Boccé Manual

Rules, Regulations & Training Information

All Special Olympics Kentucky Boccé Events will be run according to the Special Olympics International Rules and Regulations. Any modifications to those rules can be found in this manual.

Revised December 2017
Understanding the Game

Do not assume that lower ability players will know even the basic aim of the game. Such players may have difficulty with simple concepts such as distinguishing between teammates and opponents.

Basics and Aim of the Game of Bocce

Bocce is played with a set of eight large balls and one small target ball called a pallina (Italian for little ball). The pallina is sometimes also called a jack, kitty, cue ball or pill. The larger balls are roughly 107mm in diameter and weigh approximately 900 grams. Each of the opposing team’s balls are of two distinct different colors, and sometimes markings. The different markings assist people who may have a visual impairment and require touch to differentiate balls.

Events are usually singles, doubles or teams (any more on a court can lead to overcrowding). A game is begun by the toss of a coin to establish who goes first. Once the initial toss has been made, the pallina and the first ball of that team is rolled. The opposition will then roll their first ball down the court and hope that they get closer to the pallina.

If the opposition is successful in their attempt, the first team will try and better it again. If they are not successful, they will continue to try until they achieve their goal or have rolled all their balls. Each team gets to roll or toss their four larger Bocce balls towards the pallina.

The object of the game is to get as many of your balls as close to the target ball as your opponent. After both teams have thrown all their balls, the frame has ended and the distances between the Pallina and the Bocce balls are considered and points awarded. Only one team can score in each frame or end. Scoring is one point for each ball that is closer to the pallina than the opponents balls. In this way you can score up to four points in each frame or end.

Competition games are usually scored up to 12 or 16 points per game; however, scoring in recreational games is limited only by the time players have to spare. It can be from three or four ends to nearly 30, depending on the number of points awarded following completion of each end. Depending on the skill of the players, a game can last anywhere from 15 minutes to an hour.

Physical and Social Benefits of Bocce

Even when played on official courts, bocce is not a physically demanding sport. There is no pounding on the spine and knees as in basketball, no sprinting and sliding as in athletics or softball.

You don’t have to be in shape to play bocce, though physical fitness controls the fatigue factor in any competitive sport. On the other hand, the mental and social benefits of bocce are incalculable. Competing in any sport fosters a healthy outlook on life. And after all things are considered, bocce meets today’s health and fitness standard of favoring lifetime sports over those that you can enjoy only in your youth.

There are also the social mainstreaming benefits that occur when the “playing field” is level, in that this game does not require a vast amount of Intellectual acumen for a player to be at the top level of the sport. Therefore a person with a disability can compete on an even basis against a competitor who has no impairment.
Official Events
The Official Special Olympics Sports Rules shall govern all Special Olympics Bocce’ Competitions. National governing body rules, (Special Olympics International) shall be employed along with Special Olympics Kentucky state rules.

The following events can be offered at Special Olympics Kentucky Bocce’ Competitions:

1. Doubles Bocce
   a. Pairs two athletes on a team.
2. Unified Doubles Bocce
   a. Pairs one athlete and one unified partner on a team

Governing Body
When learning to play the game it is vital that coaches follow the rules and regulations as set fourth by Special Olympics International and SOKY. Since this game is popular worldwide, there are many different variations of the rules. Special Olympics International came up with their own set of rules and regulations and will serve as the governing body of Bocce’. To obtain a full copy of the rules and regulations, go to www.specialolympics.org

Coaching During Play
We please ask the coaches and spectators refrain from coaching or giving advice to athletes during play, as this can give an unfair advantage to a team. Doubles teams are permitted and encouraged to strategize amongst each other. Coaches may make contact with athletes for medical reasons / non game issues that arise. Coaches are permitted to give positive encouragement to competitors.

Time Limit on Games
To keep games moving along a limit of 30 minutes per game will be enforced. No frame may be started with less than 5 minutes left on the time limit. Time will start when the first pallina is put into play or by the sound of a horn. A game can end sooner by a team reaching a score of 12. All frames that are started must be completed. If time runs out in a tie and the frame is completed, then one additional frame with no time limit will be played. An announcement after 15 minutes indicating the half-way point. Another announcement will be made at 25 minutes. When playing games at practice please enforce / monitor the time limit to get the competitors used to playing under time.
Dress Code

✓ Each team must wear matching shirts for competition. (can be t-shirts, no SOKY event shirts). T-shirts must have sleeves.

✓ Tennis shoes are required, no sandals or open-toe shoes. Bocce’ balls are heavy and can crush toes!

✓ Shorts or long pants are acceptable, no nylon warm-up pants, cut-offs, denim, or sweats.

✓ You are also permitted and encouraged to wear sunglasses and a hat for protection from the sun.
Bocce Packing List for Summer Games

✓ Bocce' Set for practice
  o Please label your balls with permanent marker!

✓ Bocce' rule book.

✓ Shade will be limited, so bring plenty of sunscreen, at least 20 spf and higher. Sunscreen is considered a medication, so SOKY cannot distribute it!

✓ Rain Jacket

✓ Portable chairs -limited seating

✓ Don't forget to pack snacks for breaks.

✓ Water will be provided on site.

✓ Activity / Entertainment between games
Skills Test for Divisioning

Each athlete should play three modified games, called a set. The athlete should alternate from each end of the court and play the following allotted balls. The athlete should not surpass the foul line during the attempts. The athlete will roll 8 balls at each distance for a total of 24 balls. Athletes may be divisioned based on previous experience or, in the case of larger competitions, modified games. The modified game procedure below will provide a score that will help place athletes in the most equitable divisions possible.

Measurements will be taken from the side of the bocce ball to the center side of the pallina. Only the four closest balls to the pallina are measured per game. If the pallina moves or is struck during any attempt you will need to replace it onto the proper line.

Game 1: Pallina is placed at the 30-foot line, 8 balls are rolled, the 4 closest to the pallina are measured in (cm)
Game 2: Pallina is placed at the 40-foot line, 8 balls are rolled, the 4 closest to the pallina are measured in (cm)
Game 3: Pallina is placed at the 50-foot line, 8 balls are rolled, the 4 closest to the pallina are measured in (cm)

During the game is the pallina is moved from its spot at 30ft, 40ft or 50ft, it is to be replaced on the spot before the next ball is rolled and before any measurements are taken.

Name: __________________________________________

Team Name: ______________________________________

Date: _______________________

Location: _________________________________________

Game 1: ___, ___, ___, ___ (cm)
Game 2: ___, ___, ___, ___ (cm)
Game 3: ___, ___, ___, ___ (cm)
**UNIFIED SPORTS**

*Unified Sports* is a program that combines approximately equal numbers of Special Olympics athletes with athletes without mental retardation (partners) on sports teams for training and competition. Age and ability matching of athletes and partners is specifically defined on a sport by sport basis. The purpose of the program is to provide an environment in which all participants can improve sports skills through training and competition.

