

Boccia Information Sheet

About the Sport

Making its debut as a Paralympic sport in 1984, Boccia tests competitors' degree of muscle control and accuracy. Competing in wheelchairs, athletes throw, kick or use a ramp device to propel leather balls as close as possible to a white ball called the 'jack'. There are six red and six blue balls to indicate which team is playing.

A Boccia court measures 12.5m long by 6m wide, and since Boccia is played indoors, usually indoor basketball or netball courts are marked up for play. The throwing area is marked to indicate the boundaries and the valid playing area.

Players compete in singles, pairs and teams events.

Who can compete?

Boccia is open exclusively to athletes with a significant physical impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

| Eligible impairments | Description | Minimum Impairment Criteria |
|---|---|---|
| Loss of limbs | Partial or complete absence of bones or joints due to amputation or deficiency from birth | Significant limb loss in all four limbs, and must also have muscle weakness in the arms |
| Muscle weakness/ Impaired muscle power | Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition | Weakness in all four limbs, where athlete is unable to lift elbow above shoulder height (flexion / abduction) |
| Co-ordination impairments - Hypertonia, Ataxia, Athetosis, Dystonia | Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance. | Co-ordination or movement difficulties in all four limbs, that affects over arm and underarm throwing.. |
| Restricted joint movement/ Impaired passive range | Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions. | Joint movement restrictions in all four limbs, and must also have weakness in the arms. |

Boccia Sport Classes

| Sport Classes | Description (Guide Only) |
|-------------------|--|
| BC1 | Players with coordination impairments from conditions such as cerebral palsy or acquired brain injury. Players may use their hands or feet to propel the ball into the playing area. Players may compete with the help of a Sports Assistant, who stays outside of the competitor's playing box, to stabilise or adjust their playing chair and give the ball to the player when requested. |
| BC2 | Players with coordination impairments from conditions such as cerebral palsy or acquired brain injury. BC2 players are able to pick up, throw the ball and manoeuvre their chair independently during play. They are not eligible for assistance. |
| BC3 | Players who have the most significant limitations in their arms, torso and legs from conditions such as cerebral palsy, muscular dystrophy or spinal muscular atrophy. Players are unable to throw the ball and so use a ramp and other assistive devices to play. Players use a sport assistant, who sits in front of the player with their back to the play and positions the ramp and balls according to the players' instructions. |
| BC4 | Players with restricted movement or weakness in their arms and legs, for example from spinal cord injury, muscular dystrophy or limb deficiency in all four limbs. Players are able to pick up, throw the ball and maneuver their chair independently during play. |
| Not Eligible (NE) | Player does not meet the minimum criteria for the Para-sport classes but may still be able to compete. Contact Boccia Australia for more information. |

Find out more

To get involved or for more information contact [Boccia Australia](#)

W: [Boccia Australia](#)

E: Admin@boccia.com.au

To obtain a classification contact classification@boccia.com.au.

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport. Not all classes may have events at the Paralympic Games.