

# **Boccia Competition Rules**

## **Sport Rules:**

### **About Boccia**

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

### **Rules**

1. 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.
2. 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.
3. 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.
4. The end is completed when all balls from both sides have been played.
5. 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.
6. Blue side then starts the second end.
7. After both ends have been completed the winning side is the team with the higher accumulative score from both ends.