*Unified Sports* is an important program because it expands sports opportunities for athletes and partners seeking new challenges. In addition, *Unified Sports* increase inclusion in the community by helping to break down barriers that have historically kept people with and without mental retardation apart. *Unified Sports* was created and developed by Special Olympics to help further the overall mission of Special Olympics.

The Rules for Special Olympics Kentucky Unified Bocce can be found on the next few pages. If you have questions or would like to learn more about *Unified Sports* in general, or to find out other sporting opportunities in Kentucky, please contact the SOKY office at 1-800-633-7403.
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1. **GOVERNING RULES**

The International Federation for Bocce is Special Olympics Inc. and therefore the Official Special Olympics Sports Rules for Bocce shall govern all Special Olympics competitions.


2. **OFFICIAL EVENTS**

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics.

- **2.1** Singles (one player per team)
- **2.2** Doubles (two players per team)
- **2.3** Team Competition (four players per team)
- **2.4** Unified Sports® Bocce Doubles (two players per team)
- **2.5** Unified Sports® Bocce Team (four players per team)
- **2.6** Singles Ramp (one player per team using a ramp)

3. **COURT AND EQUIPMENT**

3.1 Court

- **3.1.1** The court is an area 3.66 meters (12 ft) wide by 18.29 meters (60 ft) long.
- **3.1.2** The court surface may be composed of stone dust, dirt, clay, grass or artificial surface, provided there is no permanent or temporary obstruction in the court that would interfere with the straight line delivery of a ball from any direction. These obstructions do not include variations in grade, consistency or terrain.
- **3.1.3** The court walls are the side and the end walls of the court and may be composed of any rigid material. The end walls should be at least 304 millimeters (12 in). The side walls must be, at minimum, as high as the bocce balls. The side or end walls may be utilized during play for bank shots or rebound shots. Lines measuring 50 millimeters (2 in) in width should be marked on all courts for the following:
  - **3.1.3.1** Foul line for pointing or shooting (hitting) 3.05 meters (10 ft line) from the backboards.
  - **3.1.3.2** Half-court marker — minimum distance pallina is played at the start of the frame. During the course of play, the position of the pallina may change as a result of normal play; however, the pallina may never come to rest on or closer than the half-court marker, 9.15-meter (30 ft) line, or the frame is considered dead
  - **3.1.3.3** The 3.05-meters (10 ft) and 9.15-meter (30 ft) lines should be permanently drawn from sideboard to sideboard.
3.2 Equipment

3.2.1 Bocce Balls and Pallina

3.2.1.1 Bocce balls may be manufactured of wood or a composition material and must be of equal size. Official tournament ball sizes may be from 107 millimeters (4.20 in) to 110 millimeters (4.33 in) in diameter. The color of the balls is immaterial, provided that the four balls of one team are clearly and visibly distinct from the four balls of the opposing team.

3.2.1.2 Bocce is played with eight balls and one smaller target or object ball called the pallina (jack, cue, beebee, etc.).

3.2.1.3 There are four balls to a side or team, and they are generally made in two colors to distinguish the balls of one team from those of the opposing team (see section 4.2 for ball color selection process).

3.2.1.4 The bocce balls may also be inscribed with distinctive lines to identify the balls of the players on the same team.

3.2.1.5 The pallina must not be larger than 63 millimeters (2.5 in) or smaller than 48 millimeters (1.875 in) in diameter and should be of a color visibly distinct from both teams' bocce ball colors.

3.2.2 Measuring Device

3.2.2.1 A measuring device may be any device that has the capacity to accurately measure the distance between two objects, and is acceptable to tournament officials.

3.2.3 Ramps

3.2.3.1 Ramps are used when an athlete does not have the physical ability to roll with their hand or hands.
3.2.3.2 Ramps and other assistance devices may be used with the approval of the Competition Committee.
3.2.3.3 No mechanical aids shall be used to propel the bocce ball or pallina.
3.2.3.4 Athletes using ramps must be placed in separate divisions from other players only for singles competition.
3.2.3.5 All other tournament rules shall apply to athletes in the ramp divisions.

4. RULES OF COMPETITION
4.1 Divisioning
4.1.1 It is suggested that, before competition begins, the Tournament Director ensures that divisions are appropriate. Athletes may be divisioned based on previous experience or, in the case of larger competitions, modified games. The modified game procedure below will provide a score that will help place athletes in the most equitable divisions possible.
4.1.2 Each athlete should play three modified games, called a set. The athlete should alternate from each end of the court and play the following allotted balls. The athlete should not surpass the foul line when he/she plays the allotted balls:
4.1.3 The referee will place the pallina at the marked spot (center) of the 9.15-m (30-ft) line, and the player should play eight balls. The referee will measure the closest three balls and record their distance in centimeters.
4.1.4 The referee will then place the pallina at a marked spot in the center of the court at the 12.20-m (40-ft) mark, and the player should play eight balls. The referee will measure the closest three balls and record their distance in centimeters.
4.1.5 The referee will then place the pallina at the marked spot (center) of the 15.24-m (50-ft) line, and the player should play eight balls. The referee will measure the closest three balls and record their distance in centimeters.
4.1.6 During the divisioning process, if the pallina is moved from its spot at 9.15-m (30-ft), 12.20-m (40-ft) or 15.24-m (50-ft), it is to be replaced on the spot before the next ball is rolled and before any measurements are taken.
4.1.7 Measurements will be taken from the center side of the bocce ball to the center side of the pallina, for a total of nine measurements, the sum of which becomes the athlete’s divisioning score.
4.1.8 For Doubles and Teams, the sum of the athletes divisioning scores shall be the Doubles and Team’s divisioning score.
4.1.9 These divisioning procedures comply with the Special Olympics maximum effort rule.
4.2 Coin Toss Procedure
4.2.1 A coin toss by the referee will determine which team has the pallina and choice of ball color.
4.2.2 In the absence of a referee, the two team captains will execute the coin toss. The coin toss should take place on the court.
4.3 Three-Attempt Rule
4.3.1 The team possessing the pallina will have three attempts at placing the pallina past the 9.15-meter (30-ft) mark and before the 3.05-meter (10-ft) mark on the opposite end: the pallina coming to rest on the half-court marker or on the 3.05-meter (10-ft) mark on the opposite end is deemed to be an unsuccessful attempt. If these three attempts are unsuccessful, the opposing team will have one opportunity to place the pallina. If this attempt is unsuccessful, the referee will place the pallina in the center of the court at the
12.20-meter (40-ft) mark. However, at no time does a team lose its earned pallina advantage of being able to deliver the first ball.

4.4 Sequence of Play
4.4.1 The pallina is rolled or tossed by a member of the Team having won the coin toss to start the game. The player tossing the pallina must deliver the first ball. The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four balls. This "nearest ball" rule governs the sequence of played balls. The side whose ball is the closest to the pallina is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in," it steps aside and allows the "out" team to deliver.

