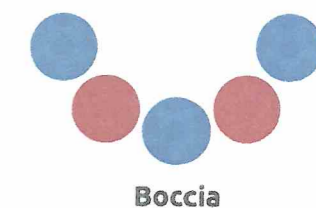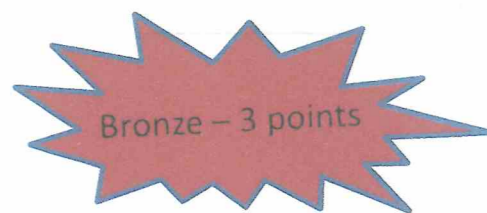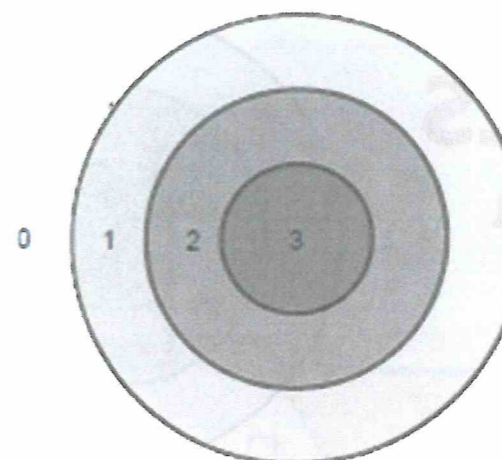# Targets

Competition 1

Boccia

How to play

- The target above is placed on the court 4m from the end zone.
- Players take it in turns to try and stop their Boccia balls on to it.
- Players will have three balls to attempt to get into the target
- Use a large hoop, medium hoop and a small circular mat.

Bronze – 3 points

Silver– 5 points

Gold– 7 points

Targets

Competition 1

Boccia

Task 1– Large Hoop game

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 2– Into the 2 hoops game

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Targets

Competition 1

0 1 2 3

Boccia   **Boccia**
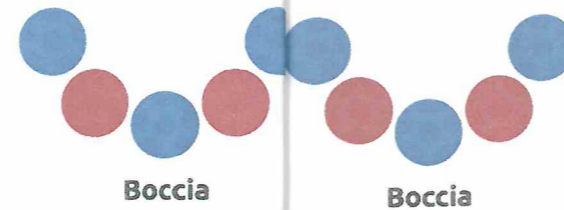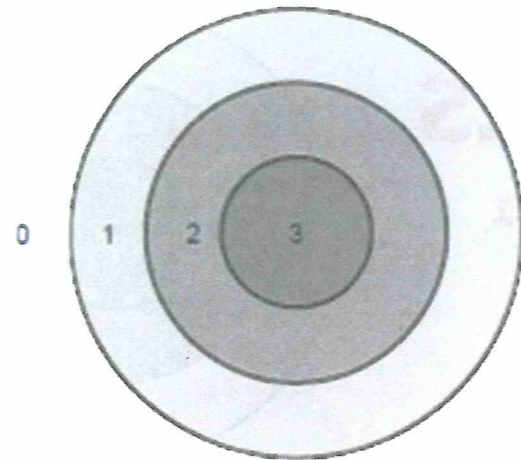
Zones

