



How to Play Boccia!

- Boccia is a Paralympic throwing sport. It is highly competitive and fun for all! Athletes can throw, roll, kick, or put the balls in play with a ramp.
- You sit next to your opponent on a Boccia court. Each side gets six colored balls, red or blue. Red will throw the white ball (Jack) out on the court. And then the same person who served will throw their first red ball out on the court.
- You can play Boccia on many different sizes of courts.

THE OBJECT IS TO GET AS CLOSE TO THE white "JACK" BALL AS POSSIBLE. When your ball hits the jack, we call it "Kiss the Jack."

- **Order of play:** Whoever is farthest from the JACK throws next until they get closer or run out of balls. You can bounce your ball off any other ball to get closer. If the Jack is hit out of bounds, it is placed in the middle.
- **Scoring:** After athletes throw all balls, they will get as many points as they have balls closer to their opponent's closest ball. This concludes an End. The score accumulates after each end. After four ends, the team with the highest score wins.
- **Tie Breaker:** If there is a tie after four ends, the athletes play one additional end. Jack is placed on the cross in the middle of the court, and the athletes flip a coin toss to decide who will throw first. Regular play will proceed.

Boccia Strategies for success:

- Serve the Jack ball on your side of the court. This makes it more difficult for your opponent to determine the angle and distance.
- Follow the serve as close to the Jack as possible. It puts your opponent on the defense. Try to stay in front of the Jack.
- When following your opponent's serve, get as close to the Jack as possible. Sometimes, your best defense is to limit the number of points your opponent can score.
- Find your sweet spot. How you throw or roll with each athlete depends on your unique body. With practice, you can find what works for you.

Common Rule Violations:

- Throwing a ball when it is not your turn: Wait for the official to show your color!
- Have your chair wheels on the line of the box while throwing.
- Moving when it is not your turn. Unless the official asks you to move so, your opponent can throw.





Skill Development for Success

BISFED uses the following Names for different shots a Boccia athlete will use in a match. Set up Scenarios where you practice these shots all over the court.

1. **"First Ball."** Practice serving the Jack ball and placing your "First Ball" in front of Jack to make the next shot difficult for your opponent. Do this over and over where you want to serve.
2. **"Push On."** Put your color ball between two others and take a shot where you "push" your ball into position. Set up different scenarios across the court.
3. **"PUSH OFF"** A shot in which the play pushes an opposition ball from the target.
4. **"SMASH"** Sometimes, you need to break up a cluster of balls. This is a power shot best used with Pendulum Throwers along the ground.
5. **"Ricochet"** Like Billiards. Practice rebounding off another ball to get into the target area.
6. **"Bounce Over"** is an aerial trajectory shot that aims to bounce over a barrier ball to reach a specific target.
7. **"Roll on top or Roll up and over"** A shot to play the ball and it remains on top of another ball or rolling over into the target area
8. **"Lob Shot"** An Aerial shot played to move the Jack ball away from the opponent's ball.

The following are tactical ideas to consider when competing.

- A. **"Play the Circle."** You do not always have to hit the Jack to win. Find your opponent's closest ball, move it out of the way, or throw it inside that circle.
- B. **"Use the Whole Box."** Adjust your chair to different places in the box, change the angle, and open shots that were not there before. Moving back may set up a better shot than always at the front.
- C. **"Go out on the court to see the placement of the balls."** You can assess the situation and decide what to do during your time. It can also give you a mental break.
- D. **"You paid for your time."** Don't be in a hurry throwing your balls!
- E. **"Chew a stick of Gum"** if you are nervous. It is a simple trick to keep your mind occupied.
- F. **Celebrate** when you or your teammates make a great shot. Boccia is not Tennis or Golf! We get excited
- G. Check out the Boccia competition on YOUTUBE! Learn from the best!



Boccia Games

Simple, Fun Games using Boccia Equipment.