4.5 Initial Point
4.5.1 It is always incumbent upon the team with the pallina advantage to establish the initial point. Example: Team A tosses the pallina and delivers the first ball. Team B elects to hit Team A's ball out of position. In doing so, both balls, Team A's and Team B's, fly out of the court, leaving only the pallina in the court. It is incumbent upon Team A to reestablish the initial point.

4.6 Ball Delivery
4.6.1 A team has the option of rolling, tossing, bouncing, banking, etc., its ball down the court, provided it does not go out of bounds or the player does not violate the foul markers. A player also has the option of hitting out any ball in play in trying to obtain a point or decrease the opposing team's points. A player can grip the ball by placing his/her hand over or under the ball as long as the ball is released in an underhand delivery. An underhand delivery is defined as releasing the ball below the waist.

4.7 Modifications/Interpretations
4.7.1 The Event Manager/Tournament Director shall have the discretion to allow for certain modifications/interpretations of the current technical rules based upon a physical disability characteristic. Such interpretation shall be requested and ruled on prior to the athlete's participation in a competition and shall not give advantage over another athlete. Delivery action interpretations will be concerned with the action a limb(s) is performing while delivering a pointing or hitting shot.

4.8 Number of Balls Played by a Player
4.8.1 One-Player Team—the player is allowed to play four balls.
4.8.2 Two-Player Team — each player is allowed to play two balls.
4.8.3 Four-Player Team — each player is allowed to play one ball.

4.9 Coaching
4.9.1 Discussion with any athlete and/or partner by a coach or spectator is prohibited once the athlete and/or partner steps onto the field of play area as designated by the Tournament Director/Event Manager.
4.9.2 If an official determines that a coach/partner/spectator is violating this rule, the official may sanction the offending individual. Sanctions may include: verbal warning, citing the coach/partner with unsportsmanlike conduct or expulsion from the game.

4.10 Scoring
4.10.1 The following scoring procedure is most common in major tournaments: however, variations may be acceptable.
4.10.2 Scoring procedure for tournaments: At the discretion of the Competition Manager, games may be played to reach the target number of points or to a time duration.
4.10.3 At the end of each frame (when both teams have exhausted all balls), scoring will be determined as follows: points are awarded to the team whose balls are closer to the pallina than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurements.

4.10.4 A player may request a mechanical measurement (Measurements will be taken from the center side of the bocce ball to the center side of the pallina).

4.10.5 At the end of a frame, the referee announces the winning points and color to the players outside the court at the pallina end and before the balls are removed, the referee should look to the players for agreement.

4.10.6 The players have a right to request a measurement if the players disagree with the referee.

4.10.7 When the player or team agrees with the number of points awarded, the court official then proceeds to remove the balls to start the next frame.

4.10.8 The scoring team for each frame will also win the pallina advantage for the subsequent frame.

4.10.9 The referee will be responsible for validity of the scoreboard and scorecard, so it is incumbent upon the team captain to verify the accuracy of the posted score at all times.

4.10.10 Ties during frame

4.10.10.1 In the event that two opposing balls are equidistant from the pallina (tied), the team that rolled last will continue to roll until the tie is broken. Example: Team A rolls a ball toward the pallina and establishes the point. Then Team B rolls its ball toward the pallina, and the referee determines that they are both exactly the same distance from the pallina. Team B must continue to roll until it has a point closer than Team A’s ball. If Team B does roll up to the point, and Team A hits that ball out re-establishing a tie, Team A must continue to roll until the tie is broken.

4.10.11 Ties at the end of a frame

4.10.11.1 In the event that the two balls closest to the pallina belong to opposing teams and are tied, no points will be awarded. The pallina returns to the team which last delivered it. Play resumes from the end of the court from which the frame was last played.

4.10.12 Winning score

4.10.12.1 Four-player team (one ball per player) = 16 points

4.10.12.2 Two-player team (two balls per player) = 12 points

4.10.12.3 One-player team (four balls per player) = 12 points

4.10.13 Scorecard

4.10.13.1 It is the responsibility of each team captain to sign the scorecard after a match. The signatures will indicate the indisputability of the final score. Games in which protests will be filed should not be signed by any captain who disagrees with the score or its validity.

4.11 Player Designation

4.11.1 Captain

4.11.1.1 On any team, the captain must be designated and made known to the officials before play begins. The captain may not be changed during the course of a game, but may be changed during the course of a tournament. The
4.11.2 Rotation of players
4.11.2.1 The players of any given team may elect to play their balls in any rotation, provided the one who tosses the pallina delivers the first bocce ball. The rotation may vary from frame to frame; however, no player may deliver more than his/her allotted number of balls per frame.

4.12 Unified Sports Team
4.12.1 Each Unified Sports doubles team shall consist of one athlete and one partner.
4.12.2 Each Unified Sports team event shall consist of two athletes and two partners.
4.12.3 There is no requirement within these rules as to who (Athlete or Partner) plays the pallina and first bocce ball. The order can change from game to game or frame to frame.

4.13 Substitutions
4.13.1 Official notification: Officials must be notified of substitutions prior to a scheduled game time or it will result in forfeiture of the match.
4.13.2 Substitution of players: Only one substitute may be allowed per team per game. Substitutes may take the place of any player on the team and may substitute for different players on the same team during different games.
4.13.3 Limitations: Once a player has registered to substitute for one team during the tournament, he/she may not substitute for any other team during that tournament. Substitutes should have a Divisioning score equal to or less than the person they are substituting.
4.13.4 Substitution during game: Only in the event of medical or other verified emergencies may a player be substituted during a game. Emergency substitutions will only be made at the end of a frame; if this is not possible, the frame will be considered dead. However, once the substitution has been made, the substitute must complete the game.

4.14 Forfeitures
4.14.1 Teams with less than the prescribed number of players will forfeit the match.

4.15 Timeouts
4.15.1 The official may grant a timeout whenever the circumstances appear to be valid.
4.15.2 The timeout will be limited to ten minutes or less as predetermined by the Tournament Director.

4.16 Delays of Games
4.16.1 Intentional delay of game
4.16.1.1 If, in the opinion of the official, the game is intentionally delayed without sufficient or valid reason, the official must give a warning.
4.16.1.2 If play is not resumed immediately, the delaying team will forfeit the match.
4.16.2 Delays caused by weather, acts of God, civil disorder or other unforeseen reasons
4.16.2.1 In such delays, the ruling of the Tournament Director will be decisive and final.

4.17 Checking Position of Points
4.17.1 One player from each team may proceed down the outside of the court before delivering his/her ball and the player must remain outside of the court while checking the position of points.

4.18 Other Circumstances
4.18.1 Broken ball
4.18.1.1 If during the course of a frame a ball or pallina should break, the frame will be considered dead.
4.18.1.2 Replacement of a ball or pallina will be the responsibility of the Tournament Director.