Competition 2
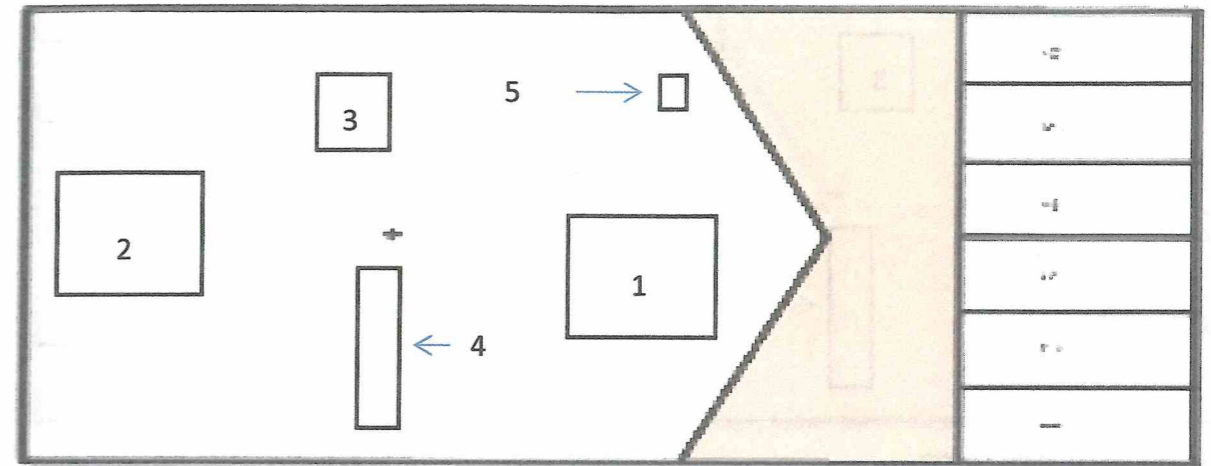
Task 3- 3 hoops

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 4- Full game

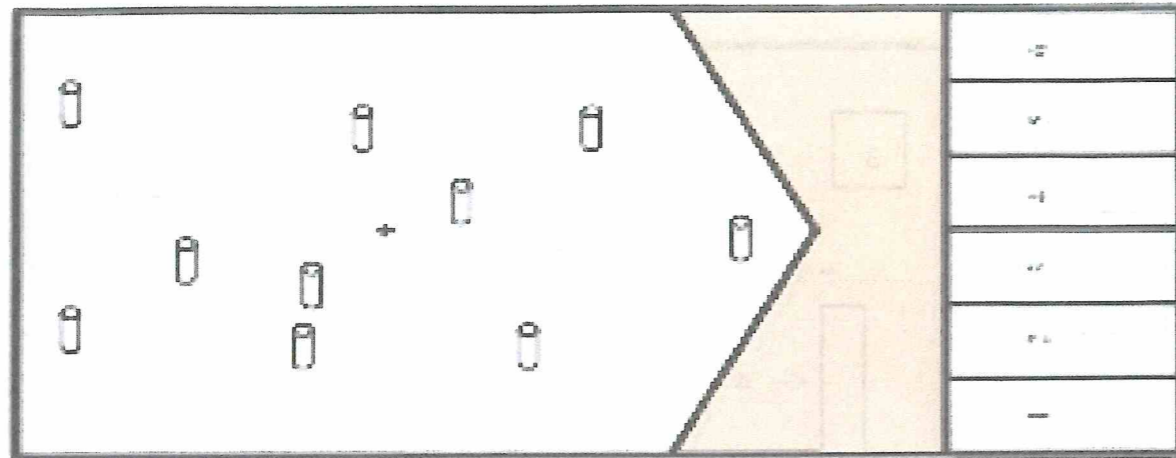|	Overall score	Position
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

3

5

2

1

4

How to play

- The court is divided into zones that are designated into different points depending on size and difficulty.
- Players then take turns at trying to score as many points as possible.
- The winner is the player who scores the most points after all balls have been played.
- Each player will have three attempts

Bronze – 3 points

Silver– 5points

Gold– 7 points

Zones

Competition 2

Boccia

Task 1- big square

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 2- small square

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Zones

Competition 2

Boccia

Task 3- long rectangle

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 4- full game

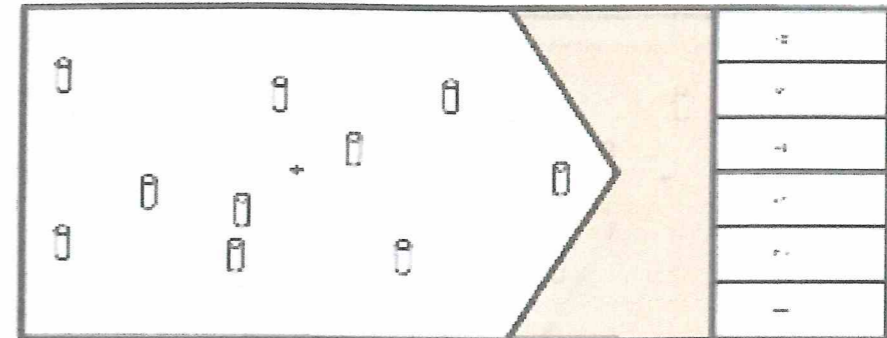|	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Hit down

