

# **BOCCIA RESOURCE**

## **Introduction to Boccia**

### **The Origins**

Boccia (pronounced 'botcha') is similar to the popular Italian pastime Bocce and originates from a Greek ball tossing sport. It can be described as a cross between petanque and indoor bowls.

### **Why Boccia?**

Boccia balls are small and pliable leather covered balls, which allow those with functional disability to grip the ball more easily. It also has the effect of reducing the advantage of physical strength so that skill becomes the overriding factor. Players are seated and may propel the ball by any manner that they desire as long as they are in control at the moment of release. Some players throw or kick the ball, others use the specifically designed devices such as ramps.

### **The Game**

Boccia is played in a bordered area. Before the game starts a coin is flipped to decide which player/team bowls the 'jack'. The white jack is thrown into the court of play. Each player tries to position their coloured ball (red or blue) closest to the jack. After all balls have been played the score is tallied. All balls closer to the jack than the opponent's best ball score as one point each.

Boccia can be played by individuals, pairs or teams of three. The players are classified into classes and the criteria for the classes depend on the players disability.

### **The Equipment and Playing Area**

The Boccia set consists of 13 leather covered balls – 6 red, 6 blue and 1 white 'jack'. All balls must weigh between 273 and 277 grams, with a circumference of 270mm. The balls can be of varying 'hardness' and most players prefer a specific hardness to suit their game. For example a hard ball will roll further and faster than a soft ball.

Boccia can be played in any area that is accessible to the players, with the ideal surface being a flat and smooth floor such as a small gym, hall, recreation room, court, grass or playground. The standard court size is 12.5m x 6m (as per the diagram), however the size can be adapted to the space available or the skill level of the players. All markings on the court should be between 2 – 4cm in width and tape or chalk (in a different colour to the surface) can be used.

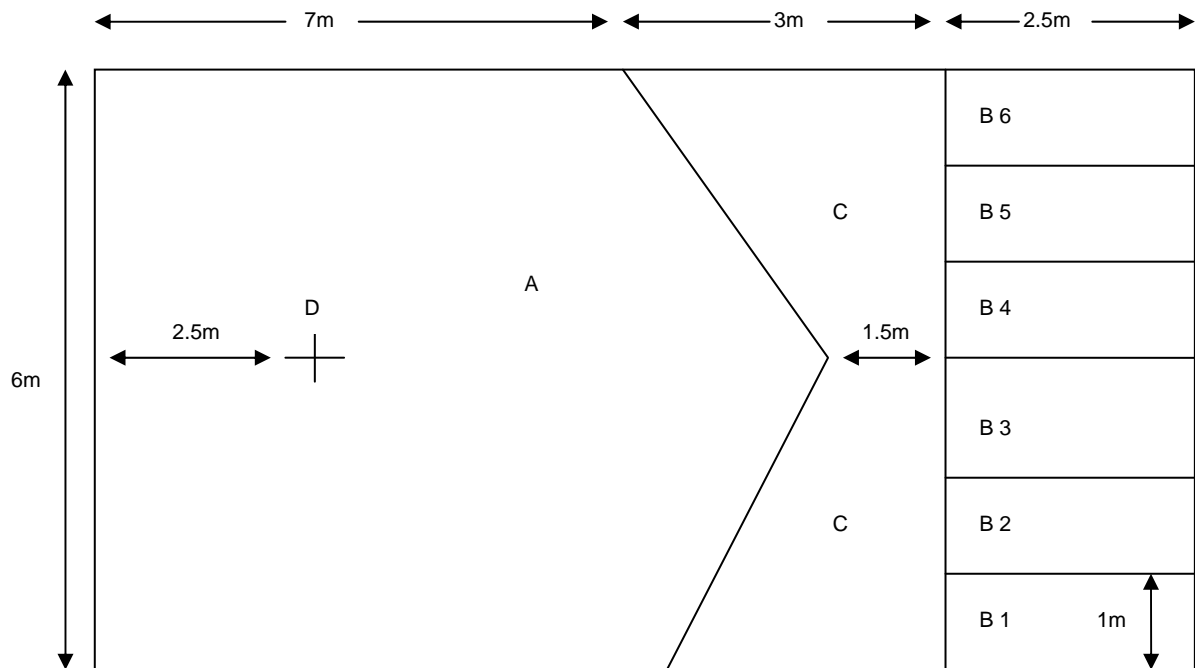
### ***The Balls:***

Available from: Mamaku & Co  
[www.mamaku.com](http://www.mamaku.com)  
Deb Foster and Reg Nichol  
50 Devon St  
Picton  
New Zealand  
Ph: 03 573 6884



# BOCCIA RESOURCE

## **The Court:**




- A: Playing Area
- B: Throwing Boxes
- C: Non valid area for the jack
- D: The cross

## **BOCCIA RESOURCE**

### **Introducing The Game**

Prior to learning to play Boccia, individuals should explore the most suitable method of them to propel the ball – this can be via hand, foot or assistive device (ramp). Teachers, parents, and/or caregivers can assist with this process.

