



WELCOME TO
GA  **OP**
STABLE

The Sport of Kings: POLO

WELCOME TO GALLOPSG

GallopSG is one of Singapore's leading equestrian centres, providing horse riding lessons and equestrian experiences for riders of all ages. The centre focuses on developing confidence, responsibility, teamwork, and horsemanship skills while introducing participants to exciting equestrian sports such as Polo. Just as knights trained with horses in the past, riders at GallopSG learn important life values through their partnership with horses.



HISTORY OF POLO

Polo began more than 2,000 years ago in Ancient Persia, where it was originally played as a training exercise for cavalry soldiers. The sport helped warriors improve their riding skills, coordination, and teamwork while preparing for battle. Over time, Polo became popular among kings, princes, and noble families, spreading across Asia, Europe, and eventually the rest of the world. Today, it remains one of the oldest and most prestigious team sports ever played.





WHY IS POLO CALLED "THE SPORT OF KINGS"?

Polo is often known as "The Sport of Kings" because it was historically enjoyed by royalty and noble families around the world. The game requires courage, skill, strategy, leadership, and teamwork, qualities that were highly valued among rulers and warriors. Beyond competition, Polo also promotes sportsmanship, respect, and fair play, reflecting the same values found in the code of chivalry followed by knights in medieval times.

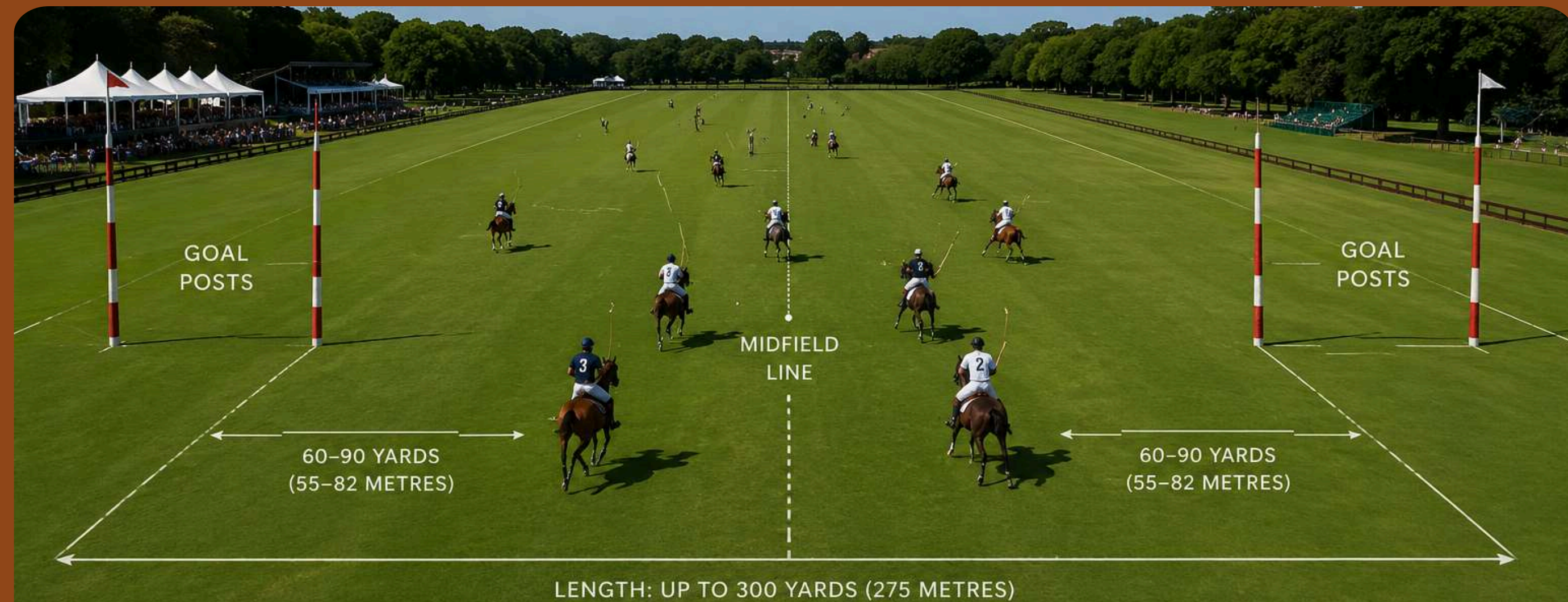
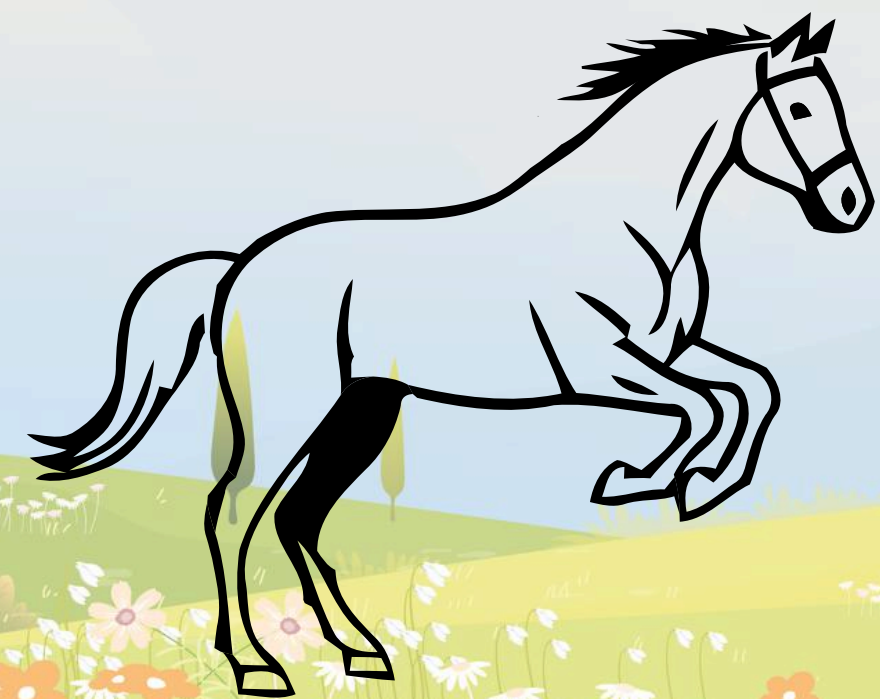
MEET YOUR POLO EQUIPMENT

