

THE INTERNATIONAL POLOCROSSE COUNCIL
INTERNATIONAL POLOCROSSE RULES

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Adopted 21st & 22nd June 1976
Amended 10th & 11th April 1978
Amended 2nd & 3rd June 1983
Amended 15th & 16th July 1987
Amended 19th May 1992
Amended 16th & 17th April 1996
Amended 9th July 2002
Amended 30th April 2007
Amended 15th July 2009

NOTATION: Any player or official wishing to participate in polocrosse in another nation must obtain prior written approval from his/her home national association.

Any player suspended from play will be considered as suspended in all nations. Notices of suspension to be forwarded to IPC Secretary.

POLOCROSSE

ORIGIN AND HISTORY

The horse sport of polocrosse was derived from an equestrian exercise in England. During a visit to England in 1938, Mr. and Mrs. Edward Hirst of Sydney, who were both keen on horse breeding and horse sports read an article on 'Polo La Crosse' in a riding magazine. Wanting to find out more about the exercise, they visited the National School of Equitation at Kingston Vale near London where it had been developed to supplement the work at the riding school and to teach riders take better control of their horses. It was played two to a side, indoors with markers on the end walls from which the ball bounced back into play. The goals were elongated basketball nets on the end walls. Realizing the possibilities of it as an outdoor horse sport, Mr. and Mrs. Hirst returned to Australia with sticks, balls and rule books, where they sought the assistance of a Mr. A. Pitty, a well known and experienced horseman and polo player. © After many hours of discussion, practice, and trial and error and many revisions of the rule book, the three of them came up with a new and exciting game that they thought would be ideal for Australian conditions. They called the new game "polocrosse" ©

Mr. Pitty then helped them to give what would appear to be the first polocrosse demonstration at the Ingleburn Horse. And Pony Club Grounds near Sydney, NSW 1939. He showed those present how to pick up the ball and the basic principles of the game. Such was the immediate interest and enthusiasm that it was not long before all the club members was practicing the game. A short time later, a meeting was called to form the first polocrosse club at Ingleburn, near Sydney, in 1939. At this meeting the first Book of Rules of the Game was established. During World War II, the game suffered a set-back, but a few keen enthusiasts of the Ingleburn Club kept it alive. In 1945, the second club in Australia was formed at Burradoo near Bowral and in 1946, the first inter-club game was held between Burradoo and Ingleburn.©

The game spread like wildfire and with such success and enthusiasm that Mrs. Hirst, then the President of the Ingleburn Club, felt there should be a controlling body made up of representatives of all the existing clubs. These were Ingleburn, Burradoo, Nowral, Parakeets, and Wollongong. Accordingly, on November 14, 1946, Mrs. Hirst convened a meeting at which all these clubs were represented, and the result of the meeting was the formation of the Polocrosse Association of Australia.©

From 1946 on, polocrosse spread to the country districts of NSW, some of the first country clubs formed in the west of the State at Mudgee and Wellington, it then spread inter-state to Queensland with Toowoomba and Bundaberg being amongst the first clubs formed and then into other States. At present polocrosse is played in every State in Australia. The combined total of Clubs is rapidly approaching the 400 mark with new ones being formed each year.©

Each polocrosse season, the Clubs conduct their local Tournaments which provide great sporting and social entertainment. Zone and State Championships at which all areas are represented are held regularly each year, culminating every second year since 1968 with the Australian National Polocrosse Championships at which all States are represented. The National Junior Championships have been held since 1975.

©Polocrosse is played in New Zealand, Papua, New Guinea, South Africa and Rhodesia, and has been for several years. Several other overseas countries have also shown an interest in playing polocrosse; these include England, Ireland, Israel, Philippines and Switzerland.

©International Matches have been played regularly between South Africa and Rhodesia for several years. In 1976 representative teams from New Zealand and Papua New Guinea played at the Australian National Championships in Queensland. Australian teams have visited Papua, New Guinea in 1976 and New Zealand in 1977.

©Due to the interest and growth of Polocrosse in several countries, the International Polocrosse Association was formed on June 19, 1976, with Mr. Max Waiters, MBE, of Australia as its President. Its aim is to promote International Competition, to draw up a common international set of rules of the game, and to promote the sport throughout the world.

THE GAME

As the name itself infers, Polocrosse is a combination of polo and lacrosse. It is played on horseback, each rider being equipped with a cane stick, made up of a polo mallet shaft to which is attached a squash racket head with a loose twisted thread net in which the ball is carried. The stick may be of any length usually from 3 to 4 feet overall. The ball is made of a thick-skinned sponge rubber 4 inches in diameter, and weighs approximately 6 ounces.©

Each player is permitted only one horse in a match or tournament, except in the case of injury when a substitute may be played. Although there is no restriction to the height of horses, it is generally accepted that the ideal height is among 14 and 16 hands.©

A team consists of six players, divided into two sections of three each that plays alternating time periods or chukkas of eight minutes each; eight chukkas usually

comprises a full match. The three players in a section consist of a No.1 or "Attack," a No. 2 or "Center" and a No. 3 or "Defense." The total number of goals scored by the two sections determines the winning score.

The field is 160 yards long by 60 yards wide, with goal posts 8 feet apart at each end. Infield, there is a line that extends the width of the field, 30 yards in from each goal that is called the 'penalty line.' This line encloses what is termed the "goal-scoring area," in which only the No. 1 of the attacking team and the No. 3 of the defending team are allowed to enter. Directly in front of the goal there is a semi-circle of 11 yards in radius, and the ball must be thrown at the goal from behind this line and from within the "goal-scoring area."

The No. 1 is the only player who can score a goal for the team and he can only do so while in the "goal-scoring area." The No. 2, usually the pivot player of the team, can only play in the center of the field, while the No. 3 is the only player that can defend a goal for his team.

The game commences in center field, the players lining up side by side, one behind the other with the No. 1's in front, the No. 2's behind them, and the No. 3's in the back. The ball is thrown in by the mounted Umpire, high and above the players' heads. The game recommences in the same fashion after each goal is scored. Whenever an attempt at goal fails, the No. 3 or defense throws the ball back into play from just behind the penalty line, at a point directly in front of where the ball crossed the back line, the throw must cover 10 yards in any direction, and all other players must keep the line free.©

Players pick the ball up from the ground, or catch it in their nets, and gallop with it or throw it from player to player until the No. 1 has possession of it in the "goal-scoring area" as to be able to throw a goal. A player cannot carry the ball over the penalty line but must either pass it in to the No. 1 or bounce it over the line. A penalty is called if a player does carry the ball over the line in his or her net.

A player carrying the ball in his net must carry it on the stick-side, i.e., right-handed players carry it on the off side of his horse, but he can pick it up or catch it on the non-stick side provided that he brings it back to his stick side immediately. Left-handed players are permitted to play.©

Hitting at an opponent's stick is permitted, either to dislodge the ball or prevent him from gaining possession of it, as long as it is done in an upward motion.

Hitting down constitutes a foul.©

Riding-off is allowed, but crossing, stopping over the ball or elbowing constitutes a foul. The wedging of one player between two opponents also constitutes a foul. The penalty for such fouls is a free throw to the offended side.

1. Height of Horses

The height of horses shall not be restricted. Such horses shall be fit and safe from dangerous vices and disease.

2. Horse not to be played - Penalty 5

- (a) A horse blind of an eye shall not be played.
A stallion shall not be played.
A horse showing vice, or not under proper control shall not be allowed in the game.
A horse in the umpire's opinion if unfit or unsafe to other players or horses shall not be played.
- (b) Performance enhancing drugs shall not be permitted in any horse in any polocrosse tournament unless prescribed by a veterinary officer with a certificate and full disclosure.

3. One horse per player

- (a) Only one horse shall be allowed each player in any one tournament, or match, except in the case of accident or injury to a horse, when a substitute is permissible with permission of the Tournament Disputes Committee. Two players may not ride one horse.

Substitute Horse

- (b) If a player or horse is injured, a period of up to 10 minutes may be allowed for recovery otherwise a named horse/rider or a substitute horse/rider shall take their place. The Captain of the affected side may immediately re-organise the players of the affected section. The original horse or player may be replayed if considered fit by a vet or a doctor. All reserve horses shall be immediately available but at the umpire's discretion a period of up to 10 minutes may be allowed for a substitute horse to take the field.

