

What is Boccia?

Boccia is a sport similar to that of Petanque (French Boules)

Who can play?

At a Paralympic level it is played by people who have cerebral palsy, otherwise it can be played by anyone at a recreational and competitive level.

What is the objective of the game?

For either the team or player to get the balls closest to the target (ie, jack), therefore scoring the most amount of points and winning the game.

How is it played?

Field of play	Court of any size either indoors or outdoors
Equipment	6 red, 6 blue, 1 white ball (jack) sand filled balls made of leather
Players	Singles – 1 player a side Pairs – 2 players a side Teams – 3 players a side
Length	A game consists of 4 ends for pair/singles matches and 6 ends for a team. An end consists of 13 balls, 6 red, 6 blue and 1 white.

Ways to propel a Boccia Ball

Rolling	- over the floor - off the body
Throwing	- over arm - dart throw - under arm
Pushing	- over the floor - off the body
Assistive Device	(using a ramp) - release with part of an arm, leg or head - Release with a head pointer

Rules for Boccia

Players - In each end a singles player will throw 6 balls, pair players will throw 3 balls each and a team 2 balls each.

Positioning – All players must stay within their designated boxes.

Team	Red	Box 1,3 & 5
	Blue	Box 2, 4, & 6
Pairs	Red	Box 2 &4
	Blue	Box 3 & 5
Singles	Red	Box 3
	Blue	Box 4

Starting – Each player takes it in turns to propel the jack to start an end. The very first end is always started by the red team. Whoever propels the jack also sends the first coloured ball.

Note: if jack is knocked out of play it must be replaced on the cross.

Scoring – Whoever has their ball closest to the jack score a point. If there is more than one ball between the jack and the closest opposition ball a point is awarded for each one. If both teams have a ball equal distance from the jack then each team is awarded one point.

Whoever has the highest score after all the ends have been completed wins the game.

**For more information contact : CP Sport, www.cpsport.org
TOP Sportsability – YST, www.youthsporttrust.org**

Boccia Court

