

Boccia



Boccia is played on a flat, smooth surface, where players must throw or roll colored balls as close as possible to a white target ball, known as the “jack.” The player, pair or team with the most balls near the jack is the winner.

The individual and pair matches consist of four ends, while team matches have six ends. After each end, the athlete, pair or team with the ball closest to the jack receive one point, and an additional point for every ball that is closer to the jack than the opponent.

Each player throws the balls alternately. If the opponent has not exceeded the closest throws with jack, then the team will keep on throwing to the last ball. If failed to throw better than opponent, then player will be given the opportunity to seek more points.

The Sport is governed by Boccia International Sports Federation (BISFed).

Eligibility:

Impaired muscle power	Athetosis	Ataxia
Limb deficiency	Hypertonia	Impaired passive range of movement

Classification:

*All players compete in wheelchairs due to a loss of leg function and trunk stability.

BC 1	Athletes in sport class BC1 have severe activity limitations affecting their legs, arms and trunk due to co-ordination impairments. They can grasp and throw the ball and do not use assistive devices. Athletes with some leg control are allowed to propel the ball with their foot.
BC 2	Boccia players in sport class BC2 have better trunk control and arm function than the players in the BC1 and BC3 sport class. The abilities of their arms and hands often allow them to throw the ball overhand and underhand and with a variety of grasps.
BC 3	Athletes competing in sport class BC3 have a significantly limited function in their arms and legs, and poor or no trunk control due to cerebral or non-cerebral origins. To help them propel the ball onto the court, they use a ramp and other assistive devices to roll the ball.
BC 4	While the sport classes BC1-3 include athletes with hypertonia, athetosis or ataxia, sport class BC4 comprises athletes with impairments that have no cerebral origin. Among possible health conditions are muscular dystrophy, spinal cord injuries or amputations affecting all four limbs. Players throw the ball usually with a pendulum swing, sometimes using both hands or arms. They may use a glove to sustain their grip of the ball.