

**GETTING
STARTED**

BOCCIA BASICS



What is Boccia?

A game of precision, skill and tactics. The aim of the game is to get your ball as close to a white target ball as possible.

Here's all the information to get started today!



Getting Started

Who can play?

EVERYONE. Boccia is a seated sport which can be adapted to include all disabled people. The sport is loved by people of all ages and is a great way to get the least active involved in sport.

What equipment do I need to play?

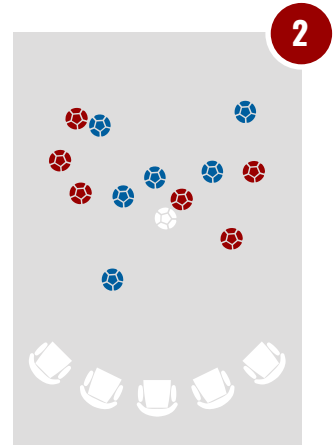
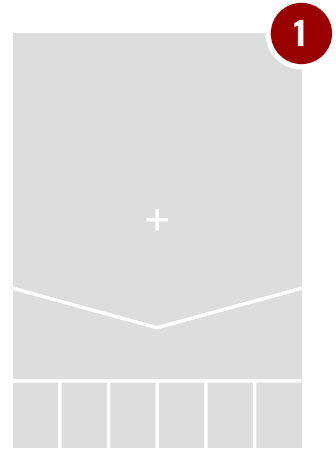
A boccia set consists of six red, six blue and one white leather balls but any small balls will do. If your players cannot throw a ball they can still play using a ramp.

The court

Boccia can be played on any flat surface

A true boccia court looks like figure 1.

But a boccia court can also look like figure 2.

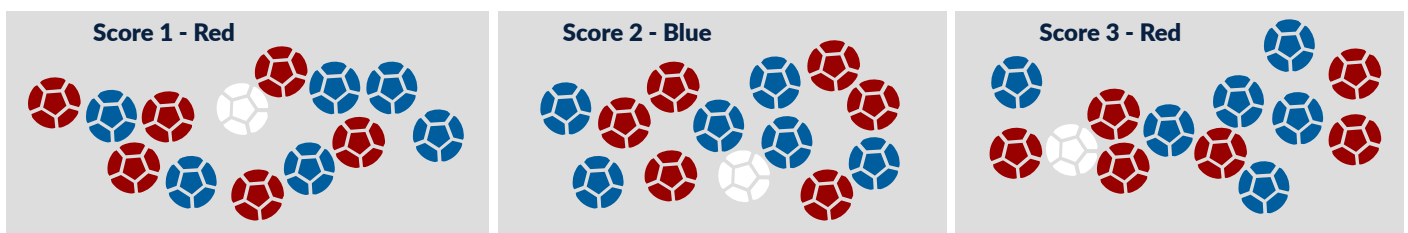


The game

- 1 A player throws the white ball into the court
- 2 The same player throws their first coloured ball to try and get as close to the white ball as possible
- 3 The opposing player throw a coloured ball towards the white ball
- 4 The side who is not closest to the jack will then play next. This pattern is continued until all the balls have been played
- 5 Players get a point for every ball they have closer than the opposition (see example below)
- 6 The primary rule you need to stick to is that boccia is a seated sport

Boccia can be played as an individual, in pairs or as teams of 3.

SCORING EXAMPLES



Boccia Boost provides a range of support to clubs available online including additional resources and accreditation



www.bocciaengland.org.uk/pages/category/clubs

WHAT NEXT?

Why not book a Boccia Leaders Award, find a local club, enter your first competition or purchase some equipment? Visit www.bocciaengland.org.uk for more information.

Join Boccia England for a range of benefits including monthly updates, shop discounts and free club insurance.

