

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 indoors 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 (same) to 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 but it must be over the 'V' line.
- One team/individual has six red balls and the other has six blue balls.
- The balls are leather and contain plastic beads so they don't 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.
- In Rio 2016, Great Britain won a gold medal with David Smith taking the gold in the Mixed Individual event.