

Introduction to Boccia

Boccia is a target Sport played by individuals, pairs or teams. It is a strategic version of the game bowls.

Boccia developed in Europe as a sport for individuals with disabilities in the early 1980s. However the game seems to originate in Greece where individuals used to throw large stones at a target. A game very similar to Boccia was played throughout the Roman Empire, and later developed variants such as lawn bowls, nine pin, and boule. A lot of European countries found that there were a large number of individuals with disabilities who were unable to take advantage of other sports so Boccia was successfully adapted for people with disabilities.

Boccia is a target sport played by individuals, pairs or teams. Boccia is played with 13 balls (6 red, 6 blue, 1 white). The jack ball is used to start off the game and is thrown by one of the competitors on the court. It requires a high degree of muscle control, accuracy, concentration and tactical awareness with the goal being to land six of the coloured balls closer to the white target ball than the opponent's balls.

Boccia is a non contact sport, where the game focuses around a target. The balls used are solid but pliable, that have a good rolling quality and are easy to grip. The balls also have the effect of reducing the advantage of physical strength, so that skill becomes the overriding factor. The player may propel the ball into court by any manner he or she desires as long as the player is in control of the movement at the moment of release. In certain classifications, where the player is unable to propel the ball onto court using their hands, they are allowed to use an "assistive device". These assistive devices are more commonly known as ramps or chutes. Any athlete that is unable to release the ball down the ramp using their hand, may use a head or hand pointer.

The game must be played from a seated position, which makes it perfect for either manual or motorized wheelchair users.



WHAT 'S SO GREAT ABOUT THE GAME OF BOCCIA

It can be played on any flat indoor surface

Provides an outlet for social contact



All levels and abilities can play

All Age Levels can Play



Develop New Skills

Game is very easily learnt

Non-disabled individuals can play

Can be played recreationally or competitively



Stimulates mental capacity

Boosts confidence and self esteem

Provides an outlet to participate in sport

LIFE LONG SPORT

CLASSIFICATION

There are seven divisions of play. Each division is played by competitors of either sex. The divisions are:

Individual BC 1

Individual BC 2

Individual BC 3

Individual BC4

Pairs - for Players classified as BC 3

Pairs - for Players classified as BC 4

Team - for Players classified as BC 1 and BC2

Individual BC1 - is played by Players classified within the CP-ISRA Classification system as CP1 or CP2. Players may be assisted by one Sport Assistant, who must remain seated at least 2 meters, if possible, behind the playing box in a designated area. This Sport Assistant may only come forward and assist if visibly requested by the Player. These Sport Assistants perform tasks such as:

- Adjust or stabilise the playing chair
- Passing a ball to the Player
- to roll the ball

Individual BC2 - is played by Players classified within the CP-ISRA Classification system as CP2. Players are not eligible for assistance by a Sport Assistant. They can only ask assistance from the Referee, in their time, to pick up a ball from the court or to go into the court.

Individual BC3 (Players using an assistive device) - is played by Players with a very severe locomotor dysfunction in all four extremities of a cerebral or non-cerebral origin. Players will not functionally propel the wheelchair and will be dependent on assistance or an electric wheelchair. Players will have no sustained grasp or release action. They may have arm movement, but have insufficient functional range of movement to consistently propel a Boccia ball into court. Each Player is allowed to be assisted by a Sport Assistant, who will remain in the Player's box, but who must keep his/her back to court, and eyes averted from play.

Individual BC4 - is played by Players with a severe locomotor dysfunction of all four extremities combined with poor dynamic trunk control, with non-cerebral origin or degenerative cerebral origin. The Player will be able to demonstrate sufficient dexterity to manipulate and throw a Boccia ball consistently into court. Poor grasp and release will be evident, combined with poor timing of release and follow through. Lack of control over smoothness and speed of movement and synchronisation may also be observable. Players are not eligible for assistance by a Sport Assistant. They can only ask assistance from the Referee, in their time, to pick up a ball from the court or go into the court.

Pairs BC3 - Competitors must be classified as eligible to play in the individual BC3 division. A Pair BC3 must include a substitute. Exceptions will be at discretion of the IBC whose decision will be final. A Pair BC3 must include at least one CP Player on court. Each Player may be assisted by a Sport Assistant as determined in rules relating to individual play. The rules for play in this section are the same as for team competition except that boxes 2-5 are used in appropriate sequence.

Pairs BC4 - Competitors must be classified as eligible to play in the individual BC4 division. A Pair BC4 must include a substitute. Exceptions will be at discretion of the IBC whose decision will be final. The rules for play in this section are the same as for team competition except that boxes 2-5 are used in appropriate sequence.

Team - Competitors must be classified as eligible to play in the individual BC1 or BC2 division. A team must include at least one BC1 Player on court. Each team is allowed one (1) Sport Assistant who must abide by the rules laid down under individual BC1. Each Team must start the match with three Players on court and is allowed to have one or two substitutes. Where there are two substitutes, the Team must include two BC1 Players.

EQUIPMENT AND COURT

1. BOCCIA BALLS



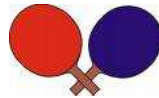
✓ A set of Boccia balls consists of six red, six blue, and one white jack. All balls must weigh between 273 grams and 277 grams and Circumference should be between 268mm and 272mm.

2. MEASURING DEVICE



✓ Must be provided by the IBC to the Head Referee/ Technical Delegate of each sanctioned event.

3. RED / BLUE INDICATOR



✓ This can be of any design, provided it allows the Players to clearly see which side should play.

