

BOCCIA



WHAT TO EXPECT:

Interested in a game of strategy and precision?

Boccia is an inclusive, beginner friendly game of skill! It can be played individually, in pairs, or in a team of 3 players. We'll teach you the rules of the game to get playing right away. Come meet welcoming peers of all abilities, learn a new skill, and build a community!



JOIN THE GAME:

Community members participate in boccia with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Arthrogryposis
- Post CVA (Stroke)
- Muscular Dystrophy
- Traumatic Brain Injury

EQUIPMENT

- Sportable will provide all equipment necessary:
 - Boccia balls
 - Ramps
 - Score cards



COMMON ADAPTATIONS*

- A ramp can be adjusted to your height and used to propel the ball onto the court for individuals with decreased dexterity
- Pointers can be utilized to push the ball onto the court
 - Typically attached to the player's head or held in their mouth
- Foam can be placed onto the ramp to hold the ball in place before pushing it down for individuals with decreased grip strength

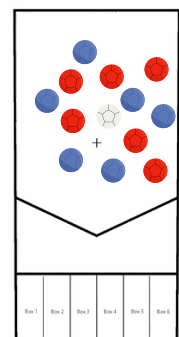


HOW TO PLAY

- The object of the game is to throw or roll boccia balls to land as close as possible to the white target ball (the Jack).
 - Each side gets 6 balls - red or blue
 - Red throws the Jack out onto the court and starts first
- The color with the highest score at the end of the game wins

- The ball can be thrown, rolled, or maneuvered with a ramp
 - Ramp players must sweep the ramp between each ball played
- Athletes can knock balls out of the way in order to become closest
 - The color with the closest ball to the jack receives 1 point for each ball that is closer to the jack than their opponents

BOCCIA COURT



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!