

# Boccia New Zealand

## BOCCIA Throwers and Kickers Manual

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## Classification for Throwers and Kickers

Players in the BC1, BC2, BC4 and Kiwi classes have significant movement difficulties in all four limbs resulting in movement difficulties affecting the whole body. Players can and may use their hands or feet to propel the ball into the playing area. BC1 players may utilise an assistant on the court to help with their grasp of the ball before their shot.

## Sport Assistant

An assistant can accompany BC1 players onto the field of play and should be positioned behind the playing box in a designated area. The role of the assistant is to:

- adjust the position of the playing chair under instruction;
- roll the ball into shape and pass the ball to the player (when asked);  
and
- steady the player's chair if necessary.

The assistant can face the court but cannot communicate to their player to eliminate any decision making impact they may have on the game.



Note: information included in this manual is intended as a guide only.  
For more information, please refer to [www.boccia.org.nz](http://www.boccia.org.nz)

## Basic Rules for Players and their Assistants

- At the point of release, players and all equipment must be inside the lines of their designated boxes;
- Kickers cannot be in contact with the ball once it has touched or gone past the lines of the playing box;
- When releasing the ball, players must have at least one buttock in contact with the seat;
- Footplates and other wheelchair parts are allowed to overhang the box lines as long as they are not touching the line;
- Players cannot prepare their next shot until the referee has signalled it is their turn to play;
- Assistants cannot move the chair or roll the balls until they have been asked by the player;
- Assistants cannot be inside the players' box at the time of release unless they are stabilising the playing chair.



## Communication

Communication between BC1 players and their assistant must be one-way and may be given either verbally or non-verbally i.e. through hand signal. The assistant should not speak, nod nor make any other physical gesture that could be interpreted as a response.



It is important that all instructions and signals are understood by both the player and their assistant prior to the game so as to avoid confusion and violating the rules. Therefore, it is vital to practice communication during training sessions. If the assistant does not understand a player's request during a game, they are not allowed to question this and therefore should wait for repeated instruction before taking action.

## Equipment

A suitable chair should be used keeping in mind that the player and all equipment must remain inside the box during a game. Consideration should also be given to clothing and straps i.e. legs, arms or shoulder to enable the player to move comfortably. Brackets, baskets and holders attached to the chair are permitted. These can be used to hold balls off the ground (and keep it from rolling away).

## Teams

As well as playing individually, BC1 and BC2 athletes can also play as a team against other BC1 and BC2 athletes. It is important to work out which player is best suited to which position on court (which box they play from). As a result, the tactics can be very different for teams as players only have 2 balls each and will therefore need to consider their team mates when choosing which shot to play. For example, in the event of one of the team being blocked, it may be possible for another team member to drive the opposition's ball back to enable them to now have a clear shot.



Working together and communicating (making eye contact) ideas effectively are therefore crucial skills to practice. For players who are non-verbal, gestures and pointing can be used to communicate different types of shots. For example, 'doing a kiss' means draw; 'shaking your head' means drive; and 'poking your tongue out' means play-away.

## Throwing

- There are two general throwing techniques (1) underarm and (2) overarm – both consisting of various different styles (commonly flicked like a dart, rolled like a bowl, pushed like a shot put or tossed like a horseshoe or beanbag).
- The basic principles for throwing are the same regardless of technique:
  - (1) preparation – stable positioning of chair;
  - (2) execution – concentrating on the movement; and
  - (3) follow-through – aiming towards target.
- Consideration should also be given to height of throw and amount of backspin provided to each ball as these will affect the accuracy and distance of shot.
- In general, softer balls are preferred for players with sufficient arm strength as they are easier to grip, are more accurate (but don't tend to roll as far), whereas harder balls are better suited for players with less arm strength as they tend to roll further.



## Kicking

- There are two general kicking techniques (1) pushing and (2) flicking – both consisting of various different styles (commonly contacted with the inside, outside, toes or the bottom of the foot).
- The basic principles for kicking are the same regardless of technique:
  - (1) preparation – stable positioning of chair;
  - (2) execution – concentrating on the movement; and
  - (3) follow-through – aiming towards target.
- In general, softer balls are preferred for players with sufficient leg strength as they are more accurate (but don't tend to roll as far), whereas harder balls are better suited for players with less leg strength as they tend to roll further.



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Visit the Boccia New Zealand website:  
[www.boccia.org.nz](http://www.boccia.org.nz)