Every Polo player needs specialised equipment to play safely and effectively. The most important part is the Polo pony, which is specially trained for the sport. Players also use a long Polo mallet to strike a small Polo ball while riding. For safety, riders wear helmets, riding boots, and protective gear such as knee guards. Just as knights relied on their armour and weapons, Polo players depend on their equipment to perform their best on the field.



UNDERSTANDING THE POLO BATTLEFIELD

Polo is played on a large grass field with goal posts located at each end. Two teams compete against one another by attempting to hit the ball through the opponent's goal. The field provides enough space for horses to move at high speeds while players work together to attack and defend. In fact, a Polo field is one of the largest sports fields in the world, measuring up to 300 metres in length.



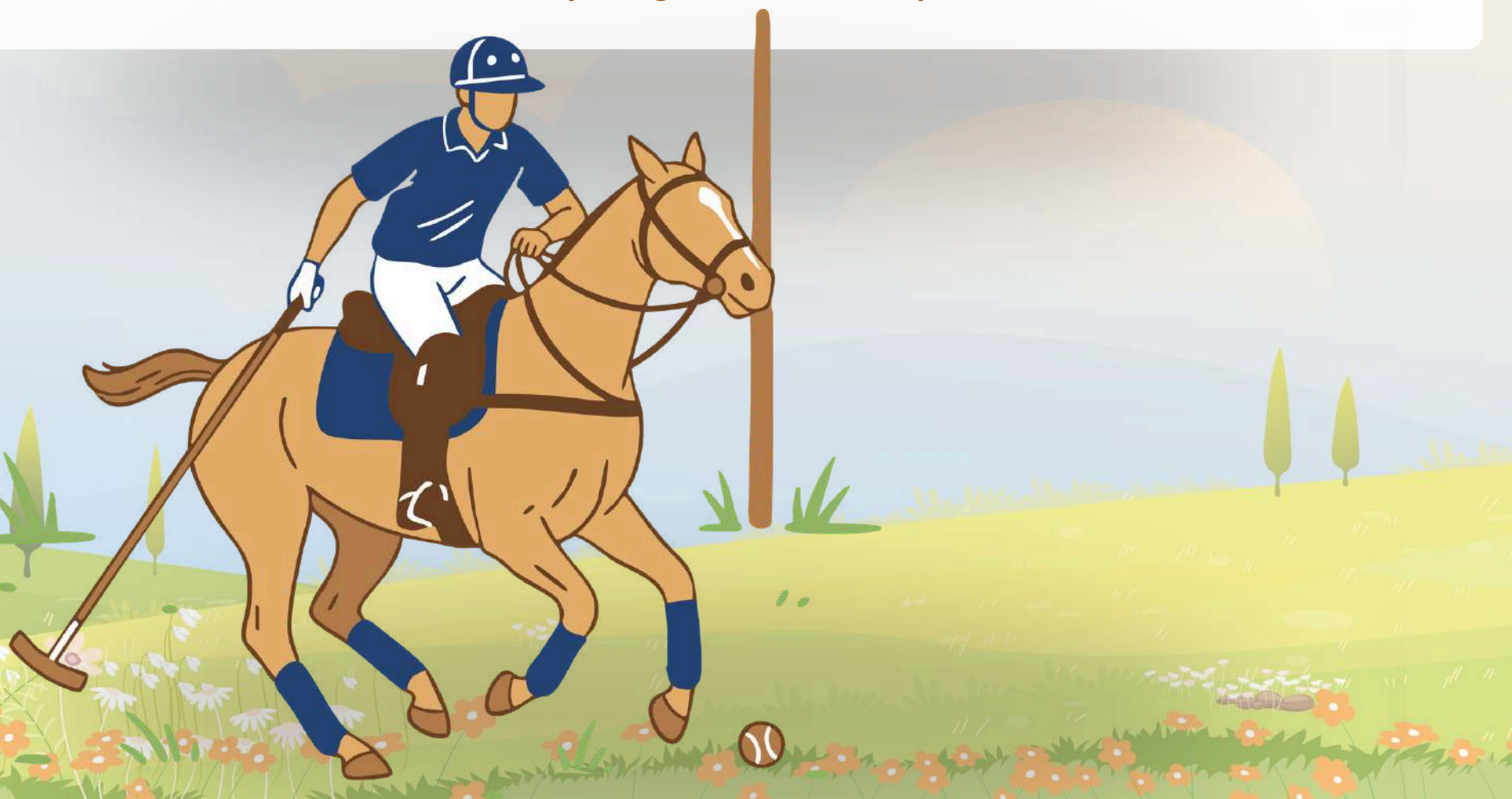
THE RULES OF POLO

In Polo, two teams compete to score goals by using mallets to hit the ball into the opposing team's goal. Players must follow important safety rules, including respecting the "Line of the Ball," which helps prevent dangerous collisions between horses and riders. Good sportsmanship, fair play, and respect for opponents are essential parts of the game. At the end of the match, the team that scores the most goals is declared the winner, but safety always comes before winning.



BASIC POLO SKILLS

Playing Polo requires a combination of riding and sporting skills. Players must learn how to control their horses confidently, maintain proper balance and posture, hold the mallet correctly, and strike the ball accurately while moving. They must also make quick decisions and communicate effectively with teammates during a match. Like knights who spent years mastering horsemanship, Polo players dedicate significant time to developing these important skills.



Polo Tack

From bridles to bandages, don't show up underdressed.



THE MALLET

When you see the shaft curving in a photograph, you are often looking at bamboo, which reflects the necessary flexibility. Bamboo is also a nod to India, where the sport got its launch into the British empire and international popularity. The head is made of hardwood, and the side of the head is used to strike the ball.



