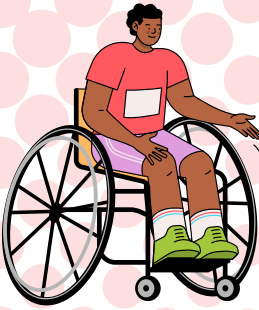


Introduction

Boccia is suitable for individuals with severe cerebral palsy, muscular dystrophy, or severe disabilities affecting motor skills. This sport requires strategic thinking, helps develop concentration and stability, and also aids in muscle coordination.



Boccia



Classification

- Boccia classifies athletes based on their physical functions and conditions.
- Among 4 categories in total: BC1, BC2, BC3, and BC4, those athletes from first three classes are affected by cerebral palsy.

BC1: Athletes can throw the ball with their hands or feet. They are allowed to have an assistant, who must stay behind the playing box, to help with stabilising and adjusting the wheelchair, restoring the deformed ball to its original shape and returning balls to athletes.

BC2: Athletes may throw the ball with hands during competition, without the help from assistants.

BC3: Athletes who have limited limb movement ability need to use ramps to deliver the ball. A ramp operator helps with their actions in a match, who must keep his/ her back to the court, without eyes diverting towards the match.

BC4: Athletes who are not affected by cerebral palsy can throw the ball to the court with hands or feet. An assistant is only allowed if athletes throw the ball by feet.



Each ball weighs ~ 275 grams
One target ball (white)
Six balls per team (red & blue)



BC3 Class Athletes deliver the ball by ramp

Source: World Boccia International Boccia Rules 2025-2028
Boccia International Sports Federation & Sports Association for the Physically Disabled of HK, China
This infographic is developed by Curriculum Development Institute, Education Bureau

Competition Process

- Players decide whether to red or blue balls by the coin toss.
- The red team throws first, followed by the blue team.
- To start the game, the red team throws the jack (white target ball) first. The jack must cross the V-line to be considered valid.
- The team farther from the jack continues.
- The objective is to throw all 6 balls of the team (red/blue) closer to the jack than any of the opponent's balls within a designated area.
- After each end, the side with the ball closest to the jack scores:

One point is awarded for each of their balls that is closer to the jack than any of the opponent's.

Game Format

(Each team throws 6 balls per end)

- Individual:** 4 ends with 6 balls each
- Doubles:** 4 ends, each player throws 3 balls per end
- Team Match (3-a-side):** 6 ends, each player throws 2 balls per end

