



What is Boccia?

Boccia (pronounced "Botcha") is a fun game that can be played by anyone and is often played by people with CP and similar disabilities in the Paralympics. This fun game was originally developed to provide people with severe physical disabilities the opportunity to participate in competitive sport, up to international level. It is an ideal inclusive sport as physical strength is not the key; accuracy and strategy are more important. When playing recreationally, anyone can join in, irrespective of age or level of physical ability – physical strength is no advantage.

How to play

Boccia is traditionally played by singles, pairs or teams of three with six red balls, six blue balls and a small white ball called a jack. For this activity you can either play as individuals or in teams, just as long as every player has a coloured ball and is seated when their ball is launched. To commence the game, one person must first throw the jack into the playing area. The aim is to then get your ball as close to the jack as possible.

Boccia is very similar to Bocce, Lawn Bowling and Boules. People with CP often have difficulty moving and controlling their hands and arms. Therefore, they use ramps, chutes and even assistants to help them launch the ball into the playing area. This can add a new dimension of fun for kids. Instead of building ramps, kids can use their body as a launching ramp. They do this by sitting on a chair with their legs together, stretched out straight and slightly elevated with their toes pointed. The ball is then held at the chest and rolled down the body. Kids will have to move their legs (for angle and direction) to aim the ball. The person who gets their ball closest to the jack is the winner!

A tape measure may be required to measure the distance between the coloured balls and the jack to determine the winner.

What you will need

- ✿ One small white ball
- ✿ A variety of larger coloured balls (any size)
- ✿ Large open playing area indoors or outdoors
- ✿ Chair
- ✿ Ruler or tape measure