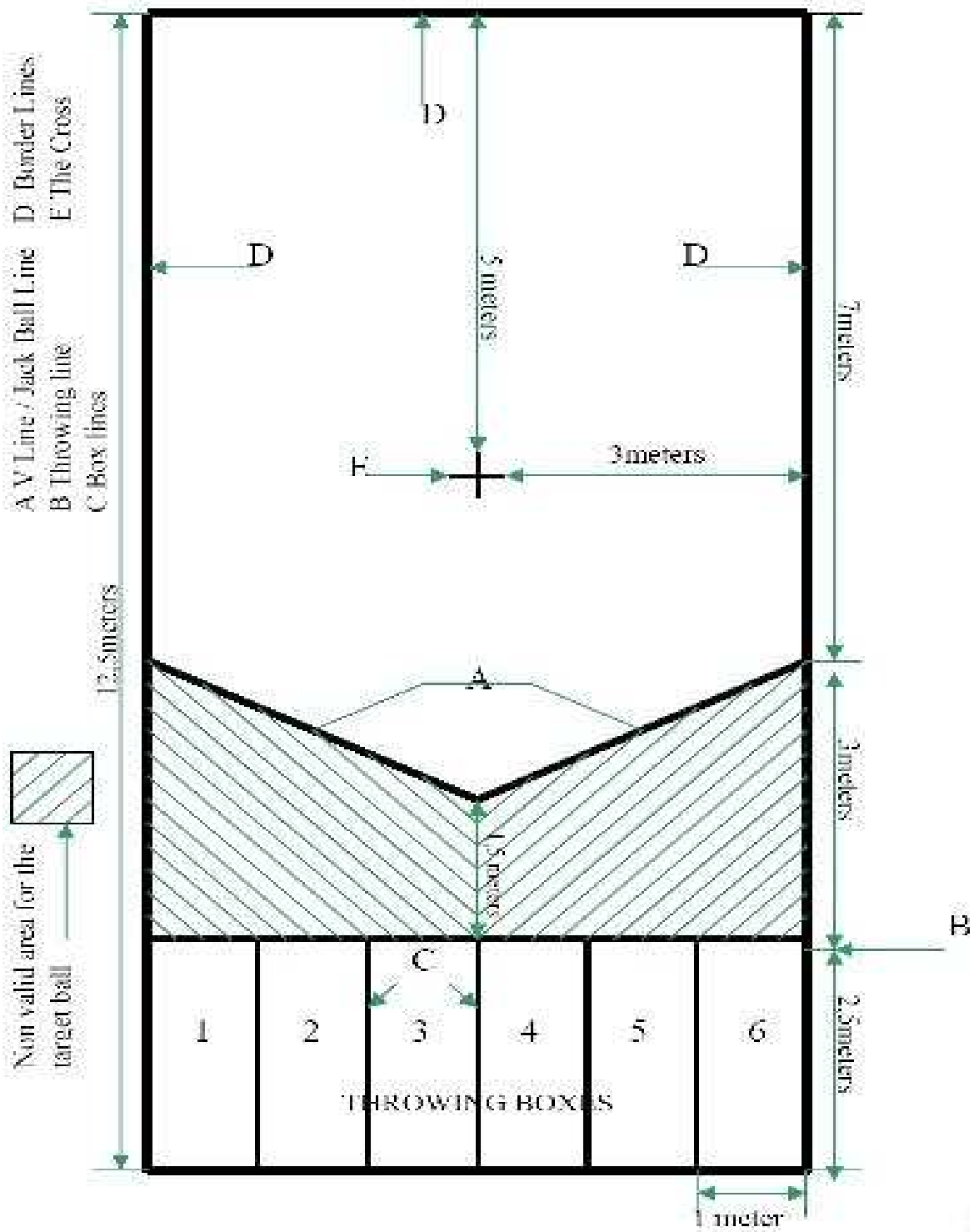
4. THE COURT

- ✓ The surface should be flat and smooth such as a tiled or wood gymnasium floor. Surfaces should not be dirty.
- ✓ The dimensions will be 12.5m x 6m (ref. diagram 1).
- ✓ The throwing area is divided into six throwing boxes.
- ✓ The "V" shaped line marks the area where if the jack lands it is invalid.
- ✓ The centralised "+" marks the replaced jack position.

5. DEAD BALL CONTAINER

✓ This should allow Players to see how many balls are in the box and should be placed where it is visible to all players.

BOCCIA COURT LAYOUT



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6. PLAYERS

- ✓ 1 Player a side – 6 balls each – 4 ends
- ✓ 2 Players a side – 3 balls each – 4 ends
- ✓ 3 Players a side – 2 balls each – 6 ends

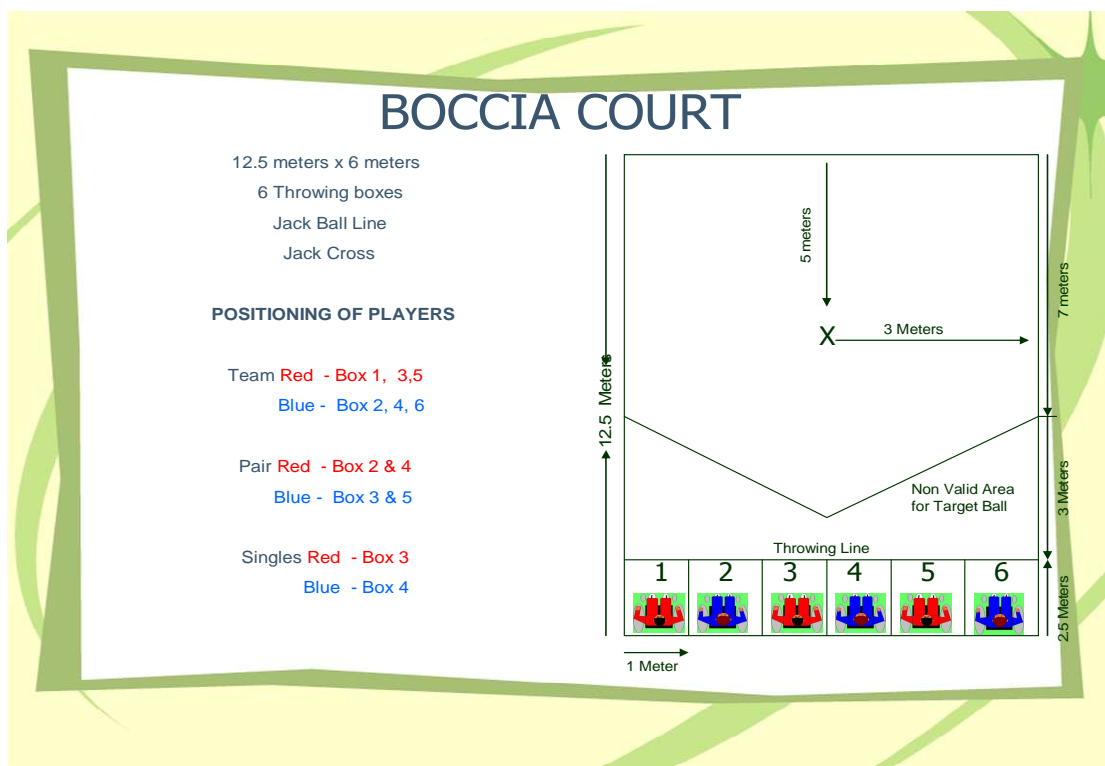
POSITIONING OF PLAYERS

Singles
 Red - Box 2 & 4
 Blue - Box 3 & 5

Pairs
 Red - Box 3
 Blue - Box 4

Team
 Red - Box 1, 3, 5
 Blue - Box 2, 4, 6

(See Diagram 2 Below)



(Diagram 2)

7. LENGTH

- ✓ A game: consists of 4 ends for pairs or singles and 6 ends for a team game
- ✓ A match: A competition between two sides when a specified number of ends are played.

Rules of the Game and How to Play

1. Coin Spin

- The Referee spins a coin and the winning side chooses whether to play red or blue.

