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## What is Boccia?

Making its debut as a Paralympic sport in 1984, Boccia tests each competitor's degree of muscle control and accuracy. Competing in wheelchairs, athletes with severe impairments throw, kick or use a ramp device to propel leather balls on a hard flat surface as close as possible to a white ball which serves as the jack (target). Players compete in team and individual events on an equal level.

Today Boccia is played competitively at national and international level. Boccia was originally played by athletes with cerebral palsy, but now includes athletes with other disabilities which affect motor skills. Boccia is also widely played as an educational and recreational game, particularly in schools.

At Paralympic level, Boccia is one of only two sports which do not have an Olympic counterpart (Goalball being the other.)

For those who dream of reaching the pinnacle of the sport and competing at the Paralympics, Boccia is a sport that involves a significant amount of skill and strategy. The top athletes in the world work hard to perfect their game, and display a high degree of muscle control, accuracy, concentration, and tactical awareness.

Boccia Australia and Australian Paralympic Committee work together to provide a strategic direction for Boccia.

## Who can play?

Boccia is a skilful, strategic and exciting sport that allows athletes to compete equally regardless of age or gender. Whilst people of all abilities can play, athletes are required to be in the seated position during competition.

At the grass roots level Boccia is a fantastic sporting opportunity that is suited to people displaying a range of abilities. However, to take advantage of the pathways available in the sport and compete at a national and international level, athletes must be eligible for Paralympic Classification. This requires athletes to have a neurological and / or neuromuscular impairment causing limited range of movement in all four limbs.

For more information on classifications please see the APC website: [paralympic.org.au/classification](http://paralympic.org.au/classification)



**Whether you are in it purely for the enjoyment, the thrill of a challenge or you have ambitions of becoming a Paralympic champion, Boccia may well be the sport for you!**