

Age Range

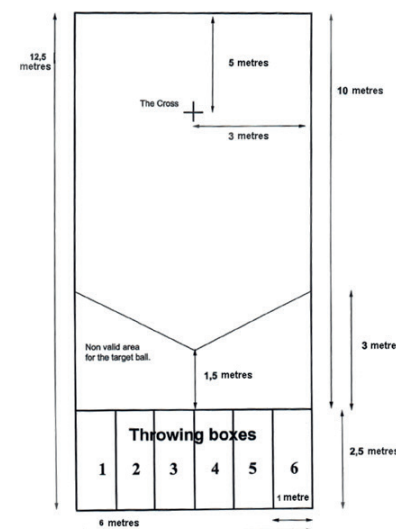
What you need

How to play - game basics

- ### Rules (competition)

- Players should agree on a team captain. During play, the captain decides which player on their team plays next.
- In team boccia (3-a-side), each player throws two balls corresponding to their team colour – red or blue.
- 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.

Boccia court layout



Paralympic sport - Boccia

Boccia (pronounced 'botchy-a') is a target game with similar rules to French boules or lawn bowls. It is a paralympic sport.

Rules (continued)

- 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.

BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- Try using the boccia balls to play other target games. For example, use plastic hoops or mark target circles or grids on the ground. Allocate scores for the different hoops/grids.

hEzebe (People)

- Rotate team captains to give players the experience of decision-making and leadership.

quSaquse (Equipment)

- Young people can make their own balls from news-paper or scrap material.

bOta (Space)

- Increase the size of the playing area (harder) or reduce it (easier).

Safety

- Be careful of loose boccia balls lying around the playing area. This is particularly important if vision impaired people are involved.

How to improve

- Practise throwing balls to different parts of the court.



Extension game - Boccia bucket

- Place a large bucket or cardboard box on the ground.
- Players try to throw their boccia balls (or alternatives) into the target bucket/box.
- Play individually or in teams.
- For players who prefer to roll the ball, put the bucket or box on its side.