2. Throwing the Jack Ball

- Depending on the game being played i.e. Singles, Pairs or Team. The players will position themselves in the appropriate box.
- The side playing the red balls always starts the first end. The Jack will alternate between the red and blue players after the first end.
- The referee will indicate to the player with the red balls to play the white ball. The Player must throw the jack ball into the valid area of the court i.e. beyond the V line.
- The jack will be deemed fouled if:
 - a. It fails to cross the jack ball line / V line
 - b. It is thrown out of court
 - c. A violation is committed by the player throwing the jack ball
- When the jack is fouled the jack will then be thrown by the player who is due to throw the jack on the next end

3. Playing the First Ball

- The Player who throws the jack ball also throws the first colored ball.
- As soon as the red ball stops rolling, the referee will indicate that the blue player must throw their ball.
- If the red ball is not in the court of play, red will be indicated to play again until their ball is on the court of play/ vice versa for blue.

4. Throwing the Remaining Balls

- The player to throw next will be the player which does not have the ball closest to the jack ball. The referee will indicate the player to play.
- This player will continue to throw their balls until they get one of their balls closest to the jack ball or until they run out of balls.
- This procedure will continue until all balls have being thrown by both sides, finishing one end of the match.

5. Scoring

- Scoring will take place by the referee after all balls have being thrown by both sides.
- The side with the ball closest to the jack will score one point for each ball close to the jack then the opponent's closest ball to the jack.
- If two or more balls of different colours are equidistant from the jack and no other balls are closer, then each side will receive one point per ball.
- At the completion of the ends, the points scored on each end are added together and the side with the higher total score is declared the winner.
- If both teams are equal, game goes to a tie break.

6. Tie Break

- A tie break constitutes one extra end.
- All players will remain in their original box
- Another coin toss will take place; the winner will decide who should play first.
- The Jack Ball of the athlete playing first will be placed on the "+" mark.
- The end is then played as normal end.

Penalties, Retractions and Warnings

In the case of a violation there are three different forms of penalties

- a. Penalty
- b. Retraction
- c. Warning & Disqualification

1. Penalty

- o A penalty is the award of two extra balls to the opposing side and will be thrown at the conclusion of the end.
- o Dead balls of the side awarded the penalty balls will be used. If there are not enough dead balls then the balls furthest from the jack will be used.

2. Retractions

- o Retraction involves the removal, from the court, of the ball that was thrown when a violation was committed. The ball will be removed from the game and placed in the dead ball box.
- o A retraction penalty can only be given for a violation which occurs during the act of throwing.
- o If a violation is committed which leads to a retraction the Referee will always try to stop the ball before it dislodges other balls.
- o If the referee fails to stop the ball, and it dislodges other balls it is deemed to be a disrupted end

3. Warning and Disqualification

- o When a warning is given to a player the referee will note it on the score sheet.
- o If a second warning is given to a player, the player is disqualified.

Violations

The following actions will lead to the award of penalty balls:

- a. Failing to ask permission before moving from the throwing box
- b. A BC3 sports assistant turns into court to view play during an end, and before the referee announces the completion of the end.
- c. Inappropriate communication athlete and sports assistant.
- d. The player prepares for their next shot in the opposite side time.
- e. The sports assistant moves the wheelchair, the ramp or rolls the ball without the player asking.

The following actions will lead to the award of penalty balls and the retraction of the thrown ball:

- a. Releasing the ball while the player the assistant or any material used by them is touching the court Markings
- b. Failing to move the assistive device to break the horizontal plane of the previous shot.
- c. Releasing the ball when the assistive device is overhanging the throwing line
- d. Releasing the ball without having at least one buttock in contact with the throwing chair.
- e. Releasing the ball when the ball is touching a part of the court which is outside of the Players throwing box.
- f. Releasing the ball when the sport Assistant looks back into the court

The following actions will lead to the award of penalty balls and a warning:

- a. Any deliberate interference with or distraction of another player
- b. Deliberately causing a disrupted end.

The following actions will lead to the retraction of the thrown ball:

- a. Throwing a ball, prior to the referee indicating which colour to play.
- b. Throwing a ball when it is the opposing sides turn to throw
- c. If a balls stops in a ramp after it has been released.
- d. If a sport assistant stops the ball in the ramp for any reason.
- e. If a player is not the last person to have physical contact with the ball
- f. If a coloured ball is thrown before the jack ball.

The following actions will lead to the side receiving a warning:

- a. Unreasonably delaying the match
- b. A player not accepting the referee's decision
- c. Faults committed between ends (e.g. A player leaving the court between play)
- d. When a player displays sporting behaviors of a poor standard
- e. If a violation is committed when the jack is thrown the jack is fouled

Communication

- 1) There will be no communication between Player, Sport Assistant, coach and substitutes during an end
- 2) In pairs and Team divisions, players cannot communicate with their team mates unless the referee has indicated it is their throw.
- 3) Between ends, the players may communicate between themselves and with the sports assistants. This must cease once the Referee is ready to begin the end.
- 4) One time out per side in pairs and team division is allowed. Time out last 3 minutes.
- 5) A player must ask another player to move if he she is positioned in such a way as to impinges on their throw.

Time

- 1) Each side shall have a time limit for the playing of each end
- 2) Propelling the jack ball is not counted a part of a side's time.
- 3) A side's time will start when the referee indicates which side should play
- 4) A side's time will stop the moment each ball thrown stops
- 5) If a ball is not released when the time limit is reached, that ball and remaining balls become invalid.
- 6) If a ball is released after time has run out the ball will be retracted before it disrupts play.
- 7) Time limits do not apply to penalty balls
- 8) The following time limits shall apply:
 - o BC1 – 5 minutes / Player / end
 - o BC2, BC4 – 5 minutes / Player / end
 - o BC3 - 6 minutes / Player / end
 - o Pairs BC3 – 8 Minutes / Pair / end
 - o Pairs BC4 – 6 minutes / Pair / end
 - o Team – 6 minutes / Team / end
- 9) The time keeper will announce when the remaining time is 1 minute, 30 seconds, 10 seconds and time when time runs out

The Captain's Responsibility

The Captain will act as the executive of the team and assume the following responsibilities:

- 1) Ensure the team or pair are present for the start time
- 2) Representing the team or pair at the coin toss and decide whether to play red or blue
- 3) Decide which team member should throw during the match
- 4) Decide which team member should play the penalty balls
- 5) To call a time out
- 6) Acknowledge the referee's decision
- 7) Consult with the referee in the situation of a disrupted end or dispute
- 8) Signing the score sheet
- 9) Submitting a protest
- 10) Requesting permission from the referee for any team player to enter the court if necessary