#### *Drill 1*

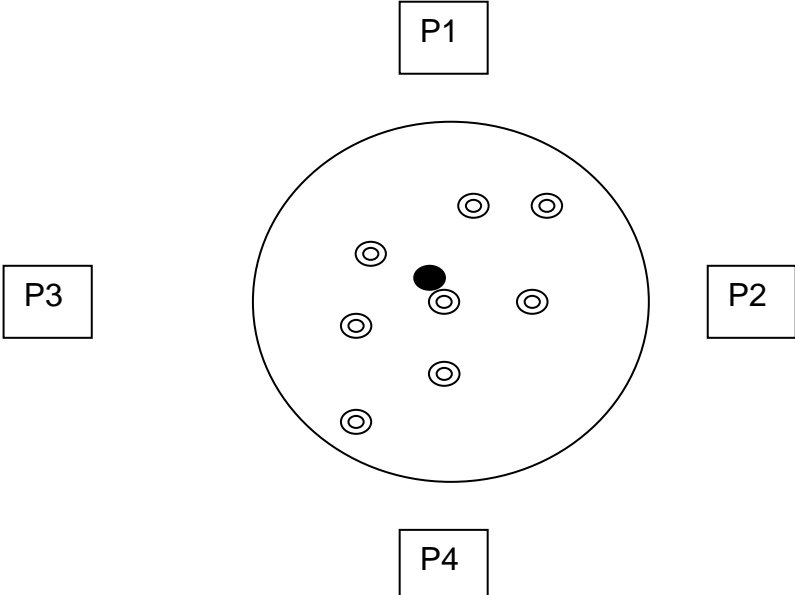


The diagram shows a square box labeled 'P' on the left. To its right is a large oval labeled 'Target'. Inside the oval is a small circle representing a ball. Five other small circles are arranged around the oval: one at the top, one at the bottom, one on the left, and two on the right.

The Player explores the best method of propelling the ball and aims for the target.  
Note: explore underarm throw, overarm throw, kick, use of assistive device (ramp)

Having discovered the optimal method of ball delivery, some small games can be introduced to groups (at an appropriate level for each group). This will allow players to explore the technique of propelling the ball towards a target before introducing the rules of the game.

#### *Drill 2*

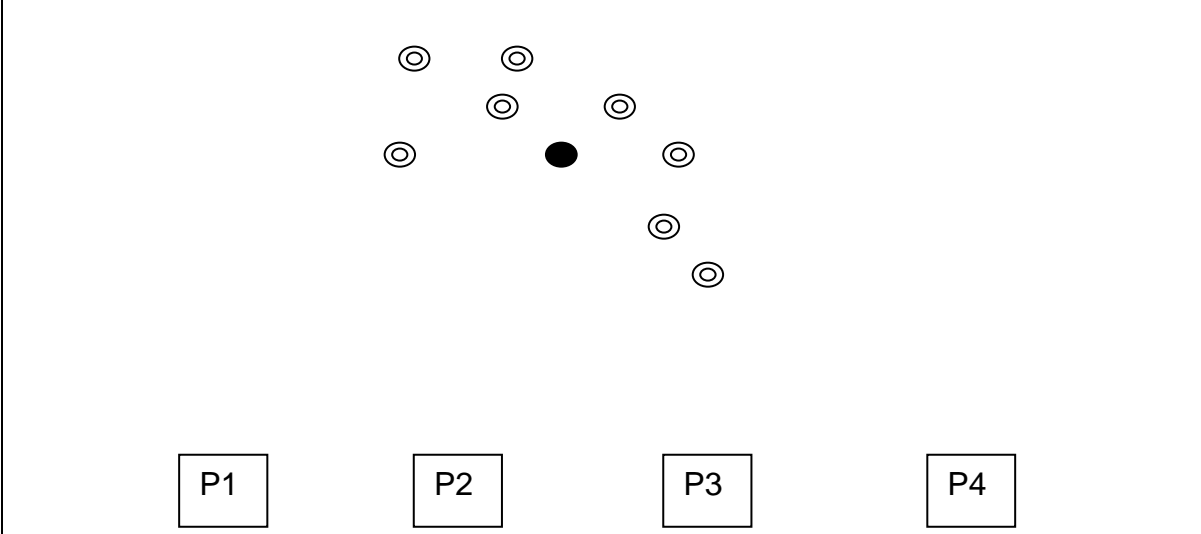


The diagram shows a large circle in the center. Inside this circle is a small black dot labeled 'jack' and seven small white circles representing balls. Four square boxes labeled 'P1', 'P2', 'P3', and 'P4' are positioned around the circle: P1 at the top, P2 on the right, P3 on the left, and P4 at the bottom.