1. Knock-Out – Knock IN

Skills Developed:

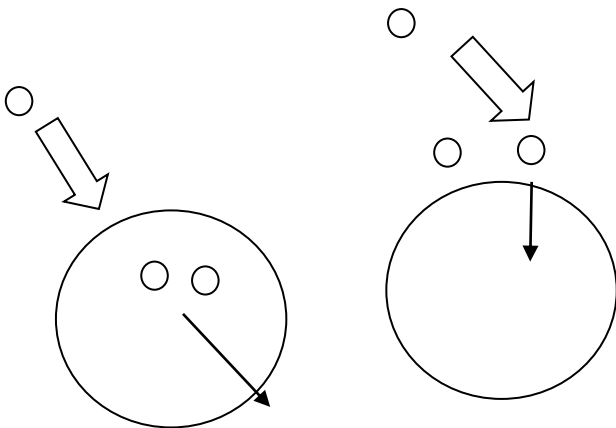
Teamwork, Strategic Play, Realistic \Boccia strategy

Equipment:

Boccia balls, Target Mat, Chairs.

How to play:

- Place 2 Boccia balls inside of the hoop or on the mat.
- The player rolls their ball to knock the Boccia ball off the mat.
- Then reverse it. Put Boccia balls in front of the mat and Knock them IN
- Move the targets to different locations.



2. First to 21!

Skills Developed:

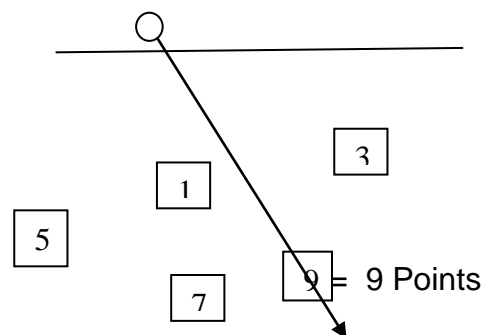
Accuracy skills, Numeric skills, teamwork, and decision-making

Equipment:

Boccia balls, laminated cards, or pages of paper numbered 1 to 11. Chairs

How to play:

- Divide into two teams
- Each participant has two balls.
- Lay a set of 1 to 11 numbered cards in your space.
- In turn, roll the balls over the cards from a seated position to gain the points on the card.
- First team to or closest to 21 WINS!





3. Find your way HOME

Skills Developed:

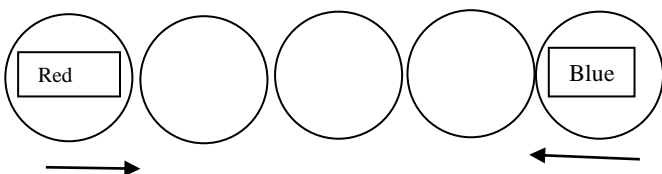
Listening to instructions.
Teamwork/communication skills
and decision-making

Equipment:

Boccia balls, Chairs, hoops or
mats

How to play:

- Split the group into two teams: red and blue.
- All players sit in front of a row of hoops/mats. A hoop at one end is RED's home. A hoop at the other end is Blue's home.
- The red team starts at the blue home and works across to their home. The blue team starts at Red's home and works across to their home.
- The ball has to stay in the hoop before moving on.
- You can knock the other team out of their spot; they start back at the beginning.
- First Team with all balls home wins.



4. MINE-Field

Skills Developed:

Decision-making, aiming for target
and accuracy, Teamwork, and
communication skills.

Equipment:

Boccia balls, Chairs, Cones, or
other obstacles

How to Play:

- Scatter lots of cones around a defined area (minefield)
- Roll the balls from seated, and players clear a pathway through the minefield. Removing the hit cones creates the path.
- The first team to roll a ball through without hitting any mine WINS.





5. Space Invaders

Skills Developed:

Rolling Balls, Attacking, and Defending skills. Teamwork and communication skills.

Equipment:

Boccia balls, Chairs, Skittles, or Pins or use partially filled water bottles.

