

Station 1
Bench Ball

Station 1: Bench Roll

Send the ball along a bench underarm to land it on a marker. Points for distance along the bench and for landing it on the marker.

Score 1 to release the ball - 2 to land on the bench - 3 to roll to the end - 4 for landing on the marker

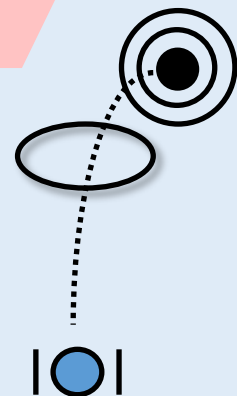


Station 2: Hoopla

Throw the ball, using overarm action, trying to get it through the hoop and land on a target.

Score 1 to release the ball - 2 to go through the hoop - 3 to land on the target

Station 2
Hoopla



Station 3
Bullseye



Station 3: Bullseye

Deliver the ball to land on a target.

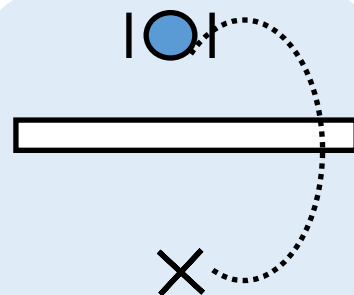
Score 3 for bullseye - 3 for mid ring - 1 for outer ring



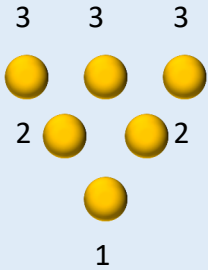
Station 4: Up and Over

Send the ball over the bench and into a target. Each ball successfully on target receives points.

Score 3 for target furthest away - 2 for nearer target - 1 for closest target



Station 4
Up and Over



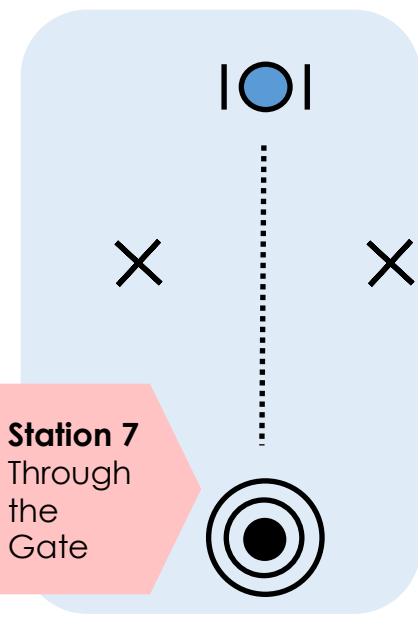
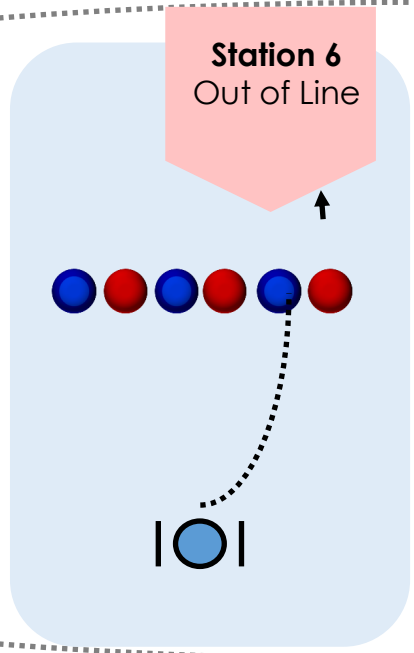
Station 5
Spot On

Station 5: Spot On

Propel the ball onto a series of target areas or hoops. Each target will score points. Score 3 for hoop furthest away - 2 for medium range - 1 for closest

Station 6: Out of Line

The ball should hit a static ball to send it onto markers. Score 1 for releasing the ball - 2 for touching the static ball - 3 for knocking it onto a marker



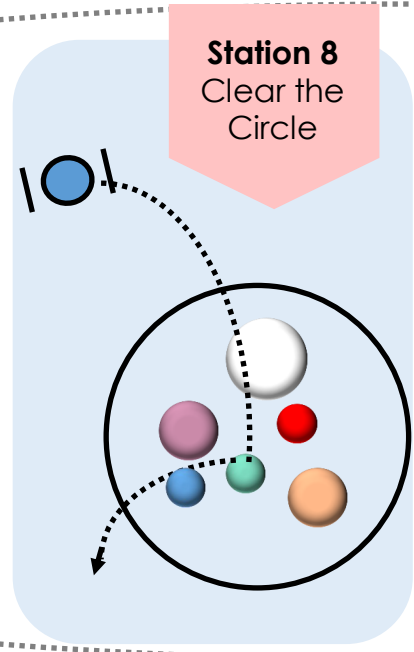
Station 7
Through the Gate

Station 7: Through the Gate

The ball should be propelled through the two cones and come to rest on the target. Score 1 for releasing the ball - 2 for ball through the gate - 3 for ball on the target

Station 8