Boccia (pronounced ‘botch-ya’) is a target game with similar rules to Bocce or Lawn Bowls. It is a Paralympic sport.

**Playing the Game**

**What you need**
- Boccia balls, or alternative (see Equipment over).
- Suitable indoor or outdoor playing area.

**What to do**
- The basic principle is to score as many points as possible by getting as many of your own boccia balls closer to the jack (or target ball) than your opponent.
- Boccia can be played in teams (3-a-side), pairs (2-a-side) or individually.
- Players can roll or throw the ball, propel it with their feet, or roll it down a ball-sending ramp (assistive device).
- The illustration shows the recommended court dimensions, but boccia can be played on any suitable size area.

In addition:
- the cross (see ‘Other Rules’) is marked 5 metres from the mid-point of the back line
- the apex of the non-valid line is marked 1.5 metres from the mid-point of the throwing line
- players’ boxes are 1 metre wide.
Use the TREE model to modify this game. Try the modifications suggested below or devise your own.

**Teaching style**

- Get the players to agree on the appointment of a team captain. During play, the team captain decides which player on their team should go next.

**Rules**

- In team boccia (3-a-side), each player throws 2 balls corresponding to their team colour – red or blue.
- Balls can be propelled in any manner providing that the player has direct contact on releasing the ball (that is, the ball cannot be struck with an implement, or released by a mechanical contraption).
- The side playing red throws the first jack. The ball must land in the valid area of the court.
- 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.
- The opposite side then play their first coloured ball into court.
- The side furthest from the jack continue playing their balls until they get nearer (or run out of balls) at which point the other team play.
- 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 wins.

**Equipment**

- Bean bags, paper and tape balls, and Koosh balls can also be used.
- A ball-sending ramp can be used (for example, plastic guttering).

**Environment**

- When practising, try using smaller and larger playing areas to set players different challenges.
- Try different playing positions to find the best one for each player.

**Other rules**

- If the jack ball is thrown or knocked out of court during play, it is replaced on the cross, and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end, they each score 1 point.
- If the total score is level after 6 ends, a tie-break (extra end) is played. The jack ball is placed on the cross, and sides toss a coin to determine the order of play.

**Safety**

- Make sure that no-one enters the target area during play.

**Questions**

- What can players do to improve their accuracy?
- How can players make it difficult for their opponents?

**Other games to play**

Boccia can lead into other games, for example:

- Target games, like bowls, bocce, tenpin.

**Integrity**

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.