4. Fresh horse

No player shall play a fresh horse during the course of a match without the permission of the Umpire. Such permission will only be granted: -

- (a) In the case of injury to a horse when such injury in the opinion of the Umpire renders the horse unfit to continue.
- (b) When the Umpire considers a horse unfit or unsafe.
- (c) In the event of the umpire or a vet declaring a horse unfit to play due to stress and a replacement horse coming in the opposing section has the option of also bringing in a fresh horse. These horses will be played for the remainder of the tournament.
- (d) That no team may offer up a substitute horse to another team unless they have played all their scheduled games and that the horse has had adequate recovery time and will not exceed the permitted maximum playing time allowed.

5. Substitute Player

- (a) Play will be stopped for blood wounds for either horse or rider. Play will not continue until blood wound has been properly dealt with.
- (b) If a player or horse is injured, a period of up to 10 minutes may be allowed for recovery otherwise a named horse/rider or a substitute horse/rider shall take their place.

6. Size of Ground

- (a) The size of the field shall conform to the dimensions in the diagram below.
- (b) Goal posts are to be 2.5 metres apart and at least 5 metres high and light enough to be pushed over or break when collided with and constructed or supported by such material that will not cause injury to player or horse.
- (c) All lines shall be clearly marked and defined so as to be readily seen by both players and umpires.
- (d) Boundary and Penalty Lines shall also be marked with flexible 1m high flags, which shall be situated 3m out from the sideline.

Umpire's power to suspend play

- (e) The Umpire shall have the power to suspend play until he/she is satisfied that field, horses, players and officials conform to the rules as laid down.
- (f) The standard size of a Polocrosse Field shall be: -

Length:	146.5 metres
Width:	55.0 metres
Goal Scoring Areas:	27.5 metres in length
Centre Area:	91.5 metres in length
Goal Posts:	2.5 metres apart, 5 metres high
Radius of Goal Circle:	10.0 metres – in front and behind the backline. Only the two (2) Goal Umpires are allowed in this area
Safety Lines:	Side line to Spectator Line – Minimum 3 metres Ends of Field – CLEAR – Minimum 12 metre clearance Between fields – Minimum 10 metres Fields end-to-end – Minimum 24 metres Fields end-to-side – Minimum 22 metres

Team	of 6 players
Veteran's Team	Any combination of senior players of at least 40 years of age to a limit of 6 players.

Age limit determination

- (c) Where an age limit exists it is that player's age as at the first day of January in that year.

Proof of date of birth

- (d) Where age limits exist, proof of date of birth is to be lodged with the nation's executive body at the time of registration/affiliation with that national body.

Performance enhancing drugs

- (e) Performance enhancing drugs shall not be permitted in any player in any polocrosse tournament unless prescribed by a doctor with a certificate and full disclosure.

Bad or Foul Language. Penalty 1 and if persistent penalty 2 or 3

- (f) Any player using foul or bad language during the course of the game will be penalised.

9. Nomination of Sections

- (a) The team captain shall nominate the team, section order and the position of play to the umpire immediately prior to any match and ride on from opposing ends chosen by the toss of a coin when requested to do so by the umpire.
- (b) For international matches or when required, this should be completed two hours before the game starts. The details are to be placed in sealed envelopes and handed to the referee and are not to be opened until both are to hand.

Mixed Teams Played

- (c) In "Mixed Team" competition the mens section shall play the mens section and womens section play the womens section throughout the whole of the tournament.
- (d) Once nominated for their first match, the players in a team shall play within that section throughout the remainder of that tournament. This shall not apply to international competition.

10. Change of Players

Players within one section of a team may change positions during the course of a game, provided that: -

- (a) The change is affected between chukkas.
- (b) The umpire is informed.

- (c) The opposing captain is informed.
- (d) The players' shirt numbers are changed.
- (e) When a substitute horse and/or player is played the captain of the team may use the horses or players of the affected section to his satisfaction.
- (f) A penalty goal shall be awarded against the offending team for failing to comply in a), b), c) and d).
- (g) When a substitute horse and/or player is played, such substitute horse and/or player must not be of a higher standard than the horse and/or player they are replacing. This rule shall not apply to international matches.

11. Left-handed Players

- (a) A player shall not change stick hands during the course of the game.
- (b) The Umpire must be informed of the presence of left-handed players before the commencement of the match and shall inform all players.

12. Substitute of Players in Tournament

In tournaments (unless conditions of the tournament provide otherwise) if a player having taken part in the tournament for any reason be unable to play, or if a bona-fide member of a team be unable through sickness or accident to take part in the earlier parts of the tournament, he/she may be replaced by a player who by the rules is qualified. In all instances under this rule the tournament organisers must be consulted.

13. Doubling up of Players

When only five players are available to play, the team is made up by one player playing two horses, one in each section: -

- (a) Only at the discretion of the tournament or game organisers is doubling up possible.
- (b) The team concerned must accept any available surplus player of a similar grade at a tournament or competition providing that a player is available before the commencement of the tournament or competition.
- (c) When doubling up occurs the player that is playing in both sections must play at the No 2 position in one section.
- (d) Doubling up can only occur with one player i.e. 5 players in a team are the minimum.
- (e) Associations and clubs fielding more than one team at a tournament must where a vacancy exists in their teams, fill their strongest graded team first.

14. Two Umpires

- (a) When two umpires control a match one shall throw the ball in and the second umpire may be offset behind any line-ups. Umpires shall alternate throw-ins after a goal is scored. Both umpires shall have equal powers at all times during the match. The umpires shall keep the players between them at all times with one attending the ball carrier and the other attending back play at any given time.
- (b) That each country provides an up to date list of international rated umpires. That the Chief Umpire of each individual country be responsible for grading these umpires as to their suitability for umpiring at International Level, preferably in consultation with the International Chief Umpire.

Referee

- (c) The referee shall be appointed by the tournament organising committee or host country.
- (d) The captain of a team or the captain's deputy in the other section are the only people who may register a protest to the umpire, but shall not enter into any discussion or argument whatsoever. The Umpire's decision shall be final.

15. Goal Judges

- (a) At all tournaments, Goal Judges shall be appointed, each of whom shall be adult and give testimony to the Umpire at the latter's request in respect of goals or other points (especially the 10-metre circle) near his/her goal. But the Umpire shall make all decisions.
- (b) The Goal Judge shall wave a racquet above his/her head to signal a goal or across below knee level to signal a miss and shall be 3 metres behind the goal posts.

Umpire may over-rule

- (c) The umpire or umpires shall be entitled to over-rule goal judges notwithstanding any signal from them or the lack thereof.

16. Timekeepers & Scorers

An official timekeeper and an official scorer shall be employed in all games and matches (a second clock and second score sheet must be kept). They shall report the state of the game as regards numbers of goals scored and amount of time left to play if requested by the umpire. Each competing team shall have the right to have an official representative with the timekeeper and scorer. At international matches scoreboards shall be provided with numbers no less than 230 mm high and shall be clearly visible to all spectators.

17. Duration of Play

- (a) The maximum duration of play shall be eight chukkas of eight minutes each with intervals of two minutes after each period. Each section shall play alternate chukkas. A representative from each Team in consultation with the Tournament Committee to decide one hour prior to the start of the game the length and number of chukkas to be played. Each section of the team shall change over and play in the opposite direction in successive chukkas. If agreement cannot be reached the match referee to make the final decision.

Maximum time of play

- (b) No horse shall be required to play more than a maximum total of fifty-four minutes in one day.

Shorter duration handicap calculation

- (c) Where matches are played under handicap and the Chukkas be less than the maximum, they shall be worked out pro-rata according to the number played. Mistakes in handicaps or in computing goal allowances must be challenged before the match begins and no objection shall be entertained afterwards.

18. Termination of Chukka

- (a) Each Chukka shall end at the expiration of the prescribed time and the ball dead on the first sound of the bell.

Foul on termination

- (b) In the event of a foul being committed before the expiration of time and insufficient time is available to execute the penalty, that penalty shall be executed at the commencement of the next chukka. In the final Chukka of the game if a penalty is awarded to the attacking team in the goal scoring area too late to be taken before the bell, time is extended to allow a goal throw to be made. Provided there is no further infringement by the Defence the ball is then dead.

Draw

- (c) In the case of a draw, the section off the field shall continue the game until the next goal is scored on a chukka basis.
- (d) The Umpire has the right to declare time off for any reason he/she considers necessary.

19. Unfinished Game

In the event of a game being stopped by the Umpire for darkness, weather or for any other cause during the day, it shall be resumed at the same point as regards score, time, chukka and position of the ball where it stopped.

If the conditions provide no further play on the prescribed day or days of the tournament, the game shall be deemed abandoned and re-organisation is left to the host club or host committee.

20. Most Goals wins Game

The side that scores the most goals wins the game.