Competition 3

How to play
- Place 9 skittles or cans out around the court and have players try and knock them over.
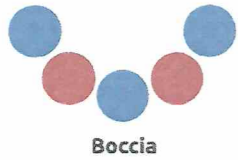- Points awarded for who can hit the most over in 3 attempts

Bronze – 4points

Silver– 5 points

Gold– 6 points
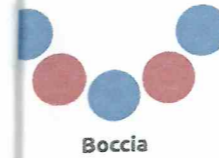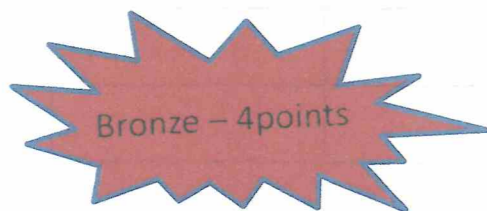
Task 1- 3 pin hit

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 2- corners

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Hit down

Boccia

Competition 3

Task 3- 5 pin

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 4- 9 pin hit down

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Line Up

Boccia
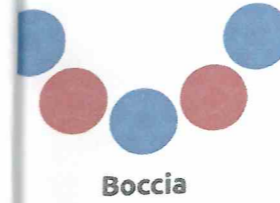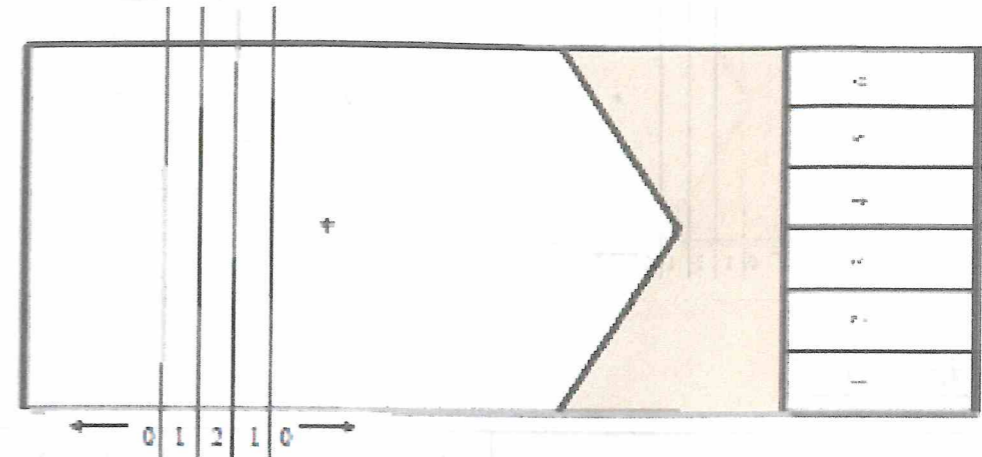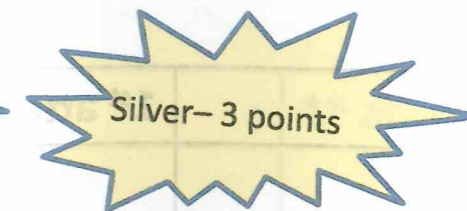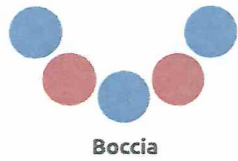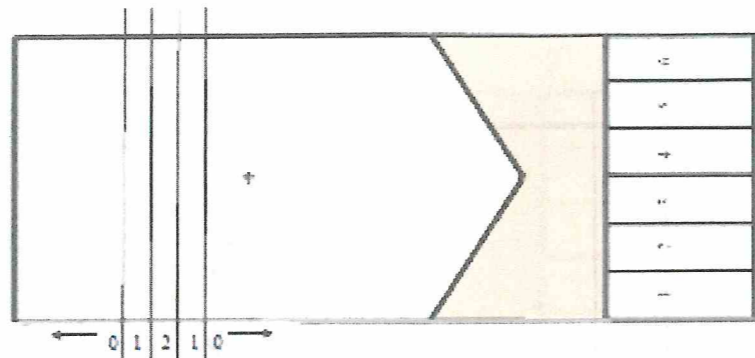
Competition 4