TEAM SHIRT / WHITE PANTS

Designed by tennis player René Lacoste in 1929 and wildly popular in their day, polo shirts became cool again when Ralph Lauren debuted his Polo line in 1972. A decade later, the USPA launched its own polo shirts. The numbers on the sleeve and back reveal which position the player is playing. The stretchy white jeans are made of heavy cotton and spandex, amazingly comfortable on or off a horse.



SADDLE BLANKET

For the comfort of horse and rider both, to minimize abrasion of the saddle, and enhance control for the rider who needs to grip and steer with the legs.



BRAIDED TAIL / SHAVED MANE

What with the polo mallet swinging around, the last thing you want is for it to become entangled in the tail or the mane. The tail is closely braided before the game, and the mane is shaved to a crew cut, for safety reasons.



KNEE PADS / POLO BOOTS / GLOVES

Though stylish, the boots and gloves are protection against chafing, mallet strikes, collisions, and flying polo balls. And since you need to lean out from your horse, knee pads also enhance your grip on the side of the horse.



BELL BOOTS / BANDAGES

These protective cuffs shield the hoof from mallet strikes and kicks from other horses. Bandages support and protect the horse's ankles.



THE HELMET

Naturally, the helmet is of critical importance, providing the shade of a front porch. It's remarkably light and allows a wrap-around view-span like that of a British safari helmet.



DRAW REINS

In polo, you use two sets of reins, and carry each pair between two fingers of the left hand. Riders only use the right hand to hold the mallet, to prevent injuries.



MARTINGALE

This crucial piece of equipment restrains the horse's head from rearing back and clocking the rider in the head, should it rear suddenly from something in the game, like a random bee sting, say, or a collision with another horse.



BIT & BRIDLE

For turning, braking, accelerating, and overall control of the horse, by either applying or lessening pressure on the bit in the mouth.



BREAST PLATE

This piece keeps the saddle from slipping backward.