4.18.2 Court grooming
4.18.2.1 Prior to play
   4.18.2.1.1 All courts must be groomed to the satisfaction of the Tournament Director before the start of each game.
4.18.2.2 Court grooming during play
   4.18.2.2.1 Courts may not be reconditioned during the course of the game.
   4.18.2.2.2 Obstacles or objects such as stones, cups, etc., may be removed during the course of a game.

4.18.3 Unusual court conditions
4.18.3.1 If in the opinion of the Tournament Director, the court conditions are such that play is impractical, the game can be stopped and resumed on another court or at another designated time.

4.18.4 Moving ball or pallina
4.18.4.1 No player may play his or her ball until a pallina or another ball has come to a complete rest.

4.18.5 Mechanical Aid
4.18.5.1 If due to a medical or physical condition an athlete requires the use of a mechanical aid to spot the position of the pallina, then discretion can be given to the Event Manager/Tournament Director for this to be permitted.
4.18.5.2 Items such as a bell or bright colored cone for a visually impaired athlete are examples of this type of mechanical aid. If a cone is used as a mechanical aid it should be placed as close as possible to the pallina, usually behind, and removed from the court once the bocce ball is released from the athlete’s hand. If a bell is used it should be rung while held over the pallina.

4.19 Player Behavior
4.19.1 During Play
   4.19.1.1 Whenever possible, a player should move off the court when an opponent is playing.

4.19.2 Unsportsmanlike conduct
   4.19.2.1 Players shall act in a sportsmanlike manner at all times.
   4.19.2.2 Any act which is deemed as poor sportsmanship, such as insulting language, gestures, actions or words which engender ill will, if flagrant, may result in disqualification.

4.20 Player Attire
4.20.1 Proper attire
   4.20.1.1 Players will dress in a manner which will bring credit to them and the sport of bocce.

4.20.2 Footwear
   4.20.2.1 Players will not be permitted to wear shoes which may damage or disrupt the court surface.
   4.20.2.2 It is recommended that all players wear close-toed shoes.
4.20.3 Objectionable attire
4.20.3.1 Players who wear objectionable or offensive clothing, or who are improperly attired, may not be allowed to participate in a tournament.

5. PENALTIES AND PROTESTS
5.1 Determination
5.1.1 Immediately upon determination by the official that a foul has been committed, the official will notify the captains of both teams and inform them of the penalty imposed.
5.1.2 The team fouled against has the option to decline any penalty imposed by the official and accept the lie of the ball(s) and continues playing. The ruling of the official is final, except as otherwise provided for hereafter.

5.2 Conditions Not Covered
5.2.1 For conditions not specifically covered in these rules, the Tournament Director’s ruling shall be decisive and final.

5.3 Protests
5.3.1 Any protest to an official’s or Tournament Director’s decision must be made by a Special Olympics certified bocce coach within 15 minutes of the completion of any game or the decision made by the official or Tournament Director will be considered as accepted.
5.3.2 Protests will be acknowledged and judged on the basis of merit in circumstances not specifically proved for hereunder.

5.4 Protest to Forfeiture
5.4.1 If a team must forfeit a match as a result of not being present for a scheduled match, or as a result of violations hereunder prescribed, no official protest will be acknowledged.

5.5 Specific Foulss
5.5.1 Foul-line fouls
5.5.1.1 In both pointing and hitting, any part of the player’s body, including the player’s foot, or any apparatus used by an athlete such as a wheelchair, crutches, cane, etc., must not be in contact with any part of the foul line until after the ball is released and before the ball touches any part of the playing field in front of the specific foul line.
5.5.1.2 An official as a result of witnessing the foul, must call all fouls.
5.5.1.3 The penalty for a player (team) committing the foul will be to declare the specific ball being thrown dead.
5.5.1.4 If possible and safe, the referee will seek to stop the ball just delivered before it reaches the pallina and the other balls "in contention", remove the just released ball from the court and declare the just released ball to be a dead ball. If the just released ball does come in contact with the pallina and/or other balls "in contention" and these balls are moved from their original position, then the referee will place the balls back as close to their original position as possible and play will continue.

5.5.2 Moving ball or pallina
5.5.2.1 The head official will not call for the next roll of a ball until the pallina or the currently played ball has come to a complete stop.
5.5.2.2 If a player, in any format of the game, delivers his or her ball before the pallina or a currently delivered ball has come to a complete stop, the ball just delivered should if possible and with safety be stopped by the referee before
it reaches the balls "in contention," be declared a dead ball and removed from
the court. If the referee cannot stop the ball before it reaches the "balls in
contention," the referee should replace the pallina and the nearest balls to
where they were before the improper ball delivery took place, and remove the
just delivered ball from the court.

5.5.3 Player plays more than his allotted number of balls with respect to a two- or four-player
team
5.5.3.1 When a player rolls an extra ball during a frame, the ball in question is
declared dead.
5.5.3.2 If possible and safe, the referee will seek to stop the ball just delivered before
it reaches the pallina and the other balls "in contention", remove the just
released ball from the court and declare the just released ball to be a dead
ball. If the just released ball does come in contact with the pallina and/or other
balls "in contention" and these balls are moved from their original position,
then the referee will place the balls back as close to their original position as
possible and play will continue. This condition will exist when a player on a
two-player team plays three balls instead of two or a player on a four-player
team plays two balls instead of one.
5.5.3.3 Two-Player Team: the remaining player on a two-player team will only have
one ball to play.
5.5.3.4 Four-Player Team: the remaining players who haven’t played any balls must
decide who is to play the remaining unplayed balls.

5.5.4 Illegal movement of a ball belonging to your own team
5.5.4.1 If a player moves one or more of his or her team’s balls, the ball(s) are
removed from the court and considered dead and play continues.

5.5.5 Illegal movement of an opponent’s ball
5.5.5.1 If, after all eight balls have been thrown, a player moves one or more of
his/her opponent’s balls, the opponent’s balls that were moved will be
awarded one point each.
5.5.5.2 If a player moves one or more of his/her opponent’s balls, and there are
remaining unplayed balls, the referee will place the balls as close to their
original position as possible and play will continue.

5.5.6 Illegal movement of the pallina by a player
5.5.6.1 If the pallina is moved by a player, the opposite team will be awarded as many
points as the number of live balls that were "in contention" plus the number
of balls yet unplayed.
5.5.6.2 If the team fouled against has no balls "in contention" and no balls remaining,
then the frame will be declared dead by the referee and started over at the
same end.

5.6 Accidental or Premature Movement of Balls or Pallina by a Referee
5.6.1 During play (when more balls are yet to be played)
5.6.1.1 If a referee, either in the course of measuring or otherwise, moves a ball "in
contention" or the pallina, the frame is considered dead and started over at
the same end.
5.6.2 After all balls are played
5.6.2.1 If the point or points were obvious to the referee, the points will be awarded. All uncertain points will not be awarded and the frame is considered dead and started over at the same end.