How to play

- Tape / mark lines across the court at various distances and players are to try and stop it within the lines to score points.
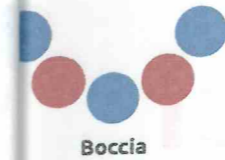- Players have 3 attempts to score as many points as possible

Bronze – 2points

Silver– 3 points

Gold– 4points
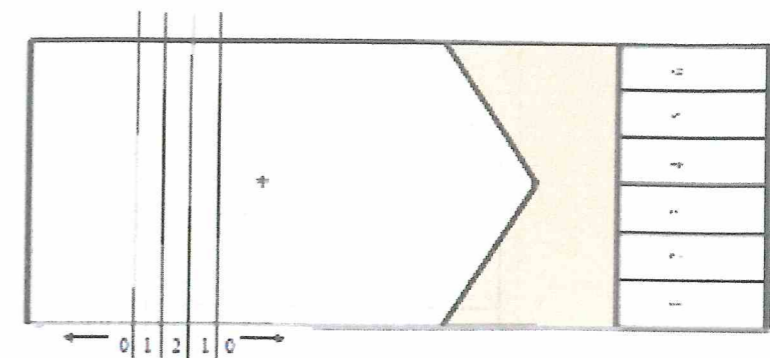
Line Up
Competition 4

Boccia

Task 1- Aim for line 1

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 2- Aim for line 2

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 3- Full Game

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 4- Full Game

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Boccia

Up the ladder
Competition 5

6
5
4
3
2
1

How to play
- Using as few shots as possible progress from 1-6
- At the end of the game players should aim to have a ball in each of the boxes.

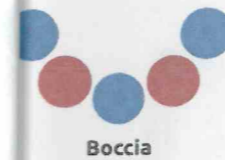Bronze – 2 points

Silver– 3 points

Gold–4 points
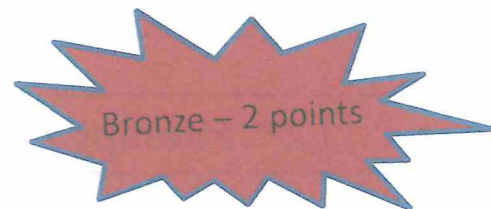
Task 1- aim for 4

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 2- Aim for 1,2,3

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		
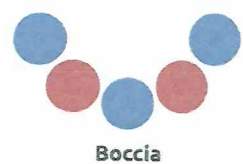
Up the Ladder Competition 5

6
5
4
3
2
1

Task 3- aim for 4,5,6

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Task 4- Full game

	1st attempt	2nd attempt
Team Name		
Team Name		
Team Name		
Team Name		
Team Name		

Boccia Rules!

- Players sit in the seating boxes.
- Each player sits in a separate box.
- Only 2 teams play against each other at once.
- Players must stay inside their own box.
- Only 1 ball can be thrown at a time.
- The 'Jack' is a white Boccia ball which is thrown at the beginning of the game to start it off. The aim is to get your ball closest to the Jack.
- Players take it in turns to throw the Jack starting with the player in box 1.
- One 'end' is when the Jack is played and everyone has thrown all of their balls. The next 'end' would start when the player in box 2 plays the Jack at the start.
- If the game is being played in a team (3 people) there are 6 ends. If playing in pairs (2 people) or individually there are 4 ends.
- Each team has either red or blue balls. The team that throws first is decided before the game using a coin toss. The team that wins the toss can decide whether they are red or blue.
- The red team throw first.
- The red team players sit in the 1st, 3rd, and 5th boxes.
- If there are 2 players on each team each player gets 4 balls each and if each team has 3 players each player gets 3 balls.
- The score is added by the number of balls closest, for example if 2 red balls were closer to the Jack than any of the blue balls the score would be 2-0 to the reds.
- If both red and blue balls look the same distance from the jack, the gap needs to be measured to check which ball is nearer.