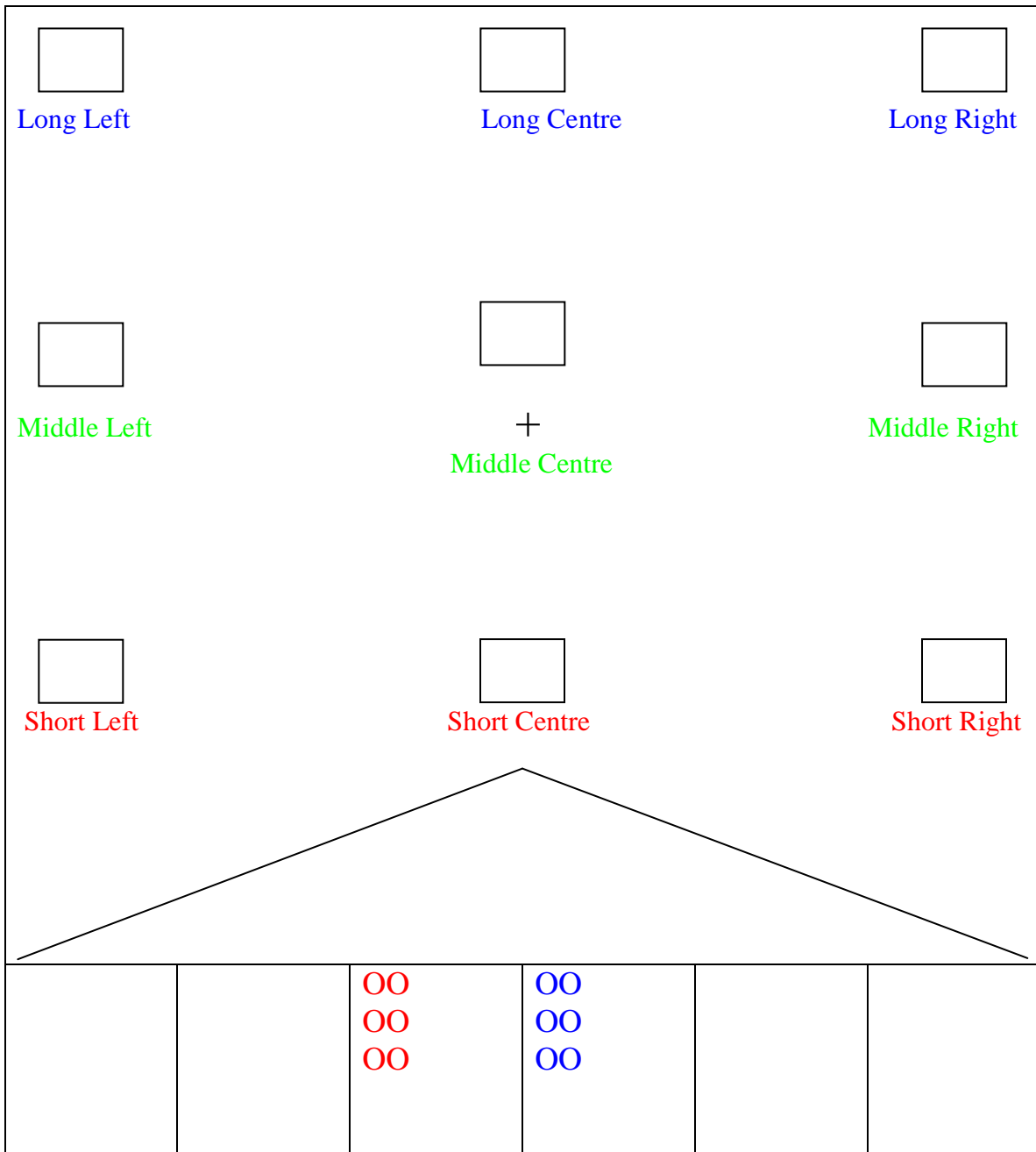
- Warm up Routines
- Developmental Skills
- Games Skills

Warm Up Routine

Athletes throw/roll to 9 areas of the court.

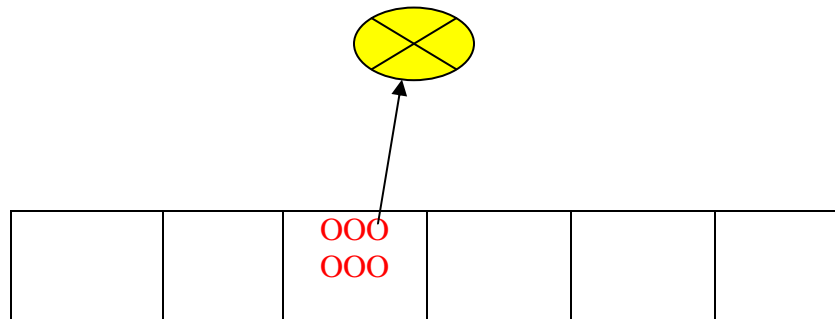
- Short left, short right, short centre (beyond “V” line)
- Middle left, middle right, middle centre (near “+” mark)
- Long left, long right, line centre (behind end line)

This will get athletes into practice for competition and also to teach athletes how to read the floor.



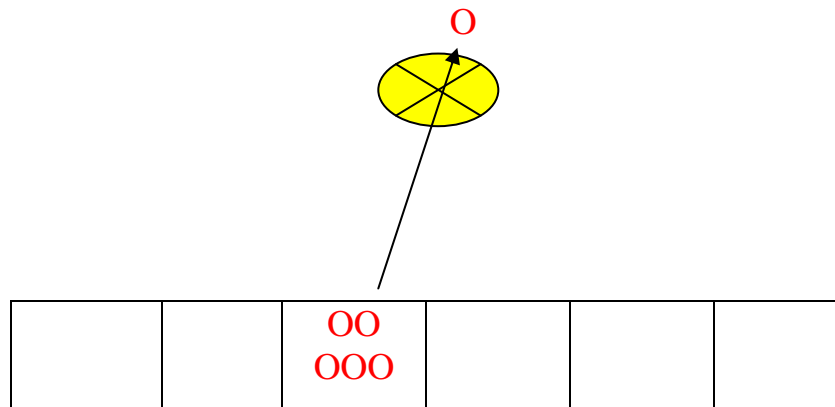
Introduction Skills

Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy	Roll/Throw the boccia so that it stops with in the target circle	<ol style="list-style-type: none"> 1. Encourages accuracy of shot 2. Introduces the concept of weight on a ball 3. Introduce the concept of a target area.

