



BOCCIA

BOCCIA has been a part of the Paralympic Games since 1984. The sport tests the athlete's coordination, accuracy, concentration and ability to strategize.

BASIC RULES

Boccia is played indoors on a flat, smooth surface by individuals, pairs or teams of three. Athletes throw, kick or use an assistive device to propel leather balls as close as possible to a white target ball (the jack). There are six red balls and six blue balls.

- In an individual match, there are four ends, in which each player throws six balls.
- Pairs play four ends and each team member gets three balls. Pair games are played by athletes with disabilities of non-cerebral origin who can throw and by athletes who use a ramp as an assistive device to propel the ball.
- Throwers with cerebral palsy play in teams of three, each getting two of the balls, to play six ends.

The red team serves the jack (white ball) first, and the same player throws the first colored ball trying to close to jack.

The opponent throws next and continues to play until the athlete puts a ball closer to the jack.

After each throw, the color that is not closest to the jack ball must throw. This continues until all balls are played.

After all balls are played, the end is scored. The color that is closest to jack scores as many points as they have closer than their opponent's closest ball.

EQUIPMENT

Boccia balls are leather-like and easily gripped. A set has six red, six blue and one white (the jack); measuring device; timing equipment; scoreboard; dead ball container; and a red/blue color indicator (similar to a table tennis paddle so teams can see who is to play). The use of chutes, ramps and assistive head, arm or mouth aids is permitted.

GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers boccia or getting involved with a local boccia club. To find a list of clubs in your area, please visit <https://uspara.us/findaclub>.

For more information on USA Boccia, please visit <https://usaboccia.org/>.

PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference

PARALYMPIC TIMING BY CLASS PER END

- **BC1:** five minutes
- **BC2 & BC4:** four minutes
- **BC3:** six minutes
- **Pairs BC3:** seven minutes
- **Pairs BC4:** five minutes
- **Team:** six minutes

PARALYMPIC SCORING

- The referee will score at the end after all balls have been thrown by both sides.
- The side with the ball closest to the jack will score one point for each ball closer to the jack than the opponent's nearest ball.
- If two or more balls of different colors are equidistant from the jack and no other balls are closer, each side will receive one point per ball.
- At the completion of the designated number of ends, the points scored in each are added together and the side with the higher total score is the winner.