If there is a tie the Jack should be placed on the cross in the middle of the court and a coin toss will decide which team plays first. Then a normal end is played.

When the players throw the ball they must be the last ones to touch the ball before it hits the court.

They must keep at least one Buttock on the chair when throwing the ball.

Players can have assistance of a ramp if they are not able to throw, if so the ball can be released with any part of their body.

Assistants holding the ramp cannot look at the game at any point they must face the other direction.

Boxes and court lines need to be marked out with tape like the diagram:
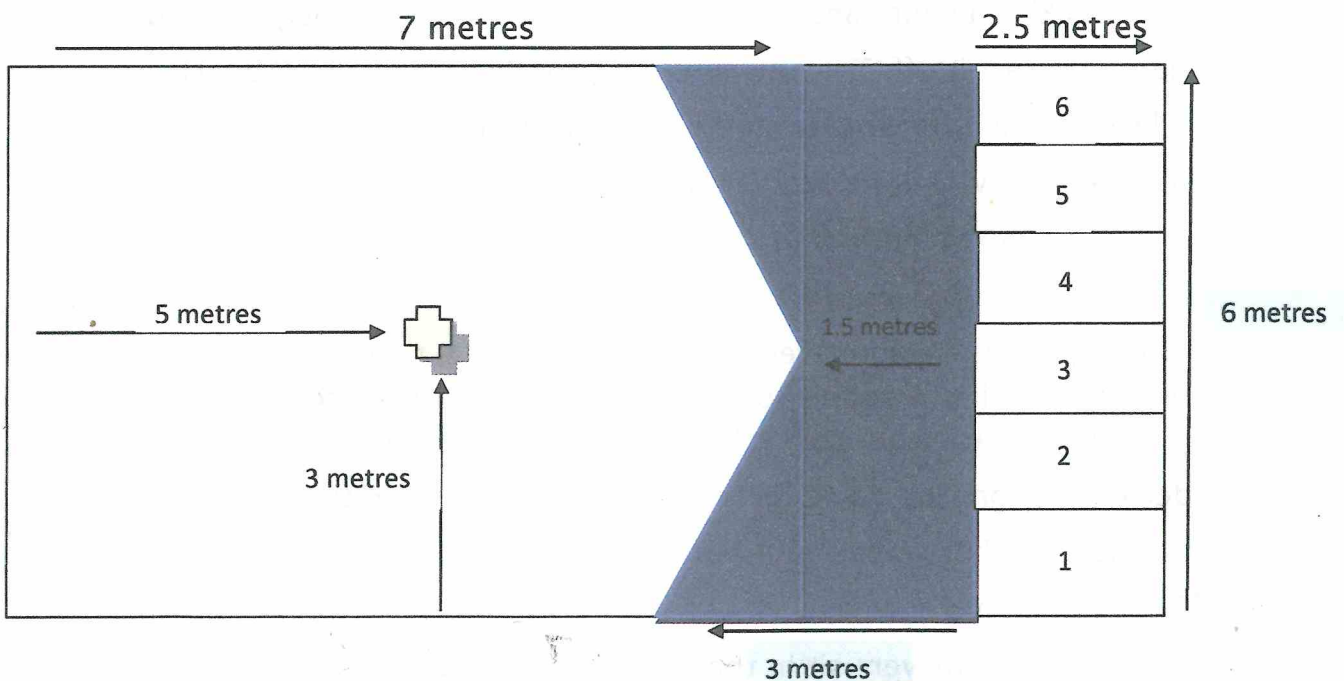
If the Jack or any other ball is thrown into the purple area it is a foul ball.

If the Jack is fouled it's given to the next player along to throw.

If the ball lands on the outside court lines it is out.

If the ball lands in the purple section or off the court they are taken and placed to the side of the court.

If the player accidently drops a ball they can re-take it.