Players take turns and attempt to place their ball close to the jack.

## BOCCIA RESOURCE

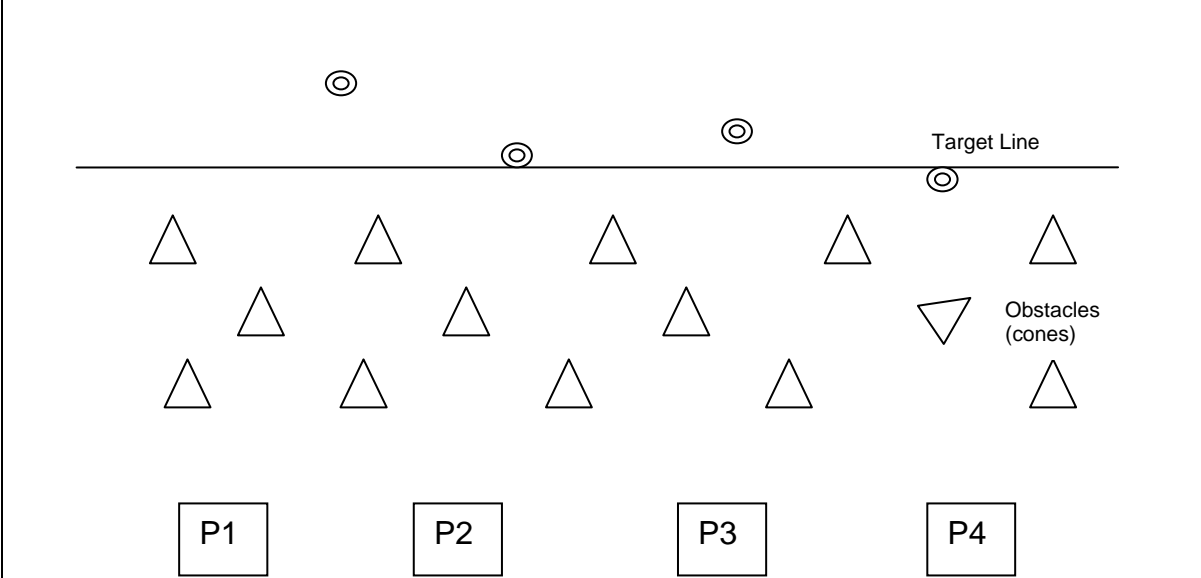
### Drill 3



P1                      P2                      P3                      P4

Players take turns to throw out the jack and attempt to place their ball close to the jack.  
This activity can explore the strategies of placing the jack in a position to their advantage and strengths.

### Drill 4



Target Line

Obstacles (cones)

P1                      P2                      P3                      P4

Players aim to throw or propel their balls to the target line without knocking over the obstacles. A points system can be devised if appropriate.

## BOCCIA RESOURCE

### Rules Of The Game

- A game consists of four (4) rounds per game for singles and six (6) rounds per game for pairs or teams
- Before the game begins, the referee spins a coin and the winner decides to play with the Red balls or the Blue balls
- If the winner chooses Red, then they will be positioned in playing box 3 and will throw the jack in Round 1 & 3. The player with the Blue balls will be positioned in playing box 4 and will throw the jack in Round 2 & 4.
- In a game of singles, each player will have six balls each. The pairs, each player of each team will have 3 balls. In teams (3 players), each player in each team will have 2 balls. In pairs the Red players will be positioned in boxes 3 & 5; in teams the red players will be positioned in boxes 1, 3 & 5
- To begin the game the person in Box 3 must throw the jack must into the playing area. Then he/she will play his/her first ball. The opposing player then shoots at the jack. The player who **does not** have their ball closest to the jack then continues to play until they have a ball closer to the jack than their opponent or until they have no balls remaining.
- Play continues until all balls, six from each player (or pair or team) are played, with play going to the player who does not have the ball closest to the jack.
- At the end of each round, all balls closer to the jack than the nearest of any of the opponents will receive one point per ball.
- After four rounds for individuals or six rounds for pairs or teams, the individual/pair/team with the greatest amount of points is the winner of the game.
- In the event of a tie at the end of four (or six) rounds, a playoff round will follow until a winner is determined.
- In the pairs or teams event play will continue in the same manner as the individual game until all six balls of each colour has been played.