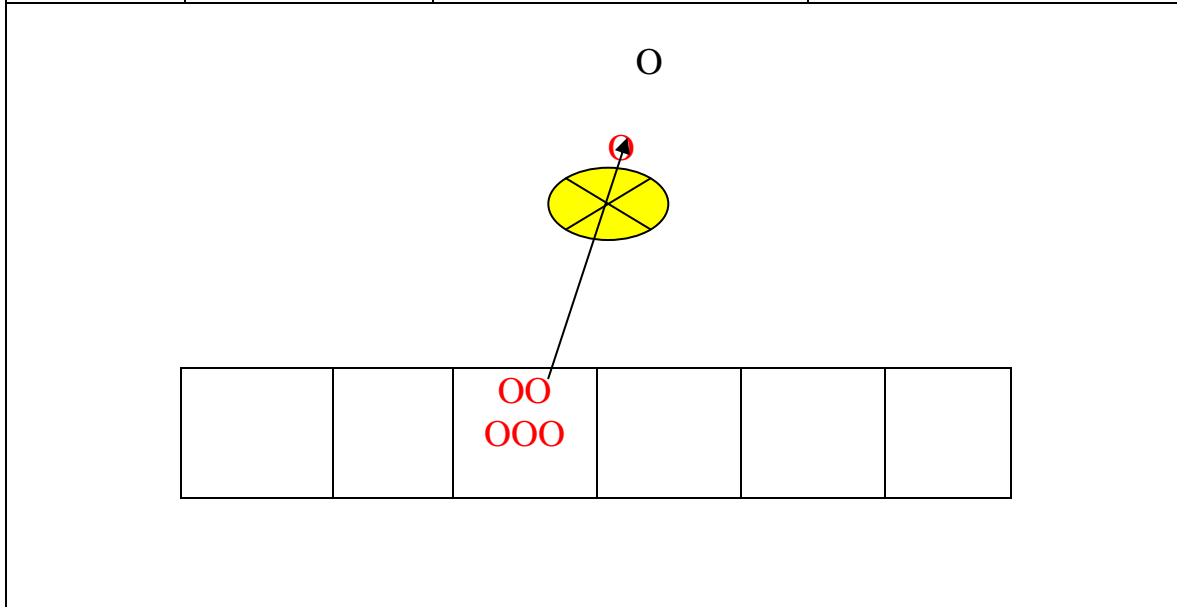


Exercise	Skill	Task	Objectives
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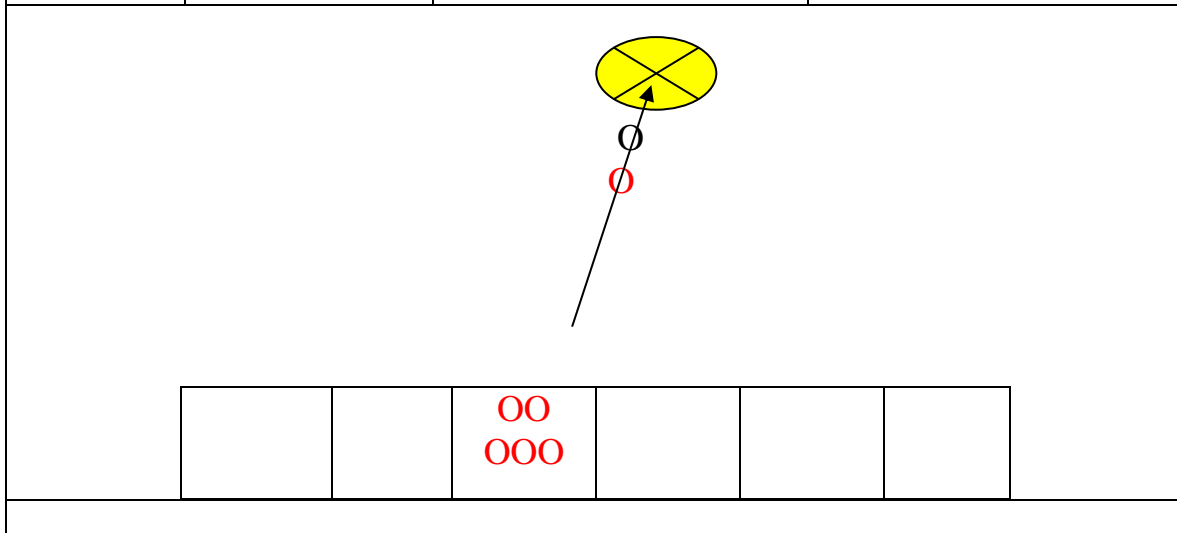
Roll/Throw Propulsion	<ol style="list-style-type: none"> 1. Accuracy 2. Control 3. Strength 	Roll/Throw the ball so that it passes through the circle and out again	<ol style="list-style-type: none"> 1. Encourages accuracy of shot 2. Introduces the concept of weight on a ball
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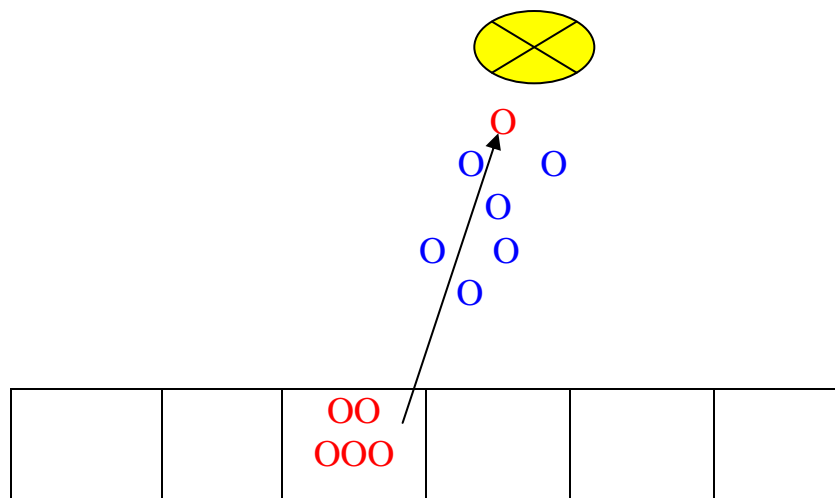
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	<ol style="list-style-type: none"> 1. Accuracy 2. Control 3. Strength 	Roll/Throw the boccia so that it knocks the Jack Ball out of the target area.	<ol style="list-style-type: none"> 1. Encourages accuracy of shot 2. Introduces the concept of weight on a ball



Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	<ol style="list-style-type: none"> 1. Accuracy 2. Control 3. Strength 	Roll/Throw the ball so that it knocks the Jack ball into the target area.	<ol style="list-style-type: none"> 1. Encourages accuracy of shot 2. Introduces the concept of weight on a ball



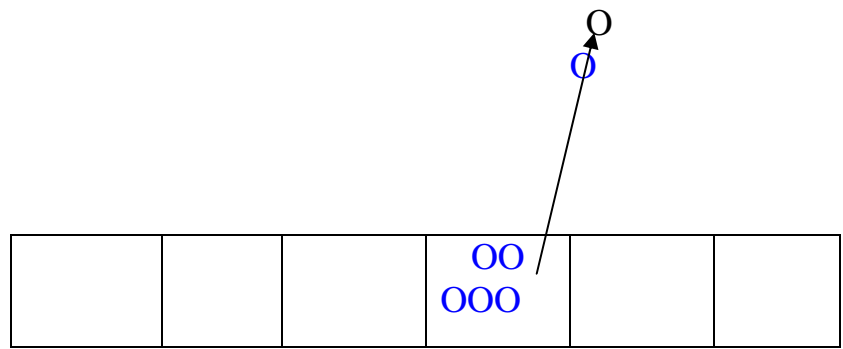
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	<ol style="list-style-type: none"> 1. Accuracy 2. Control 3. Trajectory 4. Use of balls on court 	Roll/Throw the ball so that it lands & stops within the target area	<ol style="list-style-type: none"> 1. Develop the ability to judge the trajectory of the throw/roll. 2. Develop the ability to strategically think ahead in playing shots.