21. Protective Headgear.

- (a) No player shall be allowed to play in a tournament or match unless he/she wears a protective helmet which has been type approved by IPC member countries Standards Association. A minimum of a three point harness with fast release clip must be fitted to the helmet.

Loss of Headgear

- (b) If a player loses his/her helmet the Umpire shall stop the game to enable such player to recover it. The game shall be restarted by the Umpire giving a free throw to the opposing side from where the ball became dead.

22. Correct dress and gear.

- (a) Players must be properly dressed in registered National Association colours, riding boots, approved headgear and white trousers.
- (b) Umpire shall be properly dressed in white trousers, white standards approved helmet, umpire jacket and riding boots.
- (c) No player shall wear spurs with sharp rowels.
- (d) The Umpire shall have the right to determine the safety of all bits. Bits with protruding sidebars shall not be permitted. Bits to have a mouth piece and reins attached.
- (e) All gear must be sound and in good order.
- (f) All saddles shall be equipped with girth, surcingle and breastplate or combination girth, surcingle and with breastplate.
- (g) Roping saddles or saddles equipped with a horn shall not be used.
- (h) The Polocrosse stick may be of any length but the head shall have an internal stringing area no greater than 216 mm in length by 184 mm and shall have no metal reinforcements or any protrusions.
- (i) Players must be correctly numbered with clearly visible numbers not less than 230 mm high on their backs and a second number of no less than 115 mm which shall be clearly visible on either the front or the arm.

"Attack" players shall be numbered 1
"Centre" players shall be numbered 2
"Defence" players shall be numbered 3
- (j) Horses will play with protective bandages/boots and coronet boots on all four legs.

- (k) All whips to have a flapper on the end at least 12.5 mm wide and 50 mm long.
- (l) No split or running reins shall be allowed. A running rein is defined as any attachment from hand through bit to saddle, girth, breastplate etc., or anything, which may be construed as a second rein. A professionally manufactured Market Harborough is accepted. The collected reins when placed on wither should not fall below horses elbow.
- (m) A list specifying the use of spurs/whips and any other equipment usually used on the horse whilst playing polocrosse be supplied and the owner to supply the bit with the horse in which it is to be ridden in at all times.

23. Goal Scoring Areas

- (a) Goals must be attempted from within the areas $AXYZA^1B^1B$ or $DPQRD^1C^1C$. These are termed the 'goal scoring areas'. It shall not be deemed a goal if it is attempted from outside BB^1 or CC^1 nor from inside XYZ or PQR .

Throwing in after an attempt at goal has failed

- (b) Should an attempt at goal fail or should an attempt at goal be deflected over the back line by the No 3, the defending "Back" shall throw the ball into play from behind the penalty line at a position in a direct line from where the ball crossed the back line. The ball in this instance must be thrown at least 10 metres in any forward direction.

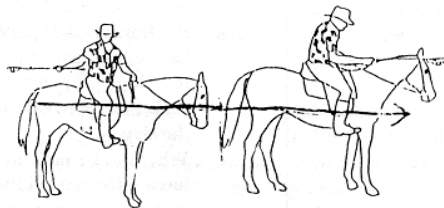
No player is to be within 10 metres of the spot from where the throw is to take place, the "Attack" player of the opposing side must follow the "Back" from 10 metres behind. No player shall attempt to touch the ball or interfere with the player taking the throw until the player and ball have travelled 10 metres. The player taking the throw shall have first attempt at the ball provided the player maintains control of the ball.

- (c) Should the throw not travel 10 metres the umpire shall throw in from the nearest sideline in centre field.

Obstruction at throw in Penalty 1.

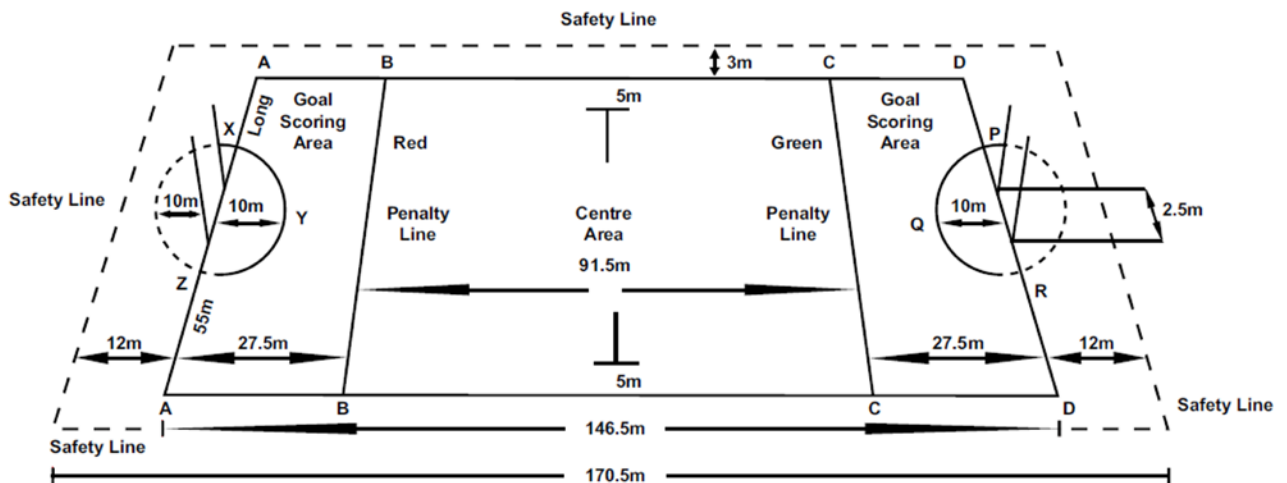
- (d) Should the "Attack" obstruct the thrower or should the others not observe the 10 metres a penalty shall be awarded.

Umpire's signal:



24. Defined areas of play

Only the Green "Attack" player and the Red "Defence" may play in the area AA^1B^1B and only the Red "Attack" and Green "Defence" in the area DD^1C^1C . All players including the "Centre" players of both sides may play in the area BCC^1B^1 , this is the only area in which the "Centre" players may play.



25. How the game commences

At the commencement of the game the players shall line up as follows: -

- In two parallel files, knee to knee facing the umpire.
- No 1 (Attack) players nearest to the throw-in, followed by No 2 (Centre) players with the No 3 (Defence) players in the rear. All horses shall be no closer than nose to tail and no further apart than one horse's length.
- The "Attack" players to be 5 metres from the sideline and the Umpire shall be at least 3 metres from the players.
- Each section shall line up on the side of the field nearest the goal it is defending.
- On the centre line of the field near the sideline indicated by the umpire.

- (f) The umpire shall throw the ball in by hand (over-arm) within reach of the players' sticks above the players' heads between the opposing ranks of players. The umpire will hold the ball down until the moment of throw. In the event of the ball not being thrown in correctly and/or the ball being deflected out of play the umpire is to blow the whistle and repeat the throw.
- (g) However, with reference to 25(f) above should the ball be taken in the net and lost out of play the umpire will award a penalty.
- (h) No player may make any move for advantage in the game until the ball has left the umpire's hand.
- (i) After each goal is scored the Umpire shall throw the ball in from the alternate sideline.
- (j) A reasonable amount of time must be allowed for the teams to line up.
- (k) The first line up of a chukka shall start on the same side of the field as the timekeeper.

26. How a goal is scored.

A goal is scored if: -

- (a) The ball is thrown by the "Attack" from within the goal scoring area and passes through and between the goal posts at any height provided that his/her horse's feet are not on or over the 10 metre circle and that the "Attack" does not throw stick and ball through the posts.
- (b) The ball is thrown by the "Attack" and hits in passing the opposing "Back" or his/her horse, even if the "Back" is inside the 10 metre circle and passes through the goal posts.

Attack's stick permitted over Centre Line at International Competitions

- (c) The "Attack" stick with the ball in it may pass over the centre line of the horse without constituting a foul or penalty, provided the player is in the act of attempting to throw the ball at his/her goal, and his/her horse's feet are not on or over the 10 metre circle and provided that the "Attack" does not throw stick and ball through the posts.
- (d) If the Number 3 or Back catches the ball before it goes through the goal posts with his/her horse's feet on or over the back line between the posts.

Umpire's signal:



26. Successful Goal

27. Crossing Penalty Line - Penalty 1

- (a) The ball must not be carried over the Penalty Lines BB¹ or CC¹.
- (b) A player carrying the ball up to the Penalty Line must throw the ball over the line so that it hits the ground on the opposite side of the line and so that he/she does not have possession whilst his/her horse is crossing it. However, the ball may be thrown by one player from one side of the Penalty Line and may be caught on the full by another player on the opposite side of the Penalty Line.
- (c) If a foul is committed by a player carrying the ball over the penalty line, the spot from which the penalty is to be taken shall be in the area to which the player was proceeding.

