

Rules English:

Cycle polo regulations

In cycle polo (indoor cycling) usually two teams consisting of two athletes play against each other. There is hardcourt bike polo (a team consists of 3) and lawn polo.

The cycle polo in indoor cycling is played in a women's league and in a league for mixed teams or teams of men.

The cycle polo bike weighs about 11 kg, hasn't got gears or brakes but it has got a fixed, very low transmission (1:1), which is necessary for braking. That means that in contrast to a normal bike the pedals are always moving. Special about the bike is the bent handlebar and the saddle, which is placed far at the back for the right centre of gravity. The tires are pumped up with 7-10 bar and are specially made for sports halls.

The ball is relatively small, weighs about 175-240 grams and has got a diameter of 9.5-10.5 cm. It is covered with material/fabric and filled with deer hair. To move the ball you are only allowed to use the polo stick. You are not allowed to use your body or the bike. The stick is about 1 m long and has got a block made of wood on its bottom which is used to lead and shoot the ball.

One game in the age-group of adults lasts 2x 7min. The pitch is 11 m wide, 14m long and surrounded by an about 30cm high barrier. The goals are 2m wide and high and surrounded by a semicircular penalty area (radius 2m).

Only one player of the respective team is allowed to be in the penalty area. The forward is only allowed to be in the opposing penalty area if the ball is there too. In the penalty area, a defending player is allowed to clear the ball with hands, if both feet touch the pedals and all contact surfaces are inside the penalty area. A penalty kick (4m kick) is awarded for defending the ball in manner not in accordance with the rules. If there are both defenders in the penalty area, there is a 4m penalty kick too.

There are corners, kick offs, free kicks and penalty kicks like in football. These moves are usually carried out by both players together.

In the game you are only allowed to attack the ball not the bike, the stick or a player; otherwise it's a rule violation and there will be a 4m penalty kick. If a player gets off of his/her bike or touches the floor otherwise (or leans against the barrier or the goal), he/she is no longer eligible to play. After he/she does one "standing step", he/she isn't allowed to intervene in the game or there is a 4m penalty kick too. To get back the eligibility to play, he/she has to drive over his/her own byline.

The kind of cycle polo which is played in teams of 2 and is part of indoor cycling (which is described here) is only played in Germany at the moment. Lawn bike polo is played international. There are teams in Germany too.

Complete Set of Rules:

https://static.rad-net.de/html/verwaltung/reglements/regl-2er-radpolo_2019-2020.pdf

