

Boccia (pronounced 'bot-cha') is a target game with similar rules to Petanque (French boules) or Lawn Bowls. It is a Paralympic sport.

What you need

- Boccia balls (or equivalent).
- Throw down lines or tape to mark court.
- Chairs for players not using wheelchairs

How to play

The basics

- The basic principle is to score as many points as possible by getting as many of your own boccia balls closer to the jack (or target ball) than your opponent.
- Boccia can be played in teams (3-a-side), pairs (2-a-side)
 or individually. Recreationally, any number can play
 depending on availability of equipment.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).

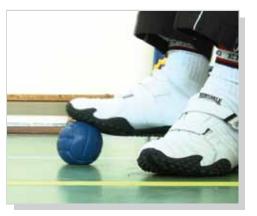
Some specifics

- Red ball players sit in boxes 1, 3 and 5 (from the left facing the court) and blue ball players in boxes 2, 4 and 6.
- In team boccia (3-α-side), each player throws two balls corresponding to their team colour – red or blue.
- Players should agree on a team captain. During play, the captain decides which player on their team plays next.









Think about

• The best way of propelling the ball for you; do you need to alter your sitting position? Remember, you need to keep your feet, chair or ramp behind the throwing line.

Boccia: Boccia basics





Use the STEP model to modify this game

How to play (continued)

- The side playing red throws the first jack. This must land in the valid area.
- The jack ball is thrown by each player in turn at the start of each 'end'. The player in Box 1 (left-hand box when facing the court) starts the first end, and player 6 starts the sixth and final end.
- The side throwing the jack also play the first coloured ball ('follow the jack').
- The opposing side then play their first coloured ball into court.
- The side furthest from the jack continue to play their balls until they get nearer (or run out of balls) at which point the other team plays.
- In team boccia, each game consists of 6 ends. An end is completed when all 13 balls (jack, all the reds and blues) have been played.
- The side with the most balls closest to the jack scores 1 point for each scoring ball (that is each ball closer than the opposing team's closest ball).
- At the completion of 6 ends, the points scored on each end are added together – the team with the highest total score wins!

Space

 Boccia is played on an indoor court (see illustration) or in any suitable indoor space.

Task

 Try using the boccia balls to play other target games (see other TOP Sportsability Boccia cards).

Extension game 'Cricket Relay'

Boccia 12s is the official Boccia England shortened version;
 rules as above but played over two ends only – one jack per team – captain decides which player throws.

Equipment

 Boccia is played with specially-designed leather balls. However, for recreational play, bean bags, Koosh balls, or balls made from paper and tape can be used.

People

 Rotate team captains to give players the experience of decision-making and leadership.

Safety

• Be careful of loose boccia balls lying around the playing area.

How to improve

• Practise throwing balls to different parts of the court.

Integrity

 Avoid modifying a game to the point where it no longer resembles the original.

Links

 For more information about boccia see www.bocciaengland.co.uk