28. Ball out of play.

- (a) If the ball or hoof is on the line, the ball is deemed "out of play". When carrying the ball the player shall be judged in or out of play by the position of his/her horse's feet or foot and not the position of the ball relative to the boundary line or any other line.

Ball on Penalty Line - Penalty 1.

- (b) A ball resting on the penalty line may only be picked up by the players in centre field.
- (c) If the ball is out and becomes an umpire's throw in it is thrown in a near the spot where it went out. Umpires should use discretion if the exact spot is close to the Penalty line or boundary line but no closer than 5 metres from the Penalty line or boundary line.

29. Player allowed to re-enter field - Penalty 1 or 2.

- (a) Any player riding deliberately outside the boundary of the field, or any player being ridden off and forced outside the boundary line must be allowed by his/her opponents to re-enter the field at a point within 10 metres from the point at which he/she went out and/or was forced out; provided that the player must re-enter the field in the area from which he/she went out.

Deliberately over-riding the line - Penalty 1

- (b) A player must not deliberately over-ride the boundary line with the ball in his/her possession.

Player carrying ball over line - Penalty 1

- (c) If a player carrying the ball is being ridden off and overriding the boundary line seems inevitable, he/she shall throw the ball back into the field before over-riding the boundary line and must not ride over it with the ball in his/her possession.

30. Backline Penalty

- (a) A penalty given for a player ridden out over or deliberately riding out over the back line, and who is in possession of the ball, such penalty shall be taken from the spot where he/she crosses the back line and shall be thrown at least 10 metres.
- (b) To execute this Penalty a player may move up to the spot on the back line nominated by the Umpire from outside the perimeter of the field.

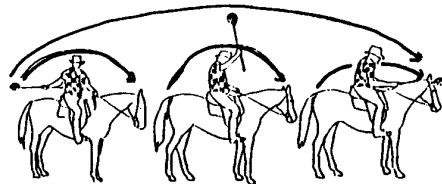
31. Ball over Boundary Line - Penalty 1, 2 or 3

- (a) A player shall not throw the ball out over a boundary line of the field or cause by use of his/her stick or person a ball to go out over a boundary line of the field. The penalty shall be given from the spot where the ball crossed the boundary line. If a player causes a ball to go over the boundary line from a throw, pick up or from having his/her stick hit whilst in his/her possession, then a free throw is awarded to the other side.

Ball Out of Play.

- (b) A penalty given for a player causing the ball to go out over the back line or boundary line within the penalty area shall be taken from the spot where the ball crossed the back line or boundary line within the penalty area and shall be thrown at least 10 metres in any direction.
- (c) Where a ball goes out off a horse accidentally across the back-line or boundary line, the play will recommence with a line-up at the exact spot where the ball crossed the line. Both teams shall line up correctly. When a player is about to be forced over a boundary line and deliberately deflects the ball out off his own or another players horse, a penalty shall be awarded against that player.

Umpire's Signal:



*Rules 27 to 31. Player crossing penalty line or side line whilst in possession of the ball
Penalty 1.*

32. Player over riding Penalty Line - Penalty 1, 2 or 3.

A player who is not permitted to play in the goal scoring area may over-ride the Penalty Line provided that: -

- (a) He/she does not carry the ball over the line.
- (b) He/she pulls out of the way immediately so as not to either hinder or intimidate in any way the players permitted in the area.
- (c) Leaves the area immediately and must not obtain advantage when they re-enter the centre field area.

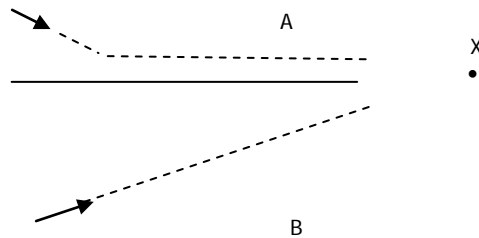
33. Crossing - Penalty 1,2,3, or 4

- (a) No player may cross another player except at such a distance as does not involve the possibility of collision or danger to either player. Any player leaving the field has no automatic right of way when returning to the field.
- (b) Two players following the line of the ball attempting to ride one another off have the right of way over a single player coming from any direction.

Possessor of Ball - Penalty 1,2,3, or 4

- (c) That player is in possession of the line of the ball who is riding in the direction in which it was thrown, on, or at the least angle to the line of the ball.

Example: Rule 33 (c) Crossing.
The ball has been thrown to X.
Neither A or B have thrown it there.



If A and B start riding towards the ball and collision seems probable, B shall give way to A because A has followed more closely the line on which the ball has travelled.
Penalty 1,2,3 or 4

Possessor of ball given way to - Penalty 1,2,3, or 4.

- (d) If two players are riding from different directions to pick up the ball and a dangerous collision seems probable, then the player in possession of the line of the ball must be given way to.

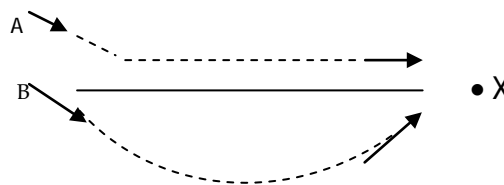
Penalty 1,2,3, or 4

- (e) A player riding in the direction in which the ball is travelling, at an angle to its line, has possession rather than a player riding to meet the ball at an angle to its line.
- (f) As between players both riding to meet the ball, that player is in possession of the ball whose course is at the least angle to the line of the ball.

Penalty 1,2,3, or 4

- (g) No player shall enter the line of the ball in front of a player in possession, except at such a distance as does not involve the possibility of collision or danger to either player. If a player enters safely on the line of the ball another player shall not ride into that player from behind.
- (h) A player is not in possession of the line of the ball because he/she was the last thrower if he/she has deviated from the exact course of the ball.

Example: rule 33 (h):
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, B loses possession because A has ridden on a line closer and more nearly parallel to the line on which the ball has been travelling.
A is entitled to possession of the ball and must be given way to.
Penalty 1,2,3 or 4

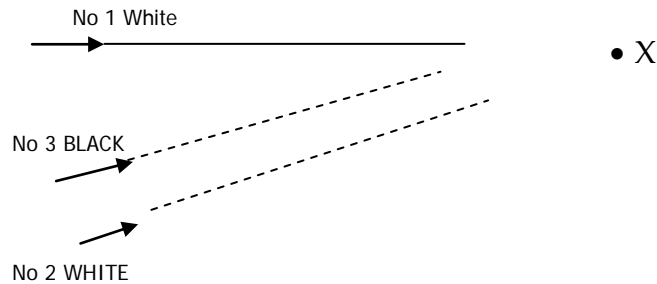
Penalty 1,2,3, or 4

- (i) No player shall pull up across the line of the ball if by doing so he/she endangers himself/herself or a player on the line of the ball.
- (j) If the ball has no line of travel, the player closer to the ball has possession, when a collision becomes possible.
- (k) Any player standing stationary on the line of the ball must immediately move from that line. The player may catch the ball provided that he/she moves immediately from the line of the ball and does not involve the possibility of a collision or danger to either player.

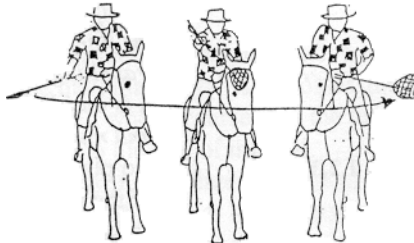
Example: Rule 33: Crossing

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 causes No. 3 BLACK to cross No. 1 or if No. 2 WHITE causes the No. 3 BLACK to pull up so as to avoid a collision with No.1.



Rule 33. Player crossing dangerously in front of other player (s).
Penalty 1,2,3 or 4.

34. Line of Ball over Penalty Line - Penalty 1,2,3 or 4.

The "Defence" and "Attack" players when following a ball from the goal scoring area towards and/or over the Penalty Line have the line of the ball. Those players in Centre Field must give way.

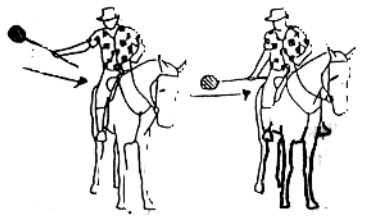
35. Dangerous Riding - Penalty 1,2,3,4 or 6.

