

Paralympics Fact File

All about Boccia



What is Boccia?

Boccia (pronounced 'bot-cha') is a Paralympic sport, which was introduced in 1984.

Boccia is a sport for athletes with a disability that affects movement from one place to another.

It is a target ball sport, which is similar to bowls, played indoor with soft leather balls.

It is played on a court similar to a badminton court.

There is not an Olympic sport that is an equivalent to (the same as) boccia.

There are separate boccia events for individuals, pairs and teams.

The Rules

The aim of the game is to get closer to the 'jack' ball than your opponent.

The jack ball is white and is thrown first. Athletes can throw, kick or use a ramp to propel the ball.

One team/individual has six red balls and the other has six blue balls.

The balls are leather and contain plastic beads so they do not bounce but will still roll.

The team/individual whose ball is not closest to the jack throws until they get a ball closest or until they run out of balls.

Once all the balls have been thrown, one team/individual receives points for every ball they have closer to the jack than their opponent.



Facts about Boccia

- Boccia requires incredible skill and tactics to win the game!
- In the London 2012 Paralympic Games, Great Britain won 2 medals in boccia. David Smith won a silver medal in the individual competition and the boccia team BC1/BC2 of Smith, Murray, Bentley and Robinson won a bronze medal.

