

Boccia New Zealand

Introduction to BOCCIA

join the
ACTION



www.boccia.org.nz

What is Boccia?

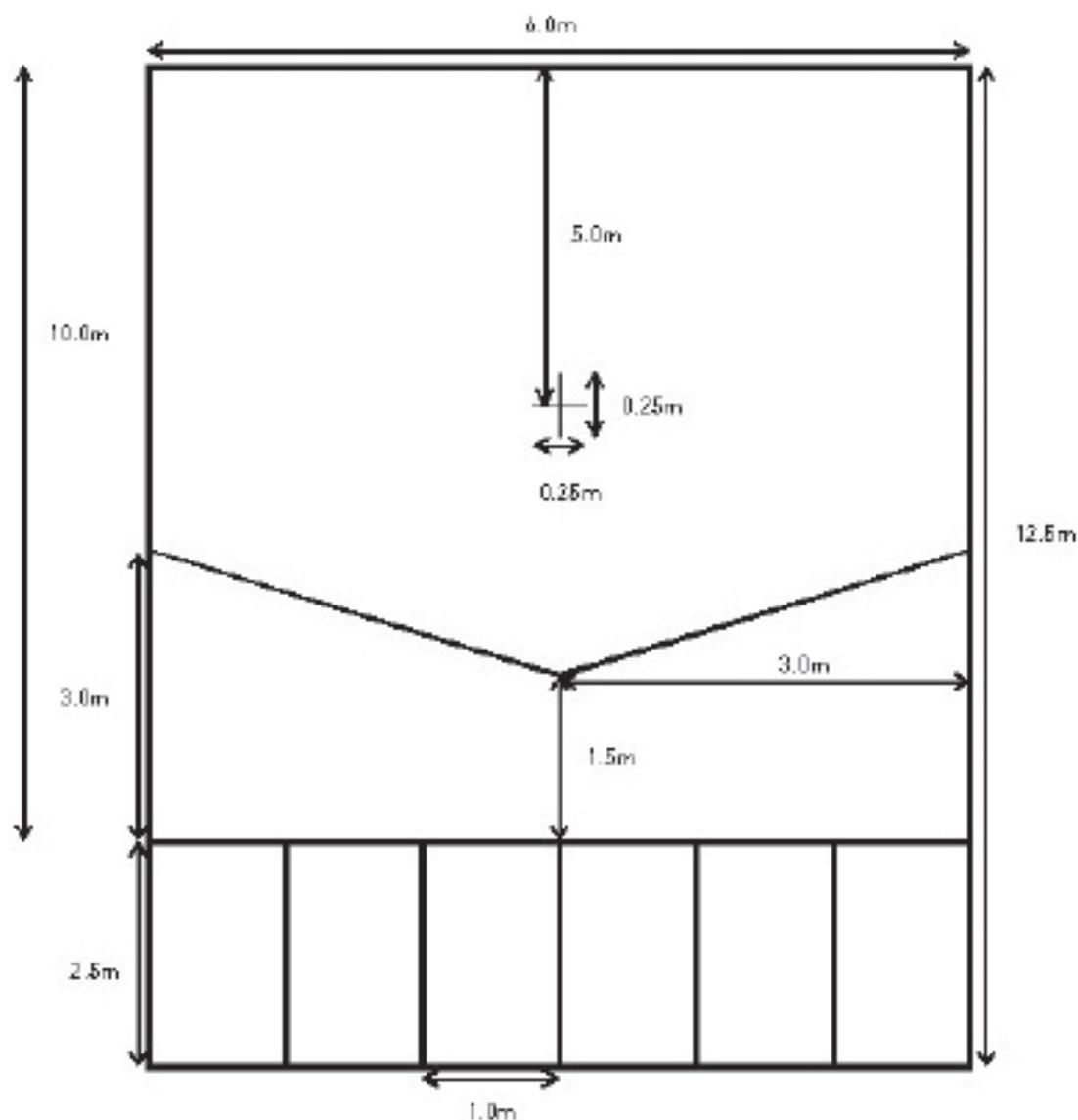
- Boccia is a seated cross between lawn bowls and petanque.
- Fast growing and highly popular at all levels.
- An international Paralympic sport for people with physical disabilities.
- Played indoors on a smooth rectangular court.
- Requires skill and strategy - with an emphasis on accuracy.
- Men and women of all ages can compete together.
- Easy to learn, but hard to master.



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

The court

- A bocchia court is 12.5m long by 6m wide, with player boxes measuring 2.5m long by 1m wide.
- Can be marked out on any flat and hard indoor surface using 48mm masking tape (most hardware stores will have).
- The lines dividing the playing boxes and cross (25cm long) can be marked using 18mm masking tape.



Equipment

Balls

- One set comprises of 6 red, 6 blue and 1 white jack ball.
- Available in different grades of softness and hardness.