No player shall ride dangerously as for example: -

- (a) Bumping at an angle dangerous to a player or his/her horse.
- (b) Pulling across or over a horse's forelegs in such a manner as to risk tripping the horse.
- (c) Bumping with sufficient force to dislodge a horse from its line of travel.
- (d) Pushing across a horse's loins or neck.
- (e) No jostling or bumping during time-off.
- (f) Intentionally losing contact with the reins during play.

- (g) Riding off is allowed provided that contact is made with the horses facing in the same direction and pushing shoulder to shoulder.
- (h) When horses are facing in opposite directions, pushing is permitted sideways provided that horses are kept parallel and either player does not push across the other horse's loins or back or under the opposing horse's neck.

Umpire's signal:



Rule 35. Horse bumping dangerously into another horse behind the saddle.
Penalty 1,2,3,4 or 6

36. Rough Play - Penalty 2,3,4 or 6.

- (a) No player shall seize with the hand, strike or push with the head, arm or elbow, but a player may push with his/her arm above the elbow provided the elbow be kept close to his side.

Horse's head - Penalty 2,3 or 5.

- (b) No player shall permit his/her horse's head to contact another player if in so doing it is likely to cause injury or interference to the other player.

Swinging stick wildly - Penalty 2,3,4 or 6

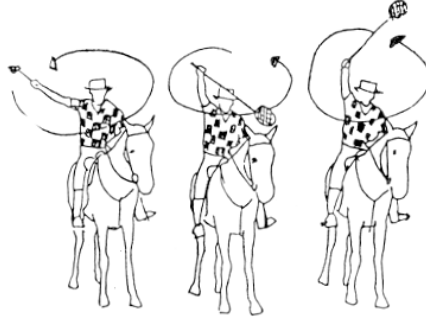
- (c) No player shall swing his/her stick wildly so as to intimidate or injure horse or rider. Any attempt to hit an opponent's stick which in the umpire's opinion constitutes a wild or vicious swing shall be deemed dangerous play.

The swing must commence

- (i) in a forward direction no higher than the rump of the horse
- (ii) in a backward direction no higher than the horses wither.

- (d) The swinging of the stick in more than one consecutive circle constitutes dangerous play.
- (e) No player shall be allowed to swing at an opponent's stick whilst coming from behind, until the player's body is level with the opponent's horse's hip and no further forward than the horse's shoulder for a backward swing but at all stages players must be within reach of an opponent's racquet before attacking the racquet.

Umpire's signal:



Rule 36. A wild or dangerous swing that could cause injury to horse or rider.
Penalty 2,3,4 or 6

Penalties 2,3,4,6 or 7.

- (f) Any wild or uncontrolled hit with a racquet to the player or horse shall not be permitted.

37. Striking horse with stick - Penalty 1,2,3,4 or 6.

- (a) No player shall be allowed to hit a horse intentionally with a polocrosse stick.

Umpire's signal:



Rule 37. Hitting or prodding horse with the racquet.
Penalty 1,2,3,4 or 6

Wrongful use of spurs or whip - Penalty 1,2,3,4 or 6.

- (b) No player shall use his/her whip, stick or spurs to intimidate or injure another horse or rider.

Removal of spurs or whip

- (c) The Umpire may after ordering a player to remove spurs or whip for injury to his/her horse prevent him/her from using any spurs or whip for the remainder of the tournament.

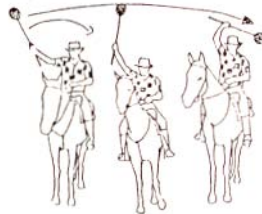
38. Wedging of player - Penalty 1,2,3,4 or 6.

No player shall ride dangerously such as occurs when one player is wedged between two players with dangerous contact between the three horses concerned. The last player making contact causes the penalty.

39. Carrying ball - Penalty 1

- (a) Any player carrying the ball must carry it on his/her stick side and not across the horse's neck or back to the opposite side. It is permissible to pick the ball up on either side providing that the stick is immediately brought back to the carrying side.

Umpire's signal:



Rule 39. Player crosses centre line of horse whilst in possession of the ball.
Penalty 1

- (b) A player's stick with the ball in it may pass over the centre line of his/her horse without constituting a foul or penalty provided he/she is in the act of throwing the ball.

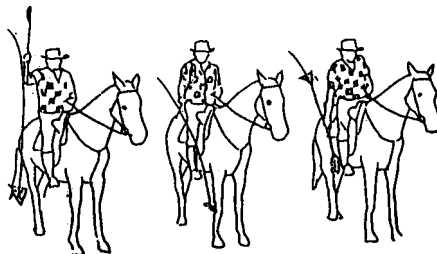
40. Two-handed throws.

- (a) Two-handed throws are not allowed. - **Penalty 1**
- (b) A player in possession of the ball shall not throw or pass his/her stick with the ball in it to another player. - **Penalty 2**
- (c) No player shall deliberately throw his/her stick either at his/her opponent's stick or at the ball in flight. - **Penalty 2**

41. Hitting of stick

- (a) A player may hit his/her opponent's stick but only in an upward direction to dislodge the ball or to prevent the opponent from gaining possession of the ball but only from the "Stick Side".

Umpire's Signal:



Rule 41. Player hitting down on opposing player's racquet to dislodge the ball.
Penalty 1,2,or 3

Stick Side

- (b) The "Stick Side" is deemed that side the opponent has his/her stick at the instant you attempt to hit it.

Penalty 1, 2 or 3

- (c) The stick shall not be hit unless the opponent is in the act of gaining possession or has possession of the ball.

Penalty 1 or 2

- (d) No player shall reach over or under an opponent's horses neck or body in front of the rider in order to catch, dislodge or pick up the ball.
- (e) A ball may be caught or thrown overhead but not struck.

42. Ball tapped along - Penalty 1.

A ball may be tapped along the ground but the stick must not be raised above the hock or knee in doing so.

43. Catching the Ball - Penalty 1

- (a) A player shall not catch or hit the ball with anything but his/her stick. He/she may block it with any part of his/her body.

Carrying ball

- (b) A player shall not carry the ball other than in his/her stick; he/she must not hold the ball in the stick by the use of his/her body, or that of his/her horse.

In the event of a ball lodging against a player, horse or its equipment, it must be dropped immediately.

44. Dismounted player - Penalty 1 or 2

No dismounted player shall interfere with the ball or the game in any way. Similarly no dismounted player can be obstructed in any way.

45. Accidents

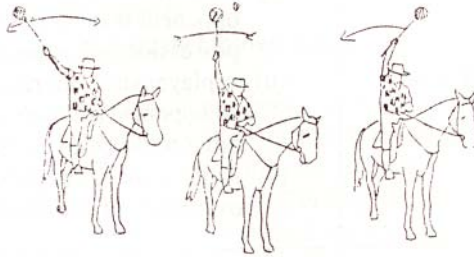
- (a) If a horse falls, or a player or a horse be injured, or in case of an accident to a horse's gear which in the opinion of the umpire involves danger to the player or other players, the umpire shall stop the game.

Broken bandages/saddle cloths

- (b) The umpire shall stop play for broken or loose bandages. The player with the broken or loose bandages shall be penalised. Play shall recommence with a free throw to the opposition.

Umpires will stop play if a saddle cloth is lost or in danger of coming off. Play shall recommence when the saddle cloth is replaced with a free throw to the opposing team.

Umpire's signal:



Rule 45. Time Off

- (c) The umpire shall use his/her discretion regarding stopping the play for broken or loose gear. Play shall recommence with a free throw to the team in possession or a line up.

Dropped or broken stick

- (d) The umpire shall not stop the game for a broken or dropped racquet unless it is the result of an infringement by the opposing team. However when the ball is dead the umpire shall stop the match and the player be given a reasonable time to retrieve/remove the dropped stick.

46. Infringement a foul

Any infringement of the rules constitutes a foul and the umpire may stop the game by the use of a whistle.

Ball Dead

If the umpire blows his/her whistle, the ball becomes dead, and the umpire must recommence the game by throwing the ball in, or awarding a free throw.

47. Umpire's power of Discretion

It is within the discretion of the umpire not to stop the game for the purpose of inflicting a penalty, if the stopping of the game and the infliction of the penalty would be a disadvantage to the fouled side.

48. Re-start

If for any reason other than a foul, the game is stopped it shall be re-started by the umpire throwing the ball in from the nearest boundary line. Where a game is stopped for injury to horse or player, the game shall be re-started by the umpire giving a free throw to the side in possession of the ball at the time the game was stopped.

49. Assistance to players - Penalty 1 or 2

No person is allowed on the ground during play for any purpose whatever, except the players and umpires. A player requiring a stick or other assistance from an outside person must ride to the ends of the field or the sideline to procure it. This applies to the No 1 and No 3 in the goal area where no player from the centre field may enter the area to pass a stick.