SADDLE / BRIDLE

Both the saddle and the bridle are in the English style, meaning the front part of the saddle is a low hump rather than the vertical pommel of Western-style saddles, used for roping, yet which might impale a rider in a polo game.



POLO PONY

Though they were once actual ponies, these days they are horses, and many are retired from hunting/jumping or racing and need retraining to play in a calm manner amid the hurly-burly of the game. They include quarter horses and thoroughbreds, often weigh around 900 pounds, and stand some 15-17 hands high—from ground to shoulder. The hand represents the width of an average hand, just as an inch is said to represent the length of a carpenter's thumb.

Sterling Giannico (Beverly Team) plays during the USPA Eastern Challenge in August 2023.

Total cost of all new equipment can be around **\$1,350.**



TEAMWORK IN POLO

Polo is much more than an individual sport because success depends heavily on teamwork. Players must work together to create scoring opportunities, defend their goals, and support one another throughout the match. Communication helps teammates react quickly to changing situations, while trust between rider and horse allows them to perform effectively as a team. Through Polo, players learn valuable lessons about cooperation, trust, and working together towards a common goal.



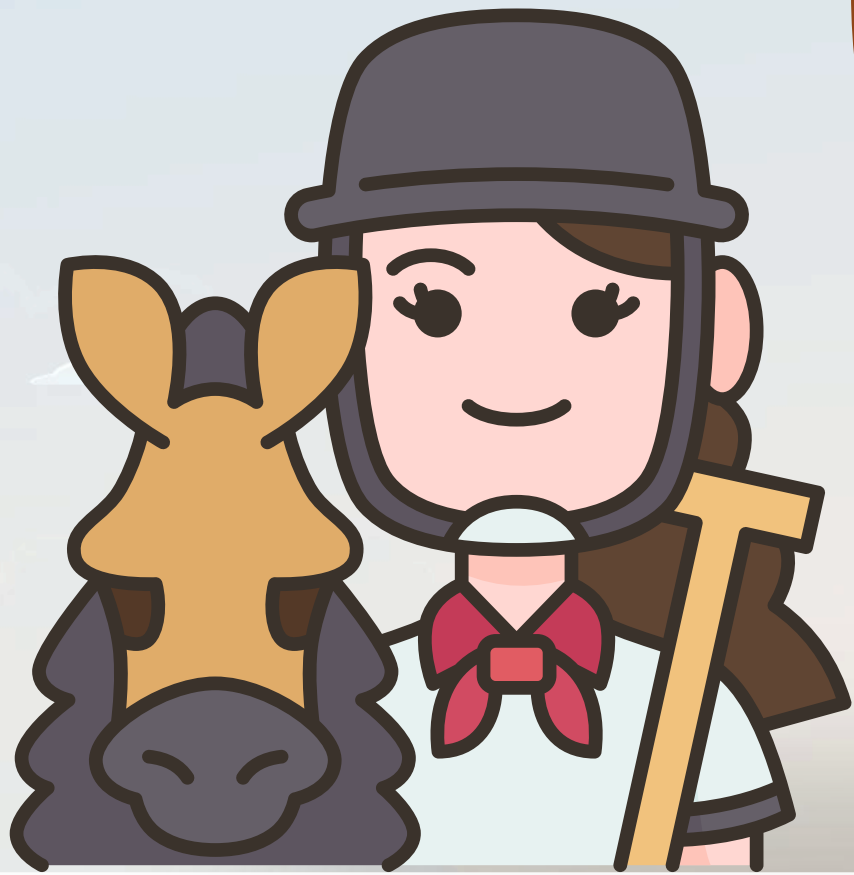
CARRY THE STANDARD.
UPHOLD THE CODE.
LIVE THE LEGACY.



POLO AT GALLOPSG

At GallopSG, riders have the opportunity to learn horse riding fundamentals, build confidence around horses, and develop responsibility through horse care and horsemanship. Participants also gain valuable teamwork and leadership skills while being introduced to exciting equestrian sports such as Polo. Whether someone is completely new to horse riding or looking to improve their skills, GallopSG provides a welcoming environment to begin their equestrian journey.

THE END



Polo is much more than just a sport. From its origins in Ancient Persia to becoming known as "The Sport of Kings," Polo has remained a symbol of courage, skill, teamwork, and respect. Just like the knights of the past, Polo players must work closely with their horses, make quick decisions, and demonstrate good sportsmanship both on and off the field.

Through Polo, we learn valuable life lessons such as discipline, responsibility, leadership, and cooperation. Whether you are riding for fun or competing in a match, the bond between rider and horse is at the heart of the sport. As we have discovered today, Polo is not only a game of speed and strategy but also a tradition that continues to inspire people around the world.