Ramps and assistive devices

- For BC3 players who have functional limitations that do not allow them to throw or kick the ball.



Pointers

- Enables BC3 players to make contact with the ball to propel it down the ramp.
- May be in the form of a head, mouth or hand pointer.



Rules

The aim of boccia is to finish with as many of your coloured balls closer to the jack than your opposition.

- Can be played as singles (1 against 1); in pairs (2 against 2); or in teams (3 against 3) - individuals and pairs play 4 ends; teams play 6 ends.
- Before starting, a referee flips a coin and the winning side can choose either red or blue.
- Depending on the format (singles, pairs or teams), players position themselves inside the appropriate alternating boxes (red, blue ...).
- The side using red will begin by playing the jack followed by their first shot.
- The side using blue will then play their first shot.
- The side NOT closest to the jack continues to play until they get closer, or run out of balls – as determined by the referee.
- The end is complete when all balls from both sides have been played.
- One point is awarded for every ball of the same colour, which is closer to the jack than the opposition's.
- Depending on the format, the jack then alternates between blue and red - the player who throws the jack also plays the first shot - for the appropriate number of ends until the match is completed.
- The side with the highest score at the finish of all ends is declared the winner.
- If both sides are equal, the game goes to a tie-break where the jack is placed on the cross.

Classification

Players are classified into specific grades to create an even contest.

BC1 - cerebral palsy with locomotor dysfunction affecting the whole body:

- Usually unable to propel a manual wheelchair.
- Often has difficulty adjusting from the sitting position.
- Relies on trunk muscles for head and arm movements.
- Has difficulties in performing grasping and releasing movements.
- No functional use of the lower limbs.
- Can be assisted by a sport assistant.

BC2 - cerebral palsy with locomotor difficulties affecting the whole body:

- Able to propel a manual wheelchair.
- Has trunk control, but this requires use of limb movements.
- Can slowly spread fingers and thumb with sufficient dexterity to perform grasping and releasing movements.
- Able to throw overhand and underhand.
- Possibly able to stand and / or walk, but is very unstable.



BC3 - cerebral palsy or other NON-cerebral disorders resulting in significant locomotor dysfunction affecting the whole body:

- Unable to grasp and release a boccia ball with consistent force and direction.
- Requires a sport assistant to move the ramp and equipment.

BC4 - degenerative or other NON-cerebral disorders resulting in significant locomotor dysfunction affecting the whole body:

- Poor trunk control, range of movement, strength, timing and coordination.
- Sufficient dexterity to manipulate and propel a boccia ball but has poor grasping and releasing movements.
- Uses arms or a head-thrust to re-establish balance.
- Able to propel a manual wheelchair.
- Rapid movements are not possible.

Kiwi (New Zealand specific grade) - cerebral palsy, a degenerative or any other NON-cerebral disorder resulting in significant locomotor dysfunction affecting the whole body:

- Significant locomotor dysfunction in all four limbs.
- Usually unable to walk, but may be possible with assistance over short distances.
- Generally able to manually propel a wheelchair.
- Good trunk and upper limb muscles and function.
- Poor strength and standing balance.

Basic strategy

- Place the jack where it will give you the biggest advantage.
- Draw your first coloured ball to stop in front of the jack to block your opposition.
- If possible, always draw closer to the jack.
- If not possible, hit your opposition's ball out of your way and then draw closer.
- If still not possible, block your opposition by placing your balls to stop them from getting more points.
- Otherwise, try and score as many points as possible by either driving your own balls closer or driving your opposition's further away.
- Or play your balls safely away to avoid making a mistake and losing the point(s).



Key definitions

- Jack - the white target ball.
- Match - competition between two sides.
- End - one section of a match where the jack and all balls are played.
- Violation - action by any player, coach or assistant against the rules.
- Dead ball - a ball which has gone out of court; a ball removed by the referee due to a violation; or a ball not played after the side's time has expired.
- V – line - where the jack ball must cross and stay to be considered in play.
- Paddle - a red / blue indicator used by the referee to signal what colour is to play the next ball.



Opportunities

At the grassroots levels, boccia is a fantastic sporting opportunity that is suitable to a wide range of participants. However, in order to take advantage of the pathways available in this sport and compete at the national and international levels, players must fit the specific classification criteria.

Whether you participate for the pure enjoyment, social interaction, the thrill of a challenge, or you have ambitions of becoming the next Paralympic Games champion, boccia may well be the sport for you!

Some of the many benefits include:

- Being recognised as an athlete.
- Gaining experience and learning from a unique, yet real sporting challenge.
- Developing numerous skills, social networks and self-esteem.
- The opportunity to travel and be part of representative sport while gaining community recognition.
- Being part of a team and making new friends.



Don't hesitate, join the ACTION today!



For more information please contact:

Boccia New Zealand
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Visit the Boccia New Zealand website:
www.boccia.org.nz

