



## INTRODUCTION\*

Boccia is one of the most effective tools for the integration in sport of people with physical disabilities with able-bodied people. Boccia has such versatile qualities that it has become the fastest-growing Paralympic discipline in the world.

Paralympic Boccia is played by people who, due to their illness or dysfunction, cannot play any other sport. This competitive sport gives them a chance to break out of their social isolation as well as is an attractive and effective mobilizing factor to systematically increase their various skills and, consequently, overcome functional, psychological, social and other barriers.

In Inclusive Boccia (its recreational form), players with physical disabilities play on wheelchairs, while people with other disabilities or able-bodied (so-called 'walkers') play sitting in chairs, what levels the playing field between participants. The integrative dimension of Boccia is expressed not only in practicing the sport together, but also in a better understanding by people without disabilities of the nature of disability. Boccia can be used in all kinds of recreational and sporting activities. It can be incorporated into the programme of physical education lessons, festivals, camps, therapeutic activities.

The advantage of this game is also that it does not require intensive physical effort, develops good visual judgement of distance, agility in throwing and the ability to concentrate. It can also develop or increase hand-eye coordination. From a psychological point of view, Boccia allows socialising, teaches teamwork, solidarity, responsibility and also brings generations together. Very importantly, the game strengthens social bonds, and this is particularly important for people with disabilities, who are very often misjudged and stereotyped.

## THE ESSENCE OF THE GAME:

Boccia is an offensive-defensive game in which two sides 'red' and 'blue' compete. In the Paralympic variant, athletes play by gender, divided into five sports classes, while in the inclusive variant, people with disabilities play together with people without disabilities, with no division into classes.

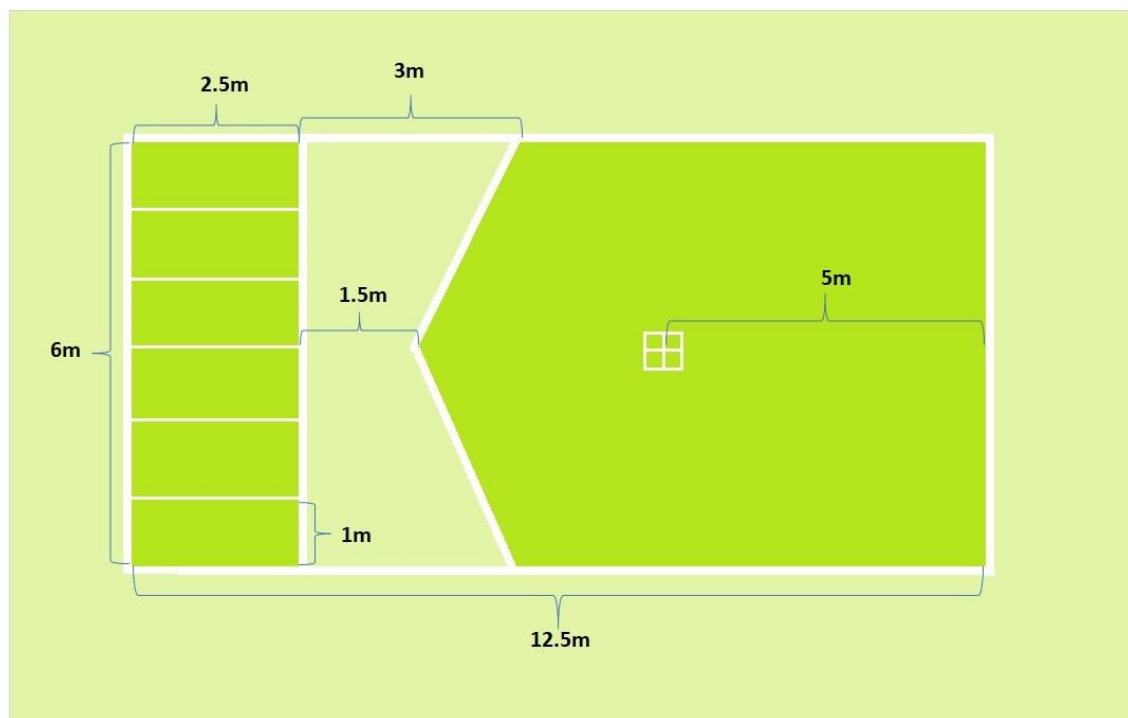
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## THE COURT

The surface should be flat and smooth (e.g. polished concrete, wooden, natural or synthetic rubber). The Surface should be clean. Nothing may be used to interfere with the playing surface (for example, powders of any kind).

The Court dimensions are 12.5m x 6m with the throwing area divided into six throwing boxes. All measurements of the boundary lines are measured to the inside of the relevant line. Lines dividing the throwing boxes and the lines for the cross are measured to a thin pencil line with the tape evenly spread over either side of that mark.

The throwing line and the V line will be placed inside the non-valid area for Jack. All court markings should be between 1.9cm & 7cm wide and must be easily discernible. Adhesive tape may be used to mark lines. Wide tape, 4cm – 7cm wide, will be used for: external boundary lines, throwing line, and the V line. Narrow tape, 1.9 to 2.6cm wide, should be used for: the lines dividing throwing boxes, the target box, and the cross. The inside dimension of the target box is 35cm x 35cm. Narrow tape is to be placed on the outside of the 35cm square target box.





