



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-a-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.

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](http://www.bocciaengland.co.uk)