

## Polo on Horseback

Polo is one of the oldest of equestrian sports, and the modern game is played both indoors and outdoors. Historians estimate polo was first played in Asia over 2000 years ago. In the game of polo, 4 person teams of horses and riders compete to use a stick called a mallet to hit a ball through goal posts. Each period of polo is called a chukker, and lasts seven minutes. Six chukkers make up a game. Polo is an exciting and fast moving sport that requires great teamwork on the part of the horse and rider. Most polo players have several horses, and change horses for each chukker played.



More information about polo can be found at the following websites:

- United States Polo Association
- American Polo Horse Association

## Equine Competitive Trail Riding



**Competitive trail riding** is an activity where the horse and rider complete a prescribed course within a set amount of time. Competitive trail riding is not a race, the first one to finish is not necessarily the winner. The horse and rider team are judged not only on completing the course within the set time, but also on the physical condition of the horse, horsemanship skills, the manners of the horse, and the ability of the horse and rider to negotiate obstacles on the trail. There are many different divisions of competitive trail, based on the physical fitness and the experience of the horse and rider.

For more information, check out the North American Trail Ride Conference.