A free goal shall be awarded against a player receiving a dropped racquet lost in the field of play from any person not playing on the field.

No person shall intentionally leave their dropped racquet in the field of play.

50. Dead-lock

In the event of a deadlock (two opposing players unable to make any progress without possession of the ball in the goal scoring area) lasting more than 10 seconds, the umpire shall stop the game and throw the ball in from the nearest boundary line.

51. Incidents not provided for in Rules.

Should any incident or question not provided for in these Rules arise, such incident or question shall be decided by the umpire or umpires and their decision shall be final. If the umpires disagree, the referee's decision shall be final.

PENALTIES

1. A free throw to the non-offending side from the spot at which the infringement took place or the spot nominated by the umpire.
 - a) All penalty throws may be thrown in any direction.
 - b) The player may throw from a stationary position or moving, provided the throw is executed from the spot nominated by the umpire.
 - c) The player may not execute the free throw until directed to do so by the umpire. The throw must be taken within a reasonable time.
 - d) If the throw does not travel 10 metres the umpire throws the ball into play from the nearest side line or back line.
 - e) The ball must be thrown at least 10 metres and other players may not be closer than 10 metres from the penalty spot. This free throw, if not accepted as a pass, must hit the ground before the thrower can touch the ball.
 - f) No player shall attempt to touch the ball or interfere with the player taking the throw until that player and ball have travelled 10 metres.
 - g) If a player deliberately throws the ball at another player when executing a penalty, the umpire will throw the ball in from the nearest sideline.
2. A free throw, taken within Centre Field, from a central spot on the Penalty Line.
 - a) The No. 3 may defend his/her goal but must not be within 10 metres from the spot where the throw is taken.
 - b) Clauses (b), (c), (d), (e) and (f) of Penalty 1 apply.
3. A free throw at goal from a central spot outside the 10 metre line.
 - a) The ball must be thrown at goal.

- b) The defence has the line of the ball but cannot stand closer than 8 metres to the spot where the throw is taken.
- 4. If in the opinion of the umpire a player commits a dangerous foul, the side fouled shall be allowed one goal. The game shall be recommenced by the umpire throwing the ball into play in the centre of the field.
- 5. The horse ordered off the field by the umpire and disqualified from being played again during the match:

A substitute may be played by the affected player only.

- 6. The umpire may exclude a player from the game for part of the match in addition to any other penalty, in the case of a deliberate dangerous foul, persistent fouling after being warned, or conduct prejudicial to the game. A substitute player may not be played. In the event of a player being sent off, the captain of that team has the right to re-organise the section affected to the best advantage. The sidelined player shall not re-enter the playing field until such time as indicated by the umpire. The sidelined player must come onto the field into the vacant position. A player cannot be sidelined for more than a maximum of three minutes playing time in any one period. The umpire at the tournament shall prepare a written report within 24 hours and it shall be forwarded to the national association to whom the player is registered and to the International Polocrosse Council within sixty (60) days of such incident occurring.
- 7. The umpire may exclude a player from the game for part or the whole of the match, in addition to any other penalty, in the case of a deliberate dangerous foul, persistent fouling after being warned, or conduct prejudicial to the game. After a period of three minutes a substitute player may be played. In the event of a player being sent off, the captain of that team has the right to re-organise the section affected to the best advantage with the use of the reserve player. In all instances, the player sent off shall be the subject of a written report by both umpires and the referee to be prepared within 24 hours and to be forwarded to the national association to whom the player is registered and to the International Polocrosse Council within sixty (60) days of such incident occurring.

INTERNATIONAL POLOCROSSE RULES INDEX

	RULE
Accidents	12, 45a
Advantage	47
Assistance to players	49
Backline	26d
" Out over	30a, 30b
Ball	
" Bounce	7
" Carrying	29c, 32a, 39a, 43b
" Dead	18a, 18b, 21b, 46
" Gaining possession of	41a, 41c, 43a, 43b
" Hitting along ground	42
" In flight	40c
" Line of definition	33c, 33 NB
" On Penalty line	28b, 28c.
" On Boundary line	28a, 28c
" Out of play	28a, 28c, 31c
" Possession on the ground	33j
" Size	7
" Stationary	33j
Bandages broken or trailing	45b
Bell	18a, 18b
Bits	22d
Blind of eye	2a
Boundary line or Side line	6d, 25c, 28a, 28c, 29a, 29c, 31a, 31b
" Restarting play from	23b, 28c
" Riding over	29a, 30a
" Ridden off over	29a, 29c
" Ball out over	28c, 29b
Breastplate	22f, 22i
Broken gear	45c
Captain Team	3b, 9a, 10c, 14b, 14d
Tournament disputes Committee	3a, 3b
" Organisers	8b, 12, 13a, 17a, 19
Centre line	26c, 39b
Change of positions	10
" of hands	11a
Chukkas final	18b
" First	25j
" Length of	17c
" Number of	17a, 17b, 17c, 18a
" Termination of	18a
Collision	33a, 33d, 33g, 33j, 33k
Combination of players	3b, 5, 8a, 8b, 9c, 9d, 10
Control, horses out of	2a
Crossing, a players line of progress	33a, 33i, 34, 35b

" Penalty line	34
Dangerous riding	35a, 35b, 35c, 35d, 35e, 35f, 36c, 38
" Vices	1, 2a
Dead ball	18a, 18b, 21b, 46
Disease, free from	1
Dismounted player	44
Doubling up	13
Draw	18c
Dress, players	22a
" Umpires	22b
Drugs, performance enhancing	2b, 8d
Duration of play	17a, 17b, 17c
Equipment	43b
" Ball	7
" Bandages	45b, 22j
" Bits	22d
" Broken gear	45c
" Reins	22l
" Saddles	22f, 22g
" Spurs	22c
" Surcingle	22f
" Whips	22k
Foul play	18b, 27c, 46, 48, Penalty 4
Gear	22e, 22f, 45c
Goal judges	15a, 15b, 15c
" Posts	6b
" Scoring	26a, 26b, 26c, 26d
" Scoring area	23a
" " who permitted into	24, 32
Handicap	17c
Headgear	21a, 22a
" Loss of	21b
Hitting, ball into the air	41e, 43a
" Ball on the ground	42, 43a
" Horse	37a
" Opponent's stick	31a, 40c, 41a, 41b, 41c, 41d
" Opponent	36b
Host country	14b, 14c
Horse, fallen	45a
" Fresh	4, 4c
" Head of	36b
" Height of	1
" Hitting with stick	36c
" Hoof	28a
" Injured	3a, 3b, 4a, 45a, 48
" Nose	23b, 25b
" Not permitted to play	2a, 4a, 4b, 4c
" Number permitted	3a
" Protective gear	22j

"	Reserve	3a, 3b	
"	Substitute	3a, 3b, 10g	
Injured, horses		3a, 3b, 4a, 45a, 48	
"	Players	3b, 5, 45a, 48	
International matches		9b, 9d, 10g, 14b, 16	
Intimidation		32b, 36c, 37b	
Judges, goal		15a, 15b, 15c	
"	Sideline	15c	
Lack of progress		50	
Left handed players		11b	
Limit, age		8b, 8c	
"	"	Intermediate	8b
"	"	Junior	8b
"	"	Primary juniors	8b
"	"	Veterans	8b
"	"	Governing date	8c
Line up		25a,b,c,d,e,f,g,h,i,j, 31c	
Line of ball, definition		33c, 33NB	
"	"	Entering	33b, 33d, 33e, 33f, 33g, 33h
"	"	Over Penalty line	34
"	"	Stationary ball	33j
"	"	Stationary interceptor	33k
"	"	Stopping on	33i
Loss of helmet		21b	
Maximum play		17a, 17b	
Measurements, ball		7	
"	Field	6f, 22	
"	Goal scoring area	6f, 22	
"	Stick	22h	
Missed attempt at goal		23b, 23c, 23d	
Nominations of sections		9a, 9b	
Number of horses allowed		3a	
"	Of players in a team	8a, 8b	
Obstructions at throw in		23d, 25g	
Out of play			
"	Over backline	30a, 30b, 31b, 31c	
"	Over boundary line	28c, 29a, 29b, 29c, 31a, 31b, 31c	
Outside person		49	
Penalties, areas of definition		Penalty 1, 2, 3, 4, 5, 6, 7	
"	At end of chukka	18b	
"	Backline	30a, 30b	
"	Penalty goal	10f	
"	Side or boundary line	28c, 31a	
Penalty line, Ball on		28b,	
"	"	Crossing	27a, 32
"	"	Players riding over	32, 32a, 32b, 32c
"	"	Where penalty taken	27c, 28c
Play restarting		21b	
Playing field		6a, 6b, 6c, 6d, 6e, 6f, 24	

