

Polo

Polo is a minority sport for princes and millionaires. It is a team sport played **on horseback** in which the objective is to score goals against an opposing team. Players score by driving a small **white plastic or wooden ball** into the opposing team's goal using **a long-handled mallet** while riding at speeds of **up to 40mph**. It is played on a large **grass field** up to **300 yards in length**, and each polo team consists of **four riders** and their mounts. It's played indoors and outdoors.



The game was first played in **Persia (Iran)** between the 5th century BC, or much earlier, to the 1st century AD. It was at first a training game for cavalry units. Later on polo was passed from Persia to other parts of Asia including the **Indian** subcontinent and **China**. The modern game of polo was formalized and popularized by the British. In 1862 the first polo club, Calcutta Polo Club, was established by two **British soldiers**, Captain Robert Stewart and Major General Joe Shearer. Later they spread the game to their peers in England. The British are also credited with spreading polo worldwide in the late **19th** century and the early **20th** century. Military officers imported the game to Britain in the **1860s**.

The basic dress of a player is a protective **helmet** (usually of a distinctive color, to be distinguished at the considerable distance from which onlookers are watching the game), **riding boots** to just below the knees, **white trousers** (often ordinary denim jeans), and a **colored shirt** bearing the number of the player's position.



Optional equipment includes one or two **gloves**, **wristbands**, **kneepads**, **spurs**, **face mask**, and **a whip**.



A modern variation for commoners is bicycle polo – the sport of princes from the seat of a pushbike.