

VIRTUAL BOCCIA SECONDARY Y7-11 Rules



SUGGESTED SPACE, KIT & EQUIPMENT

We appreciate schools have varied provision, therefore the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them.

Space: This competition can be held indoors or outdoors but ensure you have flat ground and chairs to carry out this competition.

Kit & Equipment:

- Boccia Balls
- Cones
- Targets/Paper to create targets.
- Chairs

SPORT SPECIFIC RULES

1. In the challenges below players can throw, roll or use an assisted device (ramp) to complete these challenges. Players can also be aided by an assistant if needed.
2. All challenges should be performed seated.
3. Schools will need to complete the 4 challenges outlined below and enter the top 6 students scores into the scoresheet provided.

BOCCIA CHALLENGES

Challenge 1 20 Target Game

Set up: 3 cones in a line 1 metre away from each other. Set up a hoop two metres from the first cone. Place a small marker in the hula hoop.

Scoring: Individuals will try and score 20 points in the fewest number of throws. Individuals can choose which cones to throw from.

- 1st cone (2 metres from the target) individuals will receive 1 point for successful throws into the hoop
- 2nd cone (3 metres from the target) you will receive 2 points
- 3rd cone (4 metres from the target) you will receive 3 points
- Individuals will also receive 1 point if the ball successfully lands on the small marker within the target in each attempt.

Therefore, the fewest throws possible to get to 20 is 5.

Requirements:

- o 3x cones
- o Ideally Boccia balls (can be performed with beanbags or small sized balls)
- o Chairs
- o Hula hoop & target

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Challenge 2 Moving Target

Set up: Place 5 cones in a line, 1 metre apart and your chair 2 metres from the first cone.

Players will have 5 attempts to hit the cones. Players will first try and hit the first cone; you cannot move onto the next one until the first one has been hit. After 5 attempts record the furthest cones the player reached.

Scoring: 1st cone = 10 points, 2nd = 20 points, 3rd = 30 points, 4th = 40 points, and 5th cone = 50 points. Scores are not an accumulation. The furthest cone you hit will be the score you receive (e.g., The furthest cone I hit was the 3rd cone, therefore I receive 30 points).

Requirements:

- 5x cones
- Ideally Boccia balls (can be performed with beanbags or small sized balls)
- Chairs

Challenge 3 In the Scoring Zone

For this challenge, please refer to this school games resource [here](#).

Set up: Place the target 4 metres from players

Scoring: Players will each have 3 attempts to score as many points as possible (please see school games link for scoring) the closer to the middle target the more points individuals will receive. Players top 3 are added together.

Requirements:

- Target as shown in the link. Target can be made from paper
- New age Kurling target can be used alternatively
- Chairs
- Ideally boccia balls (if they are not available any small sized balls)

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Challenge 4 Goal Challenge

Set up: You will mark out a goal with 2 cones 1 metre apart. Players will start 3 metres from the goal. Place 3 boccia balls in front of the goal (act as guards)

Scoring: Each player will have 6 attempts to propel the ball through the goal without hitting any guards.

- If the player scores without hitting a guard they will receive 10 points
- If the player hits a guard but still scores, they will receive 5 points (Maximum a player can score is 60 points)

Do not reset the guards after each attempt as hitting the guards will create new challenges for the player. Only reset after an individual set of 6 attempts.

Requirements:

- o 2x cones
- o Boccia balls (if they are not available use similar sized balls)

SCORING:

1. The top 6 students scores will form an average for each school per challenge. The average for each challenge will then be compared to other schools and form a ranking board. E.g. the school with the best score for Challenge 1 will receive the most points.
2. The scoring details for each drill are listed above. A score should be entered for each pupil on the Secondary [Boccia Scoresheet](#).
3. The school scoring highest across the 4 challenges will then represent their borough and be submitted by the SGO to LYG.
If borough points are tied, the school with the highest points on the Goal challenge will be the winner.
4. Schools will also be required to submit an [Participation Sheet](#) to their SGO's to record all students that took part.
5. **SGO's will** be then required to submit an Overall Borough Participation to LYG by the deadline.
6. The overall winner for each competition will be awarded the 2021 Virtual LYG Boccia Y7-11 Champions.