5.7 Interference With a Ball in Motion

5.7.1 By one’s own team

5.7.1.1 When a player interferes with his/her team’s ball in motion, the referee, as a result of witnessing the foul, must declare the ball being thrown dead.

5.7.1.2 If possible and safe, the referee, will seek to stop the ball just delivered before it reaches the pallina and the other balls "in contention", remove the just released ball from the court and declare the just released ball to be a dead ball. If the just released ball does come in contact with the pallina and/or other balls "in contention" and these balls are moved from their original position, then the referee will place the balls back as close to their original position as possible and play will continue.

5.7.2 By opponent’s team

5.7.2.1 If a player interferes with an opponent’s ball in motion, the team fouled against has one of the following options:

5.7.2.1.1 Play the ball over.
5.7.2.1.2 Declare the frame dead.
5.7.2.1.3 Decline the penalty, accept the lie of the touched ball(s) and continues playing.

5.7.3 With no disruption of position

5.7.3.1 If a spectator, animal or object interferes with a ball in motion and that ball does not touch another ball already in play, it must be played over by the same player.

5.7.4 With disruption of position

5.7.4.1 If a spectator, animal or object interferes with a ball in motion and that ball touches another ball already in play and "in contention" the frame is dead.

5.7.5 Other disruption of play

5.7.5.1 Any action which interferes with the position of the pallina or the ball of each team closest to the pallina renders the frame dead.

5.7.5.2 In the event balls other than the pallina or the two opposing balls closest to it are moved, they may be replaced as close as possible to the original position by the two captains or the referee. Such disruptive action may be the result of a dead ball from another court, foreign objects, spectators or animals entering the court and changing the position of the ball(s) in play.

5.8 Wrong Color Ball Delivery

5.8.1 Replaceable

5.8.1.1 If a player delivers a wrong color ball, the ball may not be stopped by another player or the referee. The ball must be allowed to come to rest and replaced with the proper colored ball by the referee.

5.8.2 Not replaceable

5.8.2.1 If a player delivers a wrong color ball which cannot be replaced without disturbing another ball already in play the frame is declared dead and replayed from the same end.

5.9 Wrong Rotation of Play
5.9.1 Initial point
5.9.1.1 If a team wrongly delivers the pallina and its first ball, the referee will return the pallina and the first ball which was played out of rotation.
5.9.1.2 The referee will then ask the other color player or team to deliver the pallina when restarting the frame from the same end of the court.

5.9.2 Subsequent rolls of the proper color in an incorrect sequence
5.9.2.1 If a player delivers his or her ball when his or her team is "in" and the other team has balls left, the ball in question should if possible and safe be stopped by the referee before it reaches the "balls in contention", be declared a dead ball and removed from the court.
5.9.2.2 If the referee cannot stop the ball before it reaches the "balls in contention", the referee should replace the pallina and nearest balls to where they were before the out of rotation delivery took place.

6. OFFICIALS
6.1 Objections
6.1.1 Objections to official
6.1.1.1 Each team has the right to object to a designated official for any reason prior to the start of a game.
6.1.1.2 This objection will be considered and decided upon by the Tournament Director.

6.1.2 Participant officials
6.1.2.1 No member of a team or registered substitute of a team will be allowed to assist in the officiating of a game in which that team is also playing.

6.2 Substitute Officials
6.2.1 During a game
6.2.1.1 Substitutions of officials may occur during a game only with the permission of the Tournament Director and both team captains.

6.2.2 Additional officials
6.2.2.1 Additional officials may be assigned to any games during the course of play, provided permission is granted by the Tournament Director.

6.2.3 Team requests
6.2.3.1 Officials may be changed during the course of a game if either team presents sufficient cause to the Tournament Director.

6.3 Official’s Uniform
6.3.1 Referees should be clearly distinguishable from players.

7. DEFINITION OF PLAYING TERMS
7.1 Live Ball: Any ball in play that has been delivered.
7.2 Dead Ball: Any ball that has been disqualified or forfeited. A ball may be disqualified if:
7.2.1 It is the result of a penalty.
7.2.2 It has gone out of the court.
7.2.3 It has come in contact with a person or object which is out of the court.
7.2.4 It hits the top of the court boards.
7.2.5 It hits the covering over the courts or any supports thereof.
7.2.6 It is the result of a foot foul.
7.2.7 It is the result of an illegal movement of your (team's) ball.
7.2.8 It is the result of interference with a ball in motion by one's own team.
7.2.9 It has been played before the pallina or currently delivered ball has come to a complete stop.

7.3 Bocce Ball: The larger playing ball.
7.4 Pallina: A small object ball sometimes called cue ball, beebee, etc.
7.5 Hitting/ Shooting: The action of rolling a ball which is thrown with sufficient velocity that it would hit the backboard if it missed the target.
7.6 Bank or Rebound Shots: Bank or rebound shot refers to playing a ball off either the sideboards or backboard.
7.7 Pointing: The action of rolling a ball to obtain a point close to the pallina.
7.8 Frame: The period in the game in which balls are played from one side of the court to the other and points are awarded.
7.9 "In contention": Used across any section of the rule book means, balls that an official would deem to be balls that he/she will potentially need to measure or award as scoring balls.
7.10 Foul: A rule infraction for which a penalty is prescribed.
Bocce Protocol & Etiquette

While casual or fun games of bocce can be full of banter, laughter and frivolity, whenever serious bocce is played, as in a tournament or competition, there need to be certain rules of good sportsmanship and conduct that each competitor must follow. This will allow the athletes to compete at their best without any distractions.

Whether during practice or competition, athletes should be encouraged to abide by the following:

“Rules of the Court”

1. When it is not your turn, you should stand quietly out of the court.
2. Remain as quiet as possible from the time the other player has taken his/her stance until after he/she has delivered the ball.
3. Wait until the frame has been completed before moving to the other end of the court.
4. Always walk up the side of the court rather than up the middle of the court.
5. While waiting for another player to deliver the ball, always remain as motionless as possible.
6. Wait until the other player has delivered his/her ball and is about to move off the court before you step into the court to take your turn.
7. Always leave the balls as they lie until the official has instructed you to move them.
8. After you have delivered your ball, leave the court without undue or unnecessary delay.
9. Always observe safety rules when playing.
10. Always observe the instructions given by the official.
11. Always give your opponent the respect he/she deserves.
12. Always give the officials the respect they deserve.
Essential Components of Planning a Bocce Training Session

Each training session should contain the same essential elements. The amount of time spent on each element will depend on the following factors:

- Goal of the training session. Ensure that everyone knows what the session’s goals are and have had input into setting them.
- The time of season the session is in. More skills practice is provided earlier in the season. In contrast, more competition experience is provided later in the season.
- Skill level of your athletes. More practice of previously taught skills is needed for lower ability athletes.
- Number of coaches. The more coaches present and the more quality one-to-one instruction offered, the more improvement seen.
- Total amount of training time available. More time is spent on new skills in a 2-hour session than in a 90-minute session.

