

Comments MDNSW players have made
about the sport of **Boccia**

Boccia provides me with a strong feeling of satisfaction and really boosts my self confidence. It has given me something to aim for in life. My goal is to be selected to represent Australia in overseas tournaments and compete at the Rio 2016 Paralympics.

Daniel Michel, 16 years

Less than 12 months ago I knew nothing about the sport of Boccia but one day I thought I'd go and have a look. That little trip changed my life. When I'm on the Boccia court, I'm on my own. I don't have to work around anyone else's schedule; I can make my own choices; I control my own destiny. I've never been much good at sport – my body just wasn't right for it. But now I've found something I can do where I can challenge myself to the greatest of heights while doing something I truly love.

Dean Nottle, 60 years



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Boccia basics

Each side throws one of their six balls, aiming to get as close as they can to the jack target ball. The side furthest from the jack continues to throw until they are closer than their opponent or until they are out of balls, at which point the leading side throws their remaining balls. Points are awarded according to how many of the winning side's balls are closer to the jack than their opponent's closest ball.



www.bocciansw.org.au



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Discover
Boccia
a sport for
everyone

**Many thanks to Boccia NSW and
Cerebral Palsy Alliance for their support**



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The Sport of Boccia

What is Boccia?

Boccia is an exciting sport that allows participants to compete equally regardless of age, gender, or level of physical function. It is recognised as a sport requiring both skill and strategy, with the emphasis being on accuracy as opposed to strength. The object of the game is to place as many of your leather-stitched balls as close as possible to the jack target, while preventing your opponent from doing the same. Some players use ramps to project the ball towards the jack, while others throw or bowl the ball. Players can participate for the pure enjoyment or the thrill of a challenge, but some also have ambitions of becoming a Paralympic champion!



Who can play Boccia?

Anyone of any age, gender or ability can play Boccia at a social level. However, to take advantage of the pathways available in the sport and compete at a national and international level, athletes must have some form of neurological and/or neuromuscular condition causing some form of limitation in all four limbs.



Boccia pockets

Muscular Dystrophy NSW is working closely with Boccia NSW and other service providers to develop Boccia pockets all throughout NSW. All equipment is provided and each pocket is run by players or volunteers. For the nearest Boccia pocket to you, please contact our Event Manager on 9809 2111 or email info@mdnsw.org.au You'll also find lots of articles, photos and links on our website which we hope will inspire you to give this addictive sport a go!



The benefits of playing Boccia

Equal playing field

Boccia is one of the few sports that caters for any level of functional ability. Those unable to grip or throw the ball can use a ramp, ramp assistant, and/or adapted equipment to participate. Males and females play against each other regardless of age, and it is widely believed that ramp players hold the advantage over the more mobile throwers.

Socialisation

Boccia can be played recreationally in someone's garage or competitively at the local hall or park, making it easy to get a social group started. It can be played by individuals or in teams, and the strategic nature of the game requires that a lot of discussion between players takes place during the game. It's a great way to meet people and form long term friendships and perhaps even travel if one excels at the sport.

Regional opportunities

Because of the relative portability of the sport, Boccia can easily be played in the regional areas as well, often filling a huge void due to isolation, a lack of facilities, or availability of other players.

Competition/Elite pathways

As with all sports, playing competitively enables players to challenge themselves, strive for improvement, gain a sense of achievement, as well as learn about sportsmanship and teamwork. Boccia also dares players to dream about representing their state or country. It is a skilful and strategic game best suited to strategic minds, and people with neuromuscular conditions have been identified as having a great potential to succeed in it!