Players, age limit	8b, 8c
" Areas	24, 29
" Assistance to	49
" Change of positions	10
" Crossing line of progress	33a
" Combination of	3b, 5, 8a, 8b, 9c
" Dismounted	44
" Dress	22a
" Doubling up	13a, 13b, 13c, 13d
" Injured	3b, 5, 45a, 48
" Left handed	11b
" Numbers	22i
" Progress, lack of	50
" Protest	14d
" Permitted, goal scoring area	23a
" Pushing with body	36a
" Pushing with horse	35d, 35g, 35h
Players, Right of way	34
Players, Spurs	22c
" Substitute	5, 10g
" Two handed	11a, 40a
" Waiting for injured	5
Referee	9b, 14c, 17a, 51
Reserves, horse	3b, 4c
" Player	3b
Restarting play, after goal	25h
" " After missed goal	23b, 23d
" " After injury, broken gear	48
" " Failure to restart	23c
Re-entering the field	29a
Riding off	29a, 35g, 35h
Right of way	34
Rough play	35a, 35b, 35c, 35d, 36a, 36b
Rules not covered	51
Saddles	22f, 22g
Saddle cloths loose	45b
Safety of bits	22d
Safety Lines	6f
Sandwich	38
Score	20
Scoring areas, definition	23a
Score keepers	16
Sections, nominations	9a
Side line, see boundary lines	6d, 25c, 28a, 28c, 29a, 29c, 31a, 31b
Standards Association	21a
Starting play	25a,b,c,d,e,f,g,h,i,j
Stallion	2a
Stick, dropped or broken	45d
" Hitting horse with	37a

"	Hitting opponents	31a, 36c, 36e, 36f, 37b, 41a, 41c, 41d
"	Over centre line	26c, 39b
"	Size	22h
"	Spectator touching stick 4	9
"	Stick side	39a, 41a, 41b
"	Swinging wildly	36c, 36d
"	Throwing	40b, 40c
Spurs		22c, 37b
Strongest graded team		13e
Substitute, horse		3a, 3b, 10g
"	Players	5, 10g
Ten metre circle		26b
Throwing		25f, 26c, 27b, 29c, 31a, 39b, 40a, 40b, 40c
"	Ball over boundary line	31a
"	Stick	40b, 40c
Time extended		18b, 18c
"	Keepers	16, 25j
"	Out	18d, 35e
"	Played	17a, 17b, 17c, 18a, 18b
Umpires, advantage		47
"	Boundary line	28a, 29a, 31a, 31b
"	Discretion	28c, 45b, 45c, 47
"	Decision	14d, 15a, 15c
"	Dress	22b
"	Hand	25g
"	Helmet, loss of	21b
Umpires, not covered by Rules		51
"	Power to suspend play	6e
"	Removal of whips & spurs	37c
"	Restarting game	21b, 25h, 31c, 48
"	Signals	23a, 26d, 27c, 33k, 35a, 36e, 37a, 39a, 41a, 45a
"	Starting game	25a, b, c, d, e, f, g, h, i, j
"	Stopping game	18d, 19, 21b, 45a, 45b, 45c, 45d
"	Safety of bits	22d
"	Throwing into line out	25f, 28c
"	Time out	18d, 35e
"	Two	14
Veterinary Officers		2b, 4c
Visiting country		14b
Waiting for injured players		5
Whips		22k, 37b
Whistle use of		25f, 46
Wild swinging of sticks		36c, 36d
Winning the game		8a, 20

Umpire Guidelines

COMMUNICATION WITH SCORERS AND PLAYERS

Communication with the players and scoring table is vital. Ask the timekeeper to raise their hand to indicate that they have heard the umpire asking for 'Time ON' or 'OFF'.

Blow the whistle and shout 'Time ON' when starting a chukka or after holding time.

NB: Your aim as the umpire is to give the players as much 'playing time' as possible during the chuka. Do Not get into a discussion with players. You can explain rules etc. after the chukka.

Make sure players are not waiting for the umpire to retrieve a ball at a line-up or a penalty. One umpire should always be carrying a ball. 'Hold Time' if you are waiting to retrieve the balls.

Before the first chukka starts, find out from the teams who the section captains are. They are the only people to communicate with the Umpires, and this must be between chukkas or during 'Time OFF'. Be strict with this ruling from the start. Award a penalty if you have to.

LINE-OUTS

MAKE THE NO.1'S STOP WHERE THE NO2'S WOULD LINE UP. CALL THE PLAYERS FORWARD ONLY ONCE ALL 6 PLAYERS ARE LINED UP. MAKE SURE THE NO.1 RETURNING FROM SCORING, STOPS NEXT TO THE OTHER NO.1 BEFORE CALLING THE PLAYERS FORWARD TO THE T.

The umpire must be 3-5m away from the T. Once again communication is vital. You as the umpire must hold your hand up and tell the players to wait. The players are relying on your command to call them forward.

No player should gain an advantage in a lineout.

For example, a No.3's horse facing the wrong way when the ball comes in. He/she may not go for the ball if it comes out the back, as they will have gained an advantage.

A player may not hit an opponent's stick before the ball has come in. (No.1's often do this) Players may only make a move once the ball leaves the Umpires hand.

The ball must be thrown in within reach of all players' sticks and above their heads. If the ball is thrown in incorrectly, blow the whistle and repeat the throw. Hold time if you feel there is time wasted in retrieving the ball.

CARRY ON THE PENALTY LINE

The ball must be released before the penalty line.

For example, a No.3 taking a free throw after the No.1 has carried the ball. The No3 must release the ball from within the goal scoring area and throw it 10m into mid-field. If the No3 releases the ball on the line or in mid-field, blow your whistle and give a lineout in centre field, as they have not taken the throw from the correct mark. The same applies to a No.1 coming into the area after the No.3 has carried. The No1 must release the ball in mid-field and throw it 10m into the goal scoring area. If the No1 releases the ball on the line or in the goal scoring area, blow your whistle and give a lineout in the goal scoring area.

A ball on the penalty line is deemed to be in mid-field therefore no player in the goal scoring area may play the ball.

NB: A ball bouncing on the line or before the line is deemed to be a carry. A No.1 must bounce the ball in the goal scoring area when entering and a No3 must bounce the ball in centre-field when exiting.

BROKEN BANDAGE / TACK

The umpire must use their discretion whether to stop play for broken or loose gear. Stop play immediately if there is danger to horse or rider.

The only time a player is penalised will be for a broken or loose bandage. This will result in a free throw to the opposition.

Broken tack / lost saddle pad / lost coronet boot will result in a lineout or the team in possession starting with a penalty if play was stopped due to danger.

PLAYER OR HORSE FALLING

Stop the game immediately. The game will restart with a lineout from the nearest boundary line if no team had possession. Or the team that had possession will start with a free throw from where they had possession.

If a player in possession of the ball falls off, or his horse falls, his/her team will start with a free throw.

CATCHING ACROSS AN OPPONENTS HORSE

A player can catch behind an opponent so long as they don't make contact with the opponent's stick/horse/body. If there is contact with any of the above, a penalty shall be awarded against that player.

You may not reach under the front of an opponent's horse to catch the ball.

For example, a No.3 may not go under the No.1's horse to catch the ball when the No.1 bounces the ball over the penalty line.

If you are being marked up, you may not reach across that persons horse to rob the ball.

GENERAL RULES

- The ball or a horses hoof on a boundary line is OUT
- Games played on handicap will be a direct subtraction of handicap. Even if sections tournament
- No.3 has first attempt at the ball after a missed goal
- Riding hats are to be worn at all times if riding a horse. (This includes warm-up or social riding at tournaments)
- The ball must travel 10m when taking a free throw. Generally 8-12m is ok. If the ball does not travel 10m, blow the whistle and restart with a line-out from the nearest boundary line.
- A penalty throw is no longer moved up to centre field if there is an infringement. The only 2 penalty spots are the penalty lines or in front of goals.

NOTES FOR UMPIRES

While it is not the intention to go fully into the methods and standards of Umpires or Umpiring, its felt that some general comments should be included in this Rule Book on Umpires and Umpiring in general, especially for prospective and inexperienced Umpires.

First it cannot be emphasized too strongly that all Umpires in any game of Polocrosse must be suitably mounted. It is the responsibility of the club or committee conducting the tiurnament to ensure that the Umpire has a suitable horse, to enable him to keep up to the game without having to worry unnecessarily about riding the horse as well; too often Umpires are seen trailing the field or hampering play due to the inefficiency of their

horses. Umpires should realize that they have the right to refuse to use horses that in their opinion are considered unsuitable for the umpire to be able to do his job properly.