The following elements should be included in an athlete’s daily training program. Please refer to the noted sections in each area for more in-depth information and guidance on these topics.

- Warm-ups
- Previously taught skills
- New skills
- Competition experience
- Feedback on performance

The final step in planning a training session is designing what the athlete is actually going to do. When planning a training session, remember that the progression through the key components of the session should allow for a gradual buildup of physical activity.

- Easy to difficult
- Slow to fast
- Known to unknown
- General to specific
- Start to finish

If you have decided to establish a bocce league, much of your training will revolve around each week’s league sessions. Training can take place before, during and after league play. Before league play, you can work on teaching about equipment needed to play and have a warm-up period. During league play you can observe the athletes’ actions and style, making comments regarding what they are doing incorrectly and praising them for what they do correctly, (i.e., “Way to follow through” or “Good judgment”). Instructions in scoring, the etiquette of bocce and sportsmanship can be also be accomplished. After league play, you can work on new skills or work with athletes on improving previously learned skills. A recommended training plan is outlined below.
Warm-up and Stretch (10-15 minutes)
Every athlete must participate in the warm-up and stretch period on or near the court (i.e., shadow body movements). Stretch each muscle group while waiting to practice rolling/bowling actions.

Skills Instruction (15-20 minutes)
- Quickly review previously taught skills.
- Introduce the theme of the skills activity.
- Demonstrate the skills simply and dramatically.
- Physically assist and prompt lower ability players when necessary.
- Introduce and practice new skills early in the practice session.

Competition Experience (One, two, or three games)
Athletes learn a lot by simply playing the game. The game is a great teacher.

Cool-down, Stretch and Review (10-15 minutes)
Every athlete should participate in a cool-down down period following a training session. The stretching of each muscle group should not be as vigorous as the warm-up. This is a good time to reflect on the good points of the training session, highlighting any progress various athletes have made, but remember not to do this at the detriment of other athletes who may not have achieved as much. Time can also be spent on areas where you may need to work during the next session. As well, announce any important notices, upcoming competitions, birthdays, social gatherings etc. You should always finish the training session, whether it was good or not so good, with some fun and laughter.
Tips for Conducting Safe Training Sessions

Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of bocce. The safety and well-being of athletes are the coaches’ primary concerns. Bocce is not a dangerous sport, but accidents do occur when coaches forget to take safety precautions. It is the head coach’s responsibility to minimize the occurrence of injuries by providing safe conditions.

1. Establish clear rules for behavior at your first practice and enforce them.
2. When the weather is poor, have a plan to immediately remove athletes from inclement weather.
3. Make sure athletes bring water to every practice, especially in hotter climates.
4. Check your first aid kit; restock supplies as necessary.
5. Train all athletes and coaches on emergency procedures.
6. Choose a safe field area. Do not practice in areas with rocks or holes that could cause injury. Simply telling players to avoid obstacles is not enough.
7. Walk the court and remove unsafe objects. Be particularly vigilant when you are playing in cluttered indoor gyms. Remove anything that a player might run into.
8. Check the bocce balls for cracks that could chip or split. Balls and may cause eye injury.
9. Check that the side and end walls are secured in the ground. Instruct players never to walk along the top of the court’s walls. Pay particular attention to portable courts that tip over in a high wind or if players stand on them or a bocce ball rebounds off them. Make sure these walls are securely staked into the ground.
10. Review your first-aid and emergency procedures. Have someone who is trained in first-aid and CPR on or very near to the court during practice and games.
11. Ensure that athlete emergency contact details are up to date and close at hand during practices and games.
12. Warm-up/cool-down and stretch properly at the beginning/end of each practice to prevent muscle injuries.
13. Train to improve the general fitness level of your players. Physically fit players are less likely to get injured. Make your practices active.
14. Make sure that players are physically matched in games where players go against each other “head-to-head” (e.g. one-on-one drills).
15. Require all your players to wear appropriate attire, especially footwear, at practices and games.
16. Do not use yourself as a target, i.e. stand in front of athletes and instruct them to throw/roll the ball to you or your feet.
17. Ensure that you have easy access to a telephone or mobile phone.
18. When not in use, bocce balls should always remain on the ground, not tossed in the air or bounced in the hand. It should be remembered that bocce balls are heavy and may break, or otherwise injure, a toe or foot if dropped.
19. To avoid competitors slipping on bocce balls, balls should be placed in the rear corner of the court when not being used. Never leave bocce balls lying around the courts or training area where someone may stand on or trip over them.
Event-specific Drills

Ball Pick Ups
Have athletes bend and pick up a bocce ball, remembering to have them hold their backs straight as they stoop and pick up the ball. Then have them repeat the exercise but place the ball back down on the ground.
Repeat this drill 3 - 4 times.
(Talk about the importance of having a straight back during the entire movement so as to avoid back strain.)

Forward Step and Rock Backs
Athletes stand with feet slightly spread apart (shoulder width).
Take one step forward.
  ♦ Watch length of their stride, ensuring it is not too far or too short.
  ♦ Also watch for balance as they step forward, as their base may spread.
Now have them rock back to the starting position
Repeat this drill 3 - 4 times.

Arm Swing
Have each athlete swing his/her bowling arm in a flowing and steady movement back and forth, back and forth, and count to 12 as each swing is done.
  ♦ Watch that their movement is straight through from start to finish and that they do not round the belly or out to the side.
  ♦ Also watch to ensure that the palm of the hand is not turning during the follow-through.
Bocce Specific Drills

Distance Rolling

Purpose
This drill will highlight whether an athlete requires further instruction on playing a long or short game. If an athlete can consistently roll the balls to an area that is closer to the halfway line than he/she does when rolling to an area at the far end of the court, this would indicate that he/she is a short end athlete. (Question: Is the athlete instructed to aim for the halfway line or far end, or is he/she instructed to roll the ball as far as he/she can? It is unclear what instruction the athlete should be given for this drill.)

Steps
- Use one full set of bocce balls (eight balls) on a flat/even surface.
- Have athlete roll/toss the balls as instructed by coach/teacher.
- Dependent upon outcome, note the number of balls producing the desired outcome.
- Repeat the task coming back down the court from the opposite end.
- Total the outcome (i.e. 12 out of 16, etc.).
- Redo assessment as agreed between athlete and coach/teacher.

Teaching Points
- The object of this drill is to improve the athlete's ability to gauge distance.
- Athletes need to understand the significance of the speed of delivery, and coaches should place an emphasis on this factor in coaching.
- Feeling the amount of energy needed to get a ball to a certain area of the court needs to be repeated to get the same result.
- The further down the court a ball is rolled, the greater the push needed to get it there.
- A softer roll means a lesser distance traveled by the ball.