How to Play:

- Set up 10 pins in a line with a small space between each one.
- The pins are the space invaders
- The Red Team are aliens; they roll their balls to make a Shield to protect the space invaders. If Red Team knocks a pin out, the Blue gets the point.
- The Blue Team tries to knock out the space invaders by getting past the defense and hitting the pins. Keep track of how many invaders are knocked out.
- Once all attacking balls are rolled, swap sides and set up a new game.

6. New York Times

Skills Developed:

Aiming and accuracy

Equipment:

Boccia balls, Chairs, News Paper

How to Play:

- Place an open sheet of newspaper on the floor. (Target)
- Set the target appropriate distance for the group.
- Every ball that gets onto the target wins a point.
- Once everyone has thrown, collect the balls.
- Fold the Paper in Half and repeat! Keep folding until you can fold paper any more.
- Move to another location for more challenge.





7. Darts

Skills Developed:

Aiming and accuracy, Different throwing skills.

Equipment:

Boccia balls, Chairs, Multi-colored Parachute

How to Play:

- Each team tries to get a ball on each color segment to win the game. One person from each team will throw one at a time.
- Red and Blue Teams
- Red chooses a color segment on the parachute
- One player from each team attempts to get their ball into that section.
- The Blue team now chooses a segment and so on. The team that completes the circle wins.



8. Soccer

Skills Developed:

Aiming and accuracy, propelling the ball into a large area. Understanding distance and following instructions. Throwing skills.

Equipment:

Boccia balls, Chairs, Large Soft ball, four pins/skittles for goal posts

How to Play:

- Teams at opposite ends of the room
- Use the Pins for goalposts in front of players
- Each team can shoot at will but must remain seated.
- Hitting the big ball with Boccia balls will send it down the court.
- The Boccia ball must hit the ground first and roll to the big ball.
- The only way a team can defend is with a thrown boccia ball to send the softball in the opposite direction.
- If a ball goes out of bounds, the game is stopped, and balls can be collected in your half of the court.
- You can use any color ball in your half.
- Game restarts after a go. Red and Blue Balls return to their teams, and a big ball is placed in the center.



9. Basketball

Skills Developed:

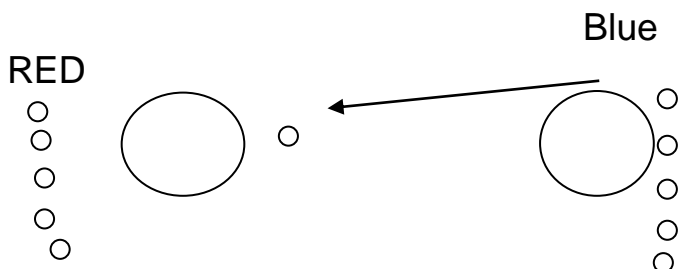
First experience of throwing a ball.
Aiming and accuracy, Muscle Memory, Scoring. Attacking and Defending.

Equipment:

Boccia balls, Chairs, Large Hoops

How to Play:

- Teams sit opposite each other at either end of the court with a hoop in front of them
- One player is chosen to defend; they roll their ball out before their hoop.
- The attacking team tries to get balls in the hoop past the defensive ball.
- Teams swap over; most points win



10. Visually Impaired Boccia

Skills Developed:

Aiming and accuracy, Muscle Memory, and Listening to instructions. Different throwing skills.

Equipment:

Boccia balls, Chairs, Eye Patches
VI Grid can be used.

How to Play:

- 2 Teams. All but one player (director) on each team have eye covers so they cannot see.
- The red team Director throws the Jack ball on the court.
- Red Director tells team members where to throw one ball to get to the jack.
- The Blue Director tells the team member where to throw the ball to try to get to the jack. Blue continues until they are closer or run out of the ball.
- Red goes until closer or out of balls.
- Point for each ball closest to the Jack.
- Change Directors and play again.