

# BOCCIA 101:

Boccia is the sport for ALL! Boccia is played recreationally and all the way to the Paralympics. Limited equipment is needed and it can be played in a limited space indoors. Boccia is a sport of precision, strategy, and skill captivating audiences with its unique blend of competitiveness and camaraderie. The sport is designed for people with a wide range of disabilities including Cerebral Palsy, SCI, Arthrogryposis, and Muscular Dystrophy.



## DID YOU KNOW!?

**BC 1 - BC 4  
(INTERNATIONAL PLAY)**

**BC 1 - BC 5, OPEN  
(NATIONAL PLAY)**



**Objective is to throw or roll balls closest to the white target ball (jack).**



**Matches consist of a series of ends (rounds), where each player, pair, or team throws six balls.**



**Athletes can use hands, feet, ramp, or assistive devices like head pieces or reaching sticks.**



Developmental

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