<table>
<thead>
<tr>
<th>Points of Emphasis:</th>
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<tbody>
<tr>
<td></td>
<td>Distance is determined by speed of delivery</td>
</tr>
<tr>
<td></td>
<td>Setting up is a factor that also determines success</td>
</tr>
<tr>
<td></td>
<td>Athletes will learn from previous attempts and their body movements throughout</td>
</tr>
<tr>
<td></td>
<td>To be successful at this game, athletes need to have consistency through judgments of many different distances, not just short or just long</td>
</tr>
<tr>
<td></td>
<td>Athletes should always watch the movement of the bocce ball on the court and what it does and how it moves</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>When to Use:</th>
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<tbody>
<tr>
<td></td>
<td>The drill itself should be used as a separate skill but then it is used in conjunction with other skills of the game</td>
</tr>
<tr>
<td></td>
<td>Athletes can use this skills drill as part of a competition at training between fellow athletes</td>
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</tbody>
</table>
Sample Workouts

The main equipment you will need for these games are:

- A set of bocce balls
- Cones or water-filled plastic bottles
- Hula Hoops/newspaper/pieces of carpet

Straight-line Rolling

- Start with two straight lines of cones evenly spaced up the court.
- It is suggested to start with the space between about four or five feet traveling up the length of the court.
- Now have your athlete roll the balls down the court and continue to practice this until he/she is constantly getting the balls to stay in the gap between the two rows of cones.
- As your athlete becomes better skilled at this distance, start to bring the gap between the rows a little closer. Again repeat the practice until you believe your athlete is ready for the cones to move in closer still.
- Keep repeating the skills until your athlete can roll through a one- to two-foot gap.
- Repeating this exercise over and over will assist your athlete to accurately roll the balls in the direction he/she wants the ball to go rather than in the general desired direction.
- Award points/score accordingly.

Accurate Target Distance Ball

- Using the same set as above, this drill is to practice the length of the roll.
- Ask your athlete to roll the ball down the track of cones and stop at a designated position between two sets of cones. Have him/her repeat this skill until competent at getting a high percentage of balls to stop within an agreed distance of cones.
- Remember to vary the requested distance, as a good athlete should be able to be accurate at short as well as long distances.
- This exercise will highlight whether your athlete needs to practice accuracy at certain distances.
- Award points/score accordingly.

Accurate Target Ball

- Spread three or four sheets of unfolded newspaper up the court, and have your athlete try to land all eight balls on the sheets.
- As the athlete begins to master this skill, remove one of the sheets (making the target smaller) and have him/her continue to land the balls on the remaining newspaper.
- Again remove another sheet as the athlete masters this.
- To really add a challenge, start to fold the remaining sheet of paper until the athlete can do it with ease.
- Remember to change the distance you position the paper within the court as you may have an athlete who can easily achieve the result when the paper is at one distance but needs to practice when the paper is at another.
- This highlights athletes who are “long end athletes” and “short end athletes.” Those who play better when the pallina is bowled a short distance up the court are short end athletes, and the opposite applies to long end athletes.
- Award points/score accordingly.

Bouncing/ Bombing

- Place a Hula Hoop, carpet piece or similar target about 5 feet in front of your athlete and have him/her toss the ball so that it lands on the target and rolls off it. For ongoing training, move the target area farther down the court and repeat.
- Award points/score accordingly.
**Skittle Ball**

- Set up a number of targets for the athlete to roll a ball toward (colored shapes, plastics bottles, bowling pins, etc.).
- Vary the position, distance and target size as appropriate.
- Award points/score accordingly.

**Ricochet Ball**

- Set up a target situation whereby your athlete is required to roll a ball toward a gap between the side wall and the object you have placed on the court (a colored shape, plastic bottle, bowling pin, etc.). The aim is to encourage your athlete to use the wall as a method of getting a point, etc.
- Vary the position, distance between the gap and distance of the gap in relation to the length of the court as appropriate.
- Award points/score accordingly.

**Shuttle Run**

- As part of a cool-down exercise, have your athletes split into two groups. Have them line up behind each other in a straight line facing down the court, behind one of the rows of the bottles/cones that are on the court following the last game. As a relay, have the first athletes run down the court and retrieve the last cone and return it to the feet of the next athlete on their team. As it is placed, the next athlete runs down the court and retrieves the last cone and returns to the starting position again. This is continued with each athlete until all the cones are in a pile in front of the teams and the winner is decided.
- This achieves several things: the athletes are having fun (with an element of competition), the cones have been returned and you as coach don’t have to pick them all up (make a fun thing of this for your athletes) and the athletes will be laughing or cheering (a good note to end the session on).

**Remember:**

- In practicing or playing any of the exercises and games, it is important that your athlete is consistently getting the desired outcome before making the task harder.

- Rather than having your athlete just getting the results a few times and then moving onto the next step, ensure that he/she is constantly getting the desired results; then move on.

- All of these are ways of improving your athletes’ skill level in the game of bocce.

- These should be treated as separate skills, but on the whole they are all part of improving competencies and not only the overall standard of your team but also those of other teams who compete with them.
# Training Form

<table>
<thead>
<tr>
<th>Date:</th>
<th>Location:</th>
<th>Time:</th>
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**Goals:**

<table>
<thead>
<tr>
<th>Leader</th>
<th>Activity</th>
<th>Equipment</th>
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**Warm-up** - Make the body ready for practice.

<table>
<thead>
<tr>
<th>Goals for Today</th>
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<table>
<thead>
<tr>
<th>Previous Skill Lesson</th>
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<table>
<thead>
<tr>
<th>New Skill Lesson</th>
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</table>

**Team Talk** - Let the athletes know your expectations for practice.

<table>
<thead>
<tr>
<th>Leader</th>
<th>Activity</th>
<th>Equipment</th>
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</table>

**Skill Development** - Games and exercises to reinforce learning. Make it fun.

<table>
<thead>
<tr>
<th>Leader</th>
<th>Activity</th>
<th>Equipment</th>
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</table>

**Break** - Supply water and take the skill into the scrimmage.

<table>
<thead>
<tr>
<th>Reinforce Skill from Today:</th>
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</table>

**Scrimmage** - Emphasize last week’s skill and new skill.

<table>
<thead>
<tr>
<th>Previous Skill</th>
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<table>
<thead>
<tr>
<th>New Skill</th>
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**Team Talk** - Emphasize new skill and techniques from scrimmage.

<table>
<thead>
<tr>
<th>Scrimmage Lesson 1</th>
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<thead>
<tr>
<th>Scrimmage Lesson 2</th>
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<table>
<thead>
<tr>
<th>Review Last Week’s Skill</th>
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<table>
<thead>
<tr>
<th>Review Homework</th>
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**Bocce Equipment**

Bocce requires the type of sporting equipment listed below. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance. Have your athletes name each piece of equipment as you show it and give the use for each. To reinforce this ability within them, have them select the equipment used for their events as well.