## RED/BLE COLOUR INDICATOR

The indicator is a coloured paddle used by the Referee to show which Side (red or blue) goes next. The Referee uses the indicator and his or her fingers to show the score at the end of each End and at the end of the match.

## MEASURING DEVICES

Ball templates are used to confirm the circumference range of a boccia ball. Devices including tape measures, calipers, feeler gauges, flashlights are used by the Referees to measure distances on court.





## BALLS

A ball must weigh 275 g. +/- 12 g and the circumference must be 270 mm +/- 8mm.

The balls must have a defined colour of red, blue, or white colour.

A ball must be spherical and constructed from panels that are uniformly sized. All panels must be uniformly sewn together to define the spherical shape. All panels must be the same type of material.

A ball must be constructed from materials with low elongation and stretch characteristics including vinyl, polyurethane fabric, leather, synthetic leather, suede, or other similar material.

A ball must be filled with uniformly sized pellets or beads made of polyethylene or other similar plastic, or natural inert materials. Materials must be non-conductive, non-metallic, and non-magnetic.



## ASSISTIVE DEVICES

The ball could be placed on the court by throwing, kicking or tossing with the help of supporting equipment called “ramps” and/or a “pointer” placed on the head. Ramps as well as pointers are used only in BC3 class . For inclusive classes it is unlikely to be needed because most people with disabilities and all non-disabled people do not use assistive equipment.



## RULES OF THE GAME

The player starting the game throws a white ball ("Jack") onto the court.

The same player throws his colored ball, trying to place it as close to the "Jack" as possible.

Then, the throw is made by the opponent.

The next move belongs to the player whose ball is further from the white ball (relative to the opponent's ball).

Players, throwing balls, can move balls already in play, trying to place as many balls of their color next to the white ball as possible.

Competitions are played individually or in pairs (4 rounds) or in teams (3 players in one team (6 rounds). A player in an individual game uses 6 balls of his color, in a pair game - three balls and in a team - two balls.

Game time is limited (one round lasts from three to six minutes, depending on the class).

After all the balls are thrown out, the round ends. The referee announces the score, which is the sum of the number of balls of one color closest to the white ball.

In certain groups, a player requiring assistance is accompanied by an assistant.

In Inclusive Boccia, athletes with physical disabilities play while sitting in wheelchairs, while those with other disabilities or people without disabilities (so-called "walkers") play in a seated position on chairs.



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## PARALYMPIC BOCCIA

Believed to have Ancient Greek origins, this is a tactical target sport played by individuals in wheelchairs. The games are played in pairs or as individuals.

The sport is similar to boules or petanque.

### THE AIM

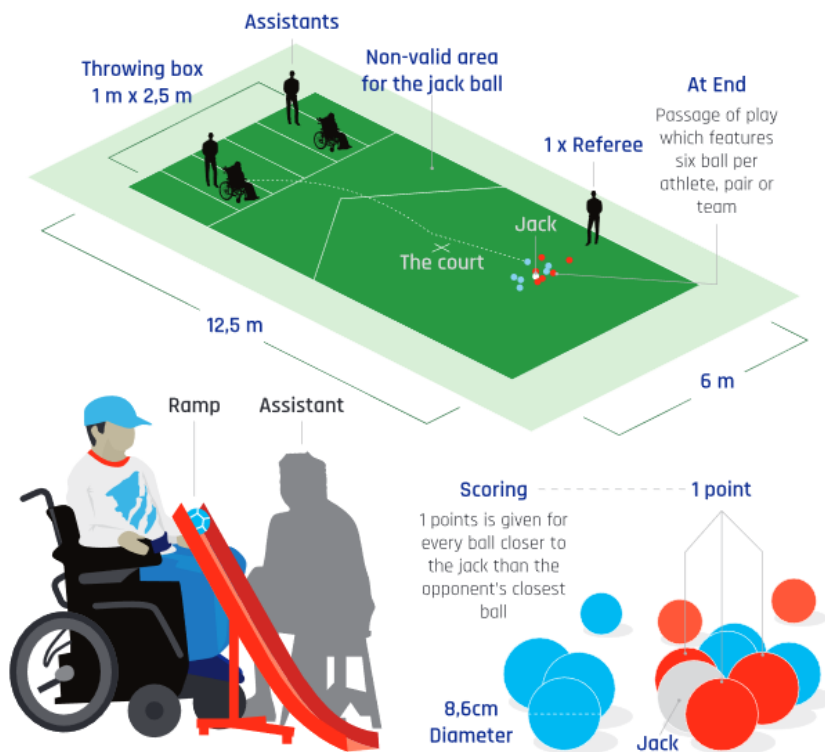
To get the ball closest to the jack over a series of ends.

### FIELD OF PLAY

The court consist of six throwing boxes behind a throwing line to the court

### SPECIAL RULES

Balls propelled by rolling, throwing of kicking. If a player is unable to throw or kick it, they can use a ramp and where necessary assistance is allowed for passing balls or positioning the ramp prior to a play.



**"Dis+Abled SPORT" - sports and games designed to be played by people with physical & visual disabilities alongside with able-bodied; an innovative approach to increase Social Inclusion and Equal Opportunities in Sport.**



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