocrosse: King of the One Horse Sports*



## *What is Polocrosse?*

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 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.

## *What about my horse?*

One of the main differences between polocrosse and polo is that a player can only play one horse in a game/ tournament, except in case of injury, Majority of horses can be trained to play polocrosse and indeed in recent years there is a focus within the sport to cater for multi-disciplined horses, with some patient training which anybody in the club would be more than willing to help out with, your horse too could play. Currently most polocrosse horses range between 14:2 and 15:2, and are of Thoroughbred origin, majority coming from the racing industry as unsuccessful racehorses, making entry into the sport quiet reasonable compared to other equestrian disciplines.

## *How many are on a team?*

A team consists of 6 players, divided into two sections of three who play alternate chukkas of a maximum of 8 minutes each. Six or eight chukkas compromise a full match. The three players in each section play the position of a No. 1 "attack", a No. 2 "centre", or a No. 3 "defence".

## *How is the game played?*

Players can pick up the ball from the ground, catch it in their racquet, and ride with it. They will throw it to other players until the No.1 has possession in the goal scoring area. A player cannot carry the ball over the penalty line, but must bounce it so that they do not have possession of it while actually crossing the line. However, it can be thrown to a player over the line. When carrying the ball, a player must carry it on the stick side, i.e. right-handed players must carry it on the offside of the horse. They can, however, pick-up or catch the ball on the non-stick side provided they immediately bring it back to their stick side.

## *Where can I play?*

Currently the Cork Polocrosse Club has three training venues; Hop Island (Rochestown), Ballybrack (Watergrasshill) and Ballyspillane (Midleton) . The Cork Club gets together on a regular basis for practice. For further details on training venues and times contact a committee member or email us on [corkpolocrosse@gmail.com](mailto:corkpolocrosse@gmail.com). The official competition season starts in May and finishes in September. During that time there is usually a tournament taking place every 2nd weekend in one of the 9 clubs located in mainly Munster and Leinster. The major event of the year is the Nationals held at the end of August.

## *Is it expensive to play?*

Polocrosse is relatively cheap in comparison to many other horse sports! A new racquet and ball will cost around €130 + €30; however we have a limited number of racquets than can be borrowed, until you are ready to make an investment.

## *Contact Us:*

Chairman: Tom Bolger

Secretary/Treasurer: Louise Kinsella

PRO: Marie Sisk

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