- Bocce balls
- Pallina
- Metric measuring device
- Flags
- Scoring device

**General Bocce Equipment List At-A-Glance**

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bocce balls</td>
<td>May be manufactured of wood or a composition material and of equal size. Official Tournament ball sizes may be from 107 millimeters (4.2 inches) to 110 millimeters (4.33 inches). The color of the balls is immaterial provided that the four balls of one team are clearly and visibly distinct from the four balls of the opposing team.</td>
</tr>
<tr>
<td>Pallina</td>
<td>Must not be larger than 63 millimeters (2.5 inches) or smaller than 48 millimeters (1.875 inches) and should be of a color visibly distinct from both bocce ball colors. Sometimes beneficial to be distinct from the color of the court surface.</td>
</tr>
<tr>
<td>Metric Measuring device</td>
<td>May be any device that has the capacity of accurately measuring the distance between two objects, and acceptable to tournament officials.</td>
</tr>
<tr>
<td>Flags</td>
<td>May be any device that has the ability to represent the colors of the bocce balls being used, and acceptable to tournament officials. Should also be large enough to be clearly visible at least 50 feet away.</td>
</tr>
<tr>
<td>Scoring device</td>
<td>May be any device that has the capability to record the score during play, and acceptable to tournament officials.</td>
</tr>
<tr>
<td><strong>Term</strong></td>
<td><strong>Definition</strong></td>
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<tr>
<td>-------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Bank shot</td>
<td>Where the ball is played toward or off a wall or backboard to gain the advantage/point.</td>
</tr>
<tr>
<td>Bocce</td>
<td>Can also be spelled bocci or boccie. As with some other sports, e.g. basketball, this a term of two meanings in that it can be the balls played with during the game or can mean the game itself.</td>
</tr>
<tr>
<td>Dead ball</td>
<td>A ball that has been ruled, by the official, as a disqualified ball due to some form of infringement or technicality.</td>
</tr>
<tr>
<td>Doubles</td>
<td>A game played with teams of two players in opposing teams, sometimes called pairs or two-player team.</td>
</tr>
<tr>
<td>End</td>
<td>Also called a frame or round. A period of the game when all of the players have completed their turn and the points are awarded by the official, before the next “end” is played.</td>
</tr>
<tr>
<td>End boards</td>
<td>The boards at the end of the court. Sometimes these are suspended from the back walls of the court, and on other occasions they may be a solid wall. Players can use these to gain the advantage/point.</td>
</tr>
<tr>
<td>Foul</td>
<td>Relates to either a foot foul or a line foul, sometimes also called a foot line foul. The type and frequency of the foul will determine the penalty dealt to the player. This is usually called when a player oversteps the foul line or releases the ball after crossing the foul line.</td>
</tr>
<tr>
<td>Foul Line</td>
<td>The lines on a court that the player must stay behind before the ball is released, when playing either type of delivery (pointing or hitting shot). The hitting/pointing line is 10 feet from the end board.</td>
</tr>
<tr>
<td>Fours</td>
<td>A game played between a team of four players against another team of four players, sometimes called Teams or a four-player team.</td>
</tr>
<tr>
<td>Hitting</td>
<td>Also called spocking, popping or shooting. It is a shot usually played to displace other balls around the target ball, rather than playing a slow gentle roll to gain the advantage/point. The ball is usually played with such force as to reach the far end of the court. A player playing this type of shot may release the ball from anywhere up to the 10-foot hitting/pointing line.</td>
</tr>
<tr>
<td>Initial Point</td>
<td>The first ball rolled in an end toward the pallina to establish the initial point. If some form of foul is committed by this first ball played, the same team will roll the next ball to establish the Initial point.</td>
</tr>
<tr>
<td>In</td>
<td>Also called the “in team.” This is used to describe the team that has the advantage or holds the point. The team closest to the pallina is deemed the “in team” and will now wait its turn until the opposition gets closer, whereupon the opposition becomes the “in team.”</td>
</tr>
<tr>
<td>Live ball</td>
<td>Can also be termed “good.” The phrase is used to explain to the players that the ball just rolled is a legitimate and legal ball and that the rest of the end</td>
</tr>
<tr>
<td><strong>Out</strong></td>
<td>Also called the &quot;out team.&quot; As an opposite to &quot;In&quot; described above, this term is used to describe who does not hold the advantage or point at the present position in the end. This team will continue to play until they get closer and subsequently become the &quot;in team,&quot; or until they run out of balls to roll up.</td>
</tr>
<tr>
<td><strong>Pairs</strong></td>
<td>A game played between two players playing against another two players, sometimes called doubles or a two-player team.</td>
</tr>
<tr>
<td><strong>Pallina</strong></td>
<td>A 1¾ inch ball which is rolled down the court first.</td>
</tr>
<tr>
<td><strong>Pallina Advantage</strong></td>
<td>The team that holds the pallina advantage is the team that rolls the pallina down the court to start the end or game. After rolling the pallina, they then roll the first ball down to establish the initial point. The term &quot;advantage&quot; is given as this team can determine by the distance the pallina is rolled along the court, i.e. short end or long.</td>
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<tr>
<td><strong>Pointing</strong></td>
<td>Also called rolling or lagging. Unlike the hitting shot, this shot is played to get the ball close to the target ball, rather than trying to scatter the balls to displace other balls. This is a shot that is usually played with a soft smooth release and with finesse and a gentle motion. It is usually from a standing position rather than a running/moving one. Players must release the ball before crossing the hitting/pointing line.</td>
</tr>
<tr>
<td><strong>Rule of advantage</strong></td>
<td>The option given to a team when the opposition has committed a foul. The team can then choose what their options are, given the current positions of the balls and the state of the game.</td>
</tr>
<tr>
<td><strong>Sideboards</strong></td>
<td>The boards that surround and enclose a court, usually at least 6 - 12 inches high in the middle, to stop the balls from leaving the court. The official height of the wall is three feet at the end boards and taller than the height of the bocce ball along the side walls.</td>
</tr>
<tr>
<td><strong>Singles</strong></td>
<td>A game played between two players, one-on-one, sometimes called a one-player team.</td>
</tr>
<tr>
<td><strong>Teams</strong></td>
<td>A game played between a team of four players against another team of four players, sometimes called Fours or a four-player team.</td>
</tr>
<tr>
<td><strong>Unified</strong></td>
<td>Where a two-player or four-player team is made up of an equal number of Special Olympics athletes and Unified Partners on the same team. The same number of balls are played by each member of the team from the same end of the court. The ability of the Unified Partner should always be similar to that of the Special Olympics athlete he/she is to partner with.</td>
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</tbody>
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