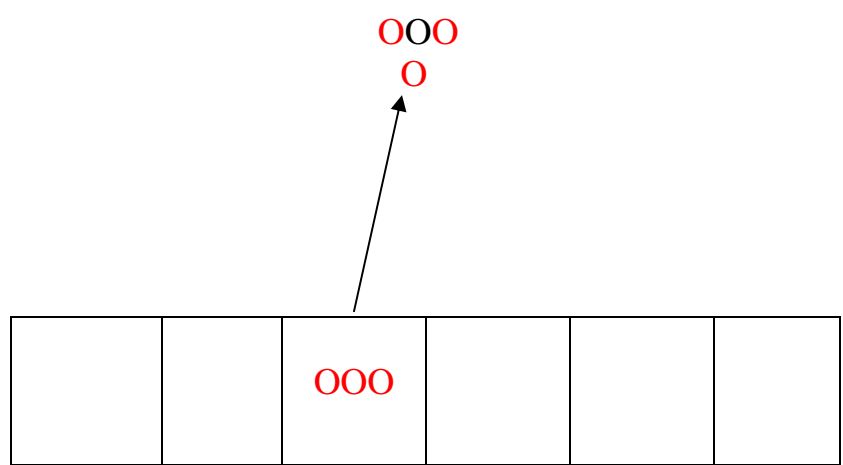
The above Skills are introductory skills for new athletes to the game. The aims of these skills are to develop accuracy and control the main concept of the game. These skills can be played as part of games against players keeping count of scores on sheets.

Developmental Skills

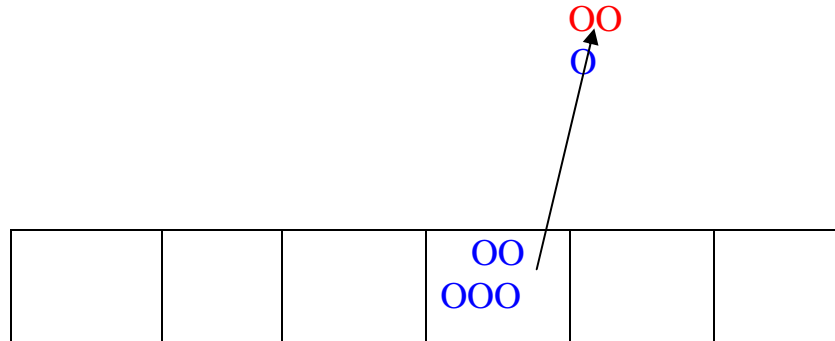
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 2. Control	Roll/Throw the Jack ball and follow on with a coloured ball so that it makes contact with the jack ball and stays in contact	1 Maintain acute accuracy of shot.



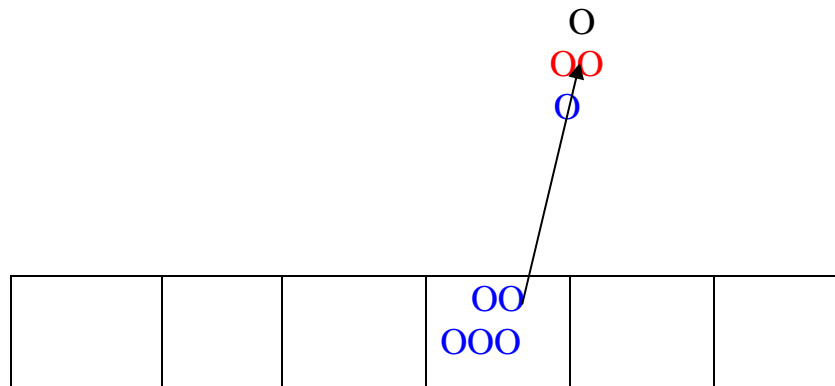
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 3. Control	Roll/Throw the balls to either side and behind the jack ball.	1. Maintain accuracy and consistency in consecutive.



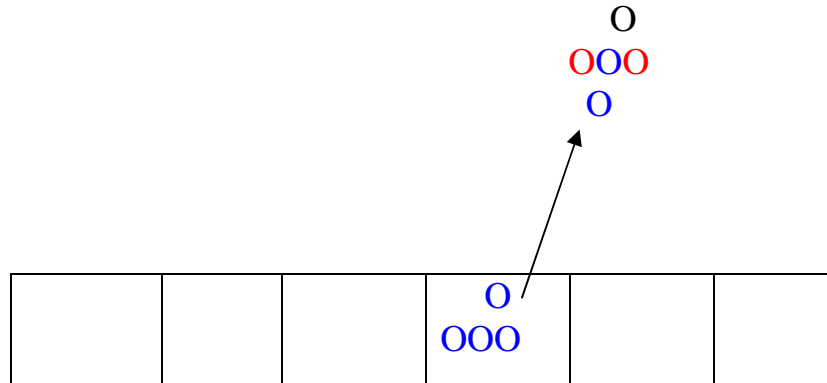
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 2. Control 3. Weight	Roll/Throw the balls to split the 2 opponents balls	1 Maintain acute accuracy of shot whilst introducing weight to the throw/roll.



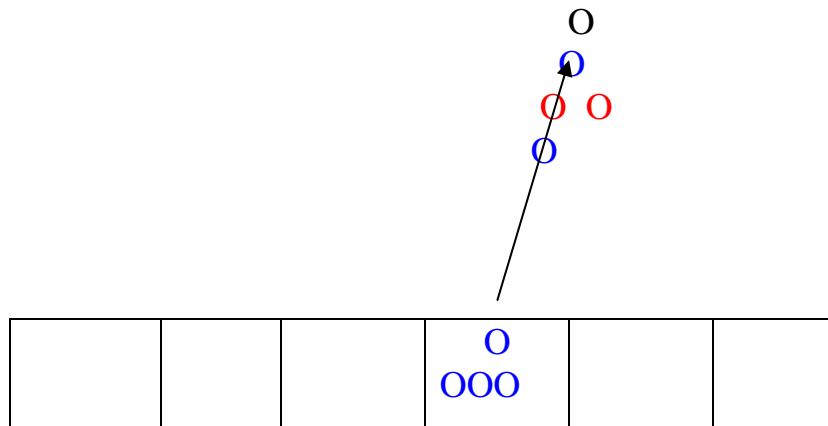
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 2. Control 3. Weight	Roll/Throw the ball to split the 2 opponents balls and follow through to the jack ball	1. Maintain accuracy of the shot whilst introducing acute weight of the throw/roll.



