



WHY BOCCIA

What are the benefits of playing my sport?

Boccia is totally inclusive and can be played by anyone regardless of age, gender, ability or disability. It is a game of skill and subtlety. Physical strength is not key to playing boccia; accuracy and strategy are more important.

The sport of boccia requires the athletes to work closely as a team and communicating and encouraging is key to success. Due to the mixed disability groups that play Boccia, it exposes athletes to a range of disabilities and empowers athletes to make decisions.

TOP Tip!

Teachers find that Boccia is a sport that can be tailored specifically for the young people's needs; building on team work and introducing competitive elements for them to develop tactical awareness. Participants can take on various roles such as scoring, coaching and umpiring. Playing boccia encourages children to interact with their peers, allowing them to develop new physical skills, communication and confidence.

BOCCIA

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



A celebration of good performance is encouraged after every shot.



Players do not argue with the officials and good performance by all is always applauded.



Performance is always visible, so players are always encouraged to be honest to themselves and the opposition/other team.



The game of boccia provides an excellent focus for self-belief, as each shot needs to be played with belief and understanding.



The tactical nature of boccia and the fact that players take turns to play makes teamwork a major focus.



All players require great determination to play and deliver the ball as well as they can.

Priority competitions:

- **Name of the competition:** The National Schools Boccia Competition
- **Age group:** Under 19 mixed gender
- **Disability Division: School Physical Disability Division**
Each participant must have a physical disability and at least one of whom must be a wheelchair user.
- **School Pan Disability Division:** Open to pupils with an Education, Health and Care Plan (EHCP). For players with any disability, including learning, behavioural and sensory.
- **Intra/Inter Competition?**
Winners at a local level progress to County Final - Inter School Competition (Level 3).
- **Who runs it?** Inter School Competition (Level 2 and 3) – through schools and/or School Games Organiser.
Regional – Local organising partner (contact Boccia England to find out yours).
- **How to enter it:** Contact your SGO who will coordinate the Inter School Competition (Level 2 and 3). Your SGO should then let Boccia England or the local organising partner know which schools have been successful and which progress to the regional competition. Competitions at Inter School Competition (Level 2 and 3) and regional to take place from September to March.
- **Next steps after this competition?** Successful teams within a County Final - Inter School Competition (Level 3) progress to the regional round and ultimately the national finals day.

Where do young people go next (from school to club/community)?

After playing boccia at your school the next step is to get involved with your local boccia club and start playing today! Check out Boccia England's club finder and find your nearest club.

FIND YOUR NEAREST CLUB <https://bocciaengland.org.uk/clubs/finder/>
... AND START PLAYING TODAY!

Young Leader/Officials courses/qualifications available:

- **Young Leaders Award:** This course is a four hour course designed to introduce basic boccia activities to Young Leaders in order to upskill them in delivering Boccia activities in their school/club.
<https://bocciaengland.org.uk/officiating/#awards>
- **Young Officials Award:** The aim of this course is to develop the necessary skills and knowledge required to be an effective official. It will introduce the game and rules to the young person in a very practical and engaging way.
<https://bocciaengland.org.uk/officiating/#awards>

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.bocciaengland.org.uk/

Signposted competitions:

Heathcoat Cup – Get in the Game!

- An exciting new competition pathway that is open to all impairment groups. Players take part in a friendly environment and have the opportunity to qualify for the Heathcoat cup finals.
- For all players wanting to start or further their competition experience. Competitions take place between November and March each year.
- To find your nearest competition visit the events page
<https://bocciaengland.org.uk/competitions/#heathcoat-cup>

GIVE BOCCIA A GO!

- Boccia is an action packed inclusive and sociable game. It can be played in a competitive situation or for fun with people of all ages and abilities.
- Hugely enjoyable and easy to learn, the idea of the game of skill and strategy is to throw your balls closest to the 'jack', the white ball, to win.
- Boccia can be played by people with any disability and it is ideal for athletes in either power or manual wheelchairs, as the main rule of the game is that players must remain seated throughout; ambulant players throw from a chair.
- Boccia is a great sport for non-disabled and disabled players to enjoy and play together.



Competition Card 1

Primary or Secondary:

Primary and Secondary

Name of competition:

Boccia 12s is the official shortened version of Boccia

Age group:

Primary and Secondary

How to enter:

Visit www.bocciaengland.org.uk

Tournament format:

An accessible venue in terms of distance and accessibility is most important. This may be a special school that could be used for inter-school games and possibly used as a central venue.

Simple rules:

- Red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the 'V' line to be in play.
- The player who propels the jack ball also plays their team's first coloured ball. A player from the opposing side then propels their first coloured ball.
- The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them.
- The end is completed when all balls from both sides have been played.
- The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.

Second End

- Blue side then starts the second end.
- After both ends have been completed the winning side is the team with the higher accumulative score from both ends.

Relevant web links:

<https://bocciaengland.org.uk/competitions/>

Roles for young people:

- Officials and scorers
- Equipment managers
- Media and publicity

How can depth in competition through extra teams be achieved?

Boccia is totally inclusive and can be played by anyone regardless of age, gender, ability or disability. The shortened version of the game means less time is required and even more young people can play.

Think inclusively!

Boccia is a completely inclusive sport which is open for all young people to play. Adaptive equipment, such as ramps, can be used to enable young people to compete. The inclusive nature of the sport allows disabled and non-disabled young people opportunities to compete in the same game.

The route from here to Inter School Competition (Level 3)

The most appropriate route would be from inter-school competitions (Level 2) organised by SGOs through to county competitions that would need to be organised by the same group (and/or Regional delivery partners), with possible help from staff of Boccia England.

How can regularity be achieved?

Boccia can be played by any young person during any/all terms so schools should aim to set up intra-school leagues to ensure young people are able to play regularly.

