

Adaptive Boccia Rules Summary

The basic principle of boccia is to throw the balls as close as possible to the target.

Players can play boccia against each other: individually (1vs1, each player has 6 balls), pairs (2vs2, each player has 3 balls), or teams (3vs3, each player has 2 balls).

There are 13 balls total: 6 red, 6 blue, and one white target ball called the 'Jack'.

The game is comprised of ends: 4 ends in individual and pairs matches and 6 ends in team matches, to allow everyone to throw the jack ball once. Points are calculated at the completion of each end and added up for a total at completion of the game.

The end starts with propelling the jack (which can be thrown, kicked, rolled, etc.), and continues by throwing all the red and blue balls.

Boccia is a co-ed sport of control and accuracy, similar to curling or lawn bowling. Games last four ends (in individual and pair games) or six ends (in team games). Players propel balls toward the target or 'jack' ball. Each side has six balls (red or blue) per end to try and score points. The closest side to the target ball when all balls have been played, scores. If the game is tied after all ends have been played, a tie-break end is played.

If you can't throw the ball, you can roll it or kick it. If a player cannot roll or hit it with the foot, they can use a ramp. If they cannot release the ball with the hand, they can use a head or hand pointer.

Boccia is played indoors, on a court that is similar in size to a badminton court. The court includes six throwing boxes, one for each athlete. Athletes must stay in their box during their turn.

Boccia is a sport of precision, focus and accuracy. It is a complex and technical game where players must employ a great degree of both physical coordination and mental foresight. Boccia was introduced onto the Paralympic program in 1984 and today is played in over fifty countries.