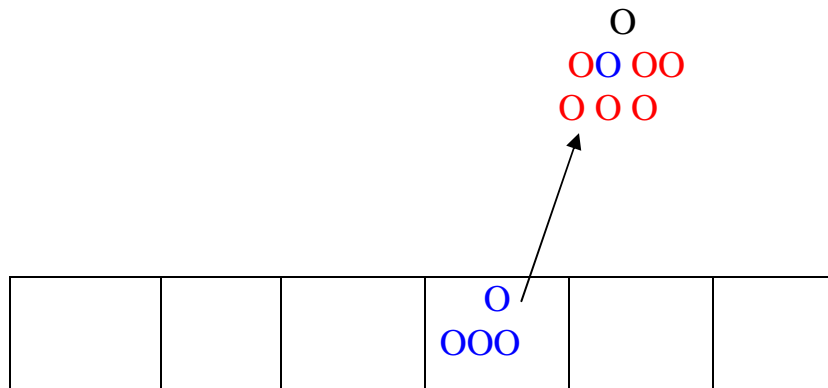
Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 2. Control 3. Weight	Roll/Throw the balls to “knock on” the blue boccia ball towards the Jack Ball.	1 Maintain acute accuracy of shot whilst introducing weight to the throw/roll.



Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 4. Control 5. Weight	Roll/Throw the ball with enough weight to move the 1 st blue boccia ball closest to the Jack.	1. Maintain accuracy of the shot whilst introducing acute weight of the throw/roll.



Exercise	Skill	Task	Objectives
Roll/Throw Propulsion	1. Accuracy 2. Control 3. Weight 4. Tactics	Roll/Throw the balls to score maximum number of points from the end using all remaining balls of the first colour shown.	1. Maintain acute accuracy of shot whilst introducing weight to the throw/roll. 2. To tactically read the game and plan shots ahead.



The above Developmental skills should be part of a practice routine for all competitive athletes. Focusing on Control, Accuracy and Weight of throw or Roll

FUN GAMES FOR ALL

UP THE LADDER

MAIN AIM OF THIS EXERCISE

This exercise encourages accuracy of weight and to adjust the weight of the shot.

THE OBJECTIVE

Using as few shots as possible, progress from box 1-6

The exercise can be used as an individual exercise or as a race between individuals, pairs or teams. It can be a race against the clock or a challenge to complete in as few Boccia balls as possible. It can also be a challenge to see how far up the ladder can be achieved with a set number of Boccia balls. Advancement from one box to the next can vary from one Boccia landed in each box to a set number of consecutive shots landed before moving to the next box. The order which the boxes are played can be changed to make the task more challenging. Boccia balls should be cleared from the target area so as not to impede the player's next throw.

The size of the boxes and the distance from the throw line should match the ability of the player's. (Challenging but not impossible)

Note: if it is intended to practice this exercise at varying distances from the throw line it is easier to set the ladder(s) and move the throw line (player) than move the ladder(s). Why not mark off the throwing boxes as ladders and move the players onto the court.

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UP AND OVER

MAIN AIM OF THIS EXERCISE

This exercise encourages an overhead throw with enough height to get over the wall without undue roll on, the idea being to stop your boccia ball between the opponent’s boccia balls and the jack ball without knocking the jack onto the back markers.

THE OBJECTIVE

To get as many red boccia balls as possible “closest to the jack” by throwing over the blue boccia front markers.

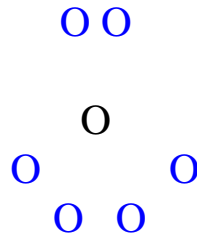
THE GUIDELINES FOR PLAY

This exercise is designed for individual practice but can be used by 2 players taking alternate turns throwing the red balls. Using one set of colours get as many over the wall and scoring as possible. Any boccia ball that touches a front marker ball does not count (Boccia balls that touch the back markers are ok).

The size of the target area and its distance from the throw should reflect the ability of the player.

Remember:

Challenging enough to improve the player’s skill without being so difficult it puts the player off trying.



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DAMBUASTERS

MAIN AIM OF THIS EXERCISE

This exercise encourages and develops consistent accuracy of shot while introducing increase in weight of throw.

THE OBJECTIVE.

The player should be "closest to the jack within 6shots by splitting each consecutive pair of blue balls to gain shot on the jack.

THE GUIDELINES FOR PLAY

This exercise is best suited to individual practice. The player should split the pairs in order.

The distance from the throwing line between pairs and thee angle of each pair should be varied and challenging.

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TOE THE LINE.**MAIN AIM OF THIS EXERCISE**

This exercise focuses on accuracy and consistency whilst introducing an element of tactical thinking and competitiveness.

THE OBJECTIVE

To land as many Boccia balls as possible between the two lines.

THE GUIDELINES FOR PLAY

This can be used as an exercise for one player but is best used as a singles, pairs or team game.

Decide how many ends will be played.

Decide which colour is going first. (Thereafter ends alternate as in boccia)

During ends each colour throws alternately.

During pairs and teams Captains decides who throws as in boccia.

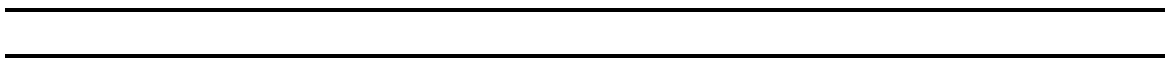
Boccia balls must be completed between the lines to score. (on line is considered to be out)

Only Boccias still between the lines after all balls are thrown count.

The space between the lines and the distance from the throw line should match the ability of the players.

(Challenging but not impossible)

Note: if it is intended to practice this exercise at varying distances from the throw line it may be easier to set the target area at one end of the court and move the throw line (players) than to move the target area.



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KNOCK UP THE JACK

MAIN AIM OF THIS EXERCISE

This exercise encourages good weight with accuracy, to advance the jack ball desired distance and direction. Players should be encouraged to take as many shots as required to advance the jack as not all players will have the strength of throw to advance the jack the required distance with one shot whilst maintaining the accuracy to hit the jack correctly

THE OBJECTIVE

To advance the jack up the isle of the boccia balls using the right amount of weight.

This exercise is best with 2 players and the isle of boccia balls set in a straight line in front of the throwing boxes as shown.

