

Boccia



What is Boccia?

- Boccia is a Paralympic sport that can be played by anyone, with or without a disability. Boccia is played indoors, on a court that is similar in size to a badminton court.
- Boccia is a co-ed sport of control and accuracy, similar to curling or lawn bowling. Games last four or six ends. Players propel balls towards the target or “jack” ball. Each side has six balls (red or blue) per end to try and score points. The closest side to the target ball when all the balls have been played, scores.
- If you can't throw the ball, you can roll it or kick it. If a player cannot roll the ball or hit it with the foot, they can use a ramp.

Equipment



Head Pointer



Ramp



Balls

For more in depth information on program locations, visit www.parasportns.com or follow the QR code below.