Umpires should at all times be correctly dressed, in a black & white striped shirt. They should always carry a Polocrosse stick to save time in picking up the ball on the field.

Needless to say, the first prerequisite of an Umpire is to know the rules of the game. This does not mean just reading the rule book. He should know how to apply what is in the rules on the field. A lot of experience can be obtained from discussion with Senior Umpires.

The Umpire should concentrate on the game every moment so that he is certain of the line of the ball at any time should an incident arise. A common and natural error among inexperienced Umpires is the lack of concentration due to watching some brilliant player, home or combined play.

With regard to the use of the whistle, it is a good practice to use one strong blast to stop play and two short consecutive blasts to call for time-off. An Umpire should be careful in the use of the whistle but should never hesitate to blow it when the necessity arises. However, nothing is more aggravating to players and spectators alike than a "whistle-happy" Umpire. On the other hand, if a foul is observed the whistle should be blown immediately, as all players respect a strict Umpire who makes a definite decision and does not allow players to get away with fouls.

Half-hearted and/or late decisions are indicative of either inexperienced or inefficient umpiring. The advantage rule should be remembered at all times, as in many instances the infliction of a penalty is an advantage to the side, which committed the foul. After blowing the whistle, for a foul and stopping the game, the Umpire should immediately inform the players why he stopped the game, who committed the foul, and what the penalty is to be. He should indicate to players the spot from which the penalty is to be taken and recommence the game when all the players are ready by calling out "Play" to the player taking the penalty, in a voice loud enough for all the players to hear. No penalty can be executed until directed to do so by the Umpire. Similarly, an Umpire stopping play and calling for time-off should ensure that the time-keeper understands that time-off has been called for and the reason for it. It is also indicative of a good Umpire if when stopping play for any reason his decision can be conveyed to the field officials and the public as well as the players.

Umpires should realize that they have full control of not only the players and the game but also all their particular field officials, the field and its surrounding areas. They should stop play if any of these does not conform to the rules as laid down.

Finally, never enter into an argument with the players or with spectators. The Captain of a team is the only player who may lodge a protest with the Umpire but even he must in no way enter into an argument with the Umpire on the field.

RISK MANAGEMENT PLAN FOR UMPIRING

- Make sure all participants are registered.
- Ensure that required insurance is in place, all participants are current members of the respective clubs, and that their insurance is valid and up to date.
- Training/Practice sessions should be planned with the appropriate activities to match the physical and mental maturity of the players.
- Ensure that only the proper authorized equipment is used per the rules of the game.
- Ensure that the horses are safe, under control and not showing vices.
- Ensure the beginning players are given adequate basic horse safety education.
- Ensure that the field and surrounding areas meet minimum requirements as per rules and bylaws.
- All gates are to be closed at all times
- Strictly enforce the safety rules designed to prevent injury.
- Enforce no dog's rule.
- Enforce safety guidelines including blood and infectious disease policies for horse and players
- Ensure that injured players or horse do not participate with out medical clearance.
- Stop the event in adverse and life threatening weather conditions and have an alternate plan.
- Remove a participant who persistently breaches the rules or is a danger to themselves and others by their actions.

GOAL JUDGES

Goal Judges shall be appointed to give testimony to the Umpire (at his request) as to the goals scored or the crossing of the 11-yard line. In all cases The Umpire shall make the final decision. The Goal Judge shall, at all times, position themselves so that they have a clear view of both the goal posts and the goal scoring circle. The Goal Judge shall wave a flag or racquet above his/her head to indicate a goal has been scored and shall wave it below knee level to indicate a miss.

You are there to help the umpire. The umpire makes the final decision whether or not a goal was scored (which means that it's never your fault if a call is missed). Stand a few yards behind the goal posts. If it is a fast match, be ready to move. It is unwise and unsafe to sit or allow more than 1 person in the area when the play is at your end of the field. When the number 1 shoots at goal, watch where the horse's feet are. All four feet must be outside the 11-yard circle that is drawn on the ground. If they are inside or touching the circle then the shot is no good. Only one of the horse's feet needs to touch

the ground inside the circle or on the line for the horse to be considered inside. If the foot hasn't touched the ground yet then the horse isn't considered inside the circle (this only happens in very fast matches). Players can go into the circle while playing - they just can't take a shot on goal. Watch that the ball goes through the goal posts. There is no height limit to shots on goal. This means that a ball could be fifty feet above the ground and still be a goal. High shots are often slow ones so you can get between the goal posts and under the ball to see if the shot is good. Don't bother trying to catch the ball; you'll have time for that when the play is over.

There will be an extra game ball at your end of the field. Throw it to the umpire after a shot on goal. While the umpire is getting the players in order, you can get the ball that just went past you.

To indicate a goal was good - raise your racquet straight into the air. If the goal was not good, wave the racquet left to right below your knees and then tell the umpire what you saw (ie. foot on the line, ball was wide of the goals).

TIMEKEEPERS/SCORERS

An Official Timekeeper and an Official Scorer will be appointed in all games and matches. They shall report the status of the game as regards numbers of goals scored and the amount of time left to play as requested by the Umpire.

The umpire is the only person who can start or stop the clock.

To start the clock: If time has been off for a while will usually first get your attention by yelling "Time Keeper", then once they see that you are ready they will yell "Time On". Let the umpire know as soon as possible if you cannot hear them.

To stop the clock: The umpire will first stop play with one long blast of his whistle (the clock keeps running) then to stop the clock he will blow two short blasts on his whistle and yell "Time Off". The clock is only stopped if there is a problem retrieving the ball after a penalty or if there is a need to explain a penalty to a player. The clock will usually keep running after a goal is scored.

At the end of the chukka, blow the whistle or horn that you have been provided with and yell "Time". It is important that you blow the whistle to stop play exactly when time expires.

Whenever a goal is scored, the umpire will raise their racquet above their head (it is the umpire not the goal judge, who can declare a shot to be good). Both teams will then come back to the center of the field for a lineup. If they don't come back to the center of the field for a line-up then a goal was not scored.

If the umpire awards a goal as a penalty, they will come over to you and explain which team gets the goal.

CODE OF PRACTICE FOR POLOCROSSE HORSES

1. Grounds should be adequately fenced and have gates that can be easily closed, so that stock proofing can be obtained quickly.
2. Playing fields shall be free of holes, rocks and other obstacles.
3. A stimulant substance shall not be administered to, or provided for horses participating in polocrosse.
4. Bandages should be worn on all horses legs at all times during play and should be sewn or taped in such a manner as to ensure they remain in place for the entire match.
5. All playing horses will wear Bell boots.
6. If horse's tails are plaited they must be fastened in a manner such to ensure they do not come undone during play.
7. Bits and gear will be as prescribed in the Polocrosse Rules of International Polocrosse.
8. All horses attending the tournament shall be inspected by their Club's Welfare Officer to ensure that all participating horses are free of ringworm or any other infectious disease.
9. All equipment must meet minimum safety standards as prescribed in the Polocrosse Rules of the International Polocrosse.
10. Whips shall be:
 - of flexible construction
 - be free of wire or other dangerous materials.
 - be up to a maximum length of 100 centimeters and must have a full flap no longer than five centimeters.
11. Any animal seriously injured on the field, shall if possible, be removed by conveyance.
12. A conveyance suitable for this procedure should be available at all times during play.
13. When it is necessary for a horse to be destroyed on the field, a mobile screen shall be placed around the animal prior to it being destroyed and should remain in place until such time as allows for the destroyed animal to be loaded for transportation from the area.

HORSE WELFARE OFFICER

BASIC CARE

- All horses should be fed and exercised properly for the standard of polocrosse they will be playing.
- Horses should be blanketed according to the climatic conditions. Any horse clipped should be blanketed appropriately.
- Horses should be well shod at all tournaments and practises.
- Horses should always have access to clean water when not playing or umpiring.

TOURNAMENTS

- No horse shall be left bandaged or bell booted overnight.
- No horse shall have its tail left up at night.
- All horses will be appropriately blanketed at night.
- Horses must have sufficient room and an appropriate surface in their yards to be able to lie down.
- Horses must have access to clean water at all times.
- The fields the horses are being asked to play on should be safe, holes filled, stone picked and properly prepared.
- Horses should be properly cared for at the end of each match. E.g. Hosing down, rugging etc
- If there are long breaks between games, horses should be unbandaged and rebandaged for the next game.