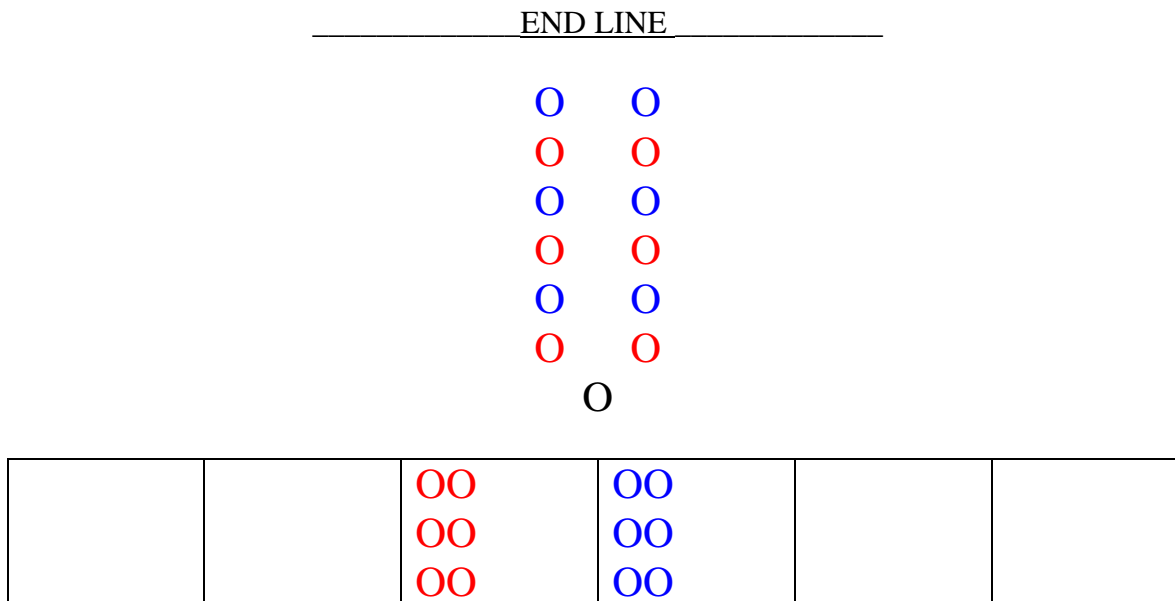
2 athletes, playing against each other, attempt to knock the jack up the isle to of boccias to lie between their own pairs of colours. The isle should be kept clear of any thrown balls for this exercise.

THE GUIDELINES FOR PLAY

Blue throws first and continues throwing until they advance the jack up the isle to a position where it is closer to a pair of blue boccia balls in the isle than it is to any red ball. The opposition player (red) scores the number of Boccia balls taken to achieve this. The red player then plays to advance the jack to a position where it is closer to a pair of red boccia balls in the isle than it is to any blue ball. Again the opposition (red) scores the number of Boccia balls thrown.

The end is over when red advances the jack over the end line. (blue scoring the number of balls thrown.

The distance from the throw line and the distance between the pairs of boccia balls should be set and changed as often as the training demands. The gaps between the pairs of boccia balls (and the end line) should all be the same and be close enough that the players will have a reasonable chance of achieving their objective.



THE PYRAMID GAME

MAIN AIM OF THIS EXERCISE

This exercise provides the opportunity to practice all the main skills involved in a game of boccia.

THE OBJECTIVE

To score as many points as possible by landing as many boccia balls as possible in the target area

THE GUIDELINES FOR PLAY

This can be used as exercise for one player but is best used as a singles, pairs or team game.

Decide how many ends will be played.

Decide which colour is going first. (Thereafter ends alternate as in boccia)

During ends each colour throws alternately.

During pairs and teams captains decide who throws (as in boccia)

Boccia balls must be completely within the outer lines of the pyramid to score.

(On the lines within the pyramid receives the lower score.)

Only boccias still between the lines after all balls are thrown count.

This game can be played using any floor target or shape.

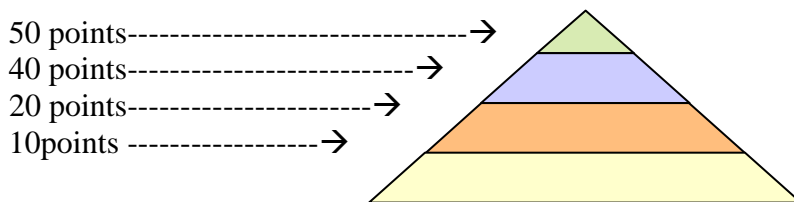
However the pyramid has 2 main advantages

The highest score is in smallest area, which can be blocked.

There is no score if you overthrow the shot (as with a round target for example)

The space between the lines in the pyramid and the distance from the throw line should match the ability of the players. (Challenging but not impossible)

Note: If it is intended to practice this exercise at varying distances from the throw line it may be easier to set the target area at the end of the court and move the throw line (players) than to move the target area.



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BLOCKING THE CIRCLES

MAIN AIM OF THIS EXERCISE

This exercise incorporates most of the skills required of a game of boccia.

1. The ability to place the ball on a specific area of the court (i.e. land a ball in the chosen circle)
2. the ability to throw the ball with weight (i.e. to move an opponents ball from your line of shot)
3. The ability to tactically think ahead.

THE OBJECTIVE

To score the most points over a set number of ends by throwing your boccia into your designated whilst keeping your opponent out of their circles.

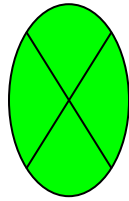
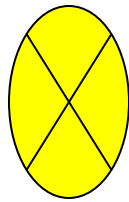
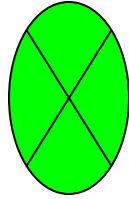
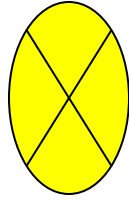
THE GUIDELINES FOR PLAY

This exercise is best used with 2 players and the circles set in a straight line in front of the throwing boxes as shown. However, it can be used with 4 or 6 players as pairs or teams. If more than 2 players are involved then the circles should be close enough for effective blocking.

1. Set the number of end to be played. (The number of ends should be an even number)
2. Decide who throws first.
3. Player throwing first has the choice of which colour of circle they will play to. Yellow or Green.
4. players have 6 boccias each (on jack ball is required)
5. Players take alternate turns of throwing.
6. At the end of the end each players total their points scored. Only boccias in a player's chosen colour scores for that player.
7. After each end the player's circles and throw to the other colour.
I.e. in a 6 end game with red throwing first and choosing green first end: red would throw into the green circles on ends 1, 3 and 5 and would throw into the yellow circles on ends 2, 4 and 6. The blue player would do the opposite.

The distance form the throw line and distance between the circles should be set and changed as often as training demands

The gaps between circles should all be same and be close enough that the boccias in any circle act as blockers for the circle behind it.



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KNOCKOUT

MAIN AIM OF EXERCISE

The main focus of this exercise should be controlled direction of the ball using weight. To improve the players ability to throw the ball with accuracy to a point on court, using good direction and weight.

THE OBJECTIVE

Knock the jack ball and any subsequent a opponents balls out of the circle and keep your balls within the circle.

THE GUIDELINES FOR PLAY

Duration

3 rounds of 10 mins or 12 balls per player/ team each round- whichever is first(teams should decide their own order of play)

Rules of play

1. Play is alternate until the jack is removed from the circle and a single colour is established in the circle.
2. If a colour is the only colour in the circle then the other player/team should continue playing until they remove their opponent's boccia ball(s) or they have no boccia balls left to throw. The other team may then try to score the remainder of their boccia balls in the circle.

Scoring

5 pints are awarded for each boccia ball within the circle

If

The jack ball is out of the circle **and** only 1 colour remains within the circle.

The size of the of the circle and its distance from the throw line should match the ability of the players (challenging but not impossible) 60cm is usually a good start.

Note: if the circle is too large the possibility of clearing it of opposition balls is reduced.



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The rules and regulations used in this manual are adapted from the CP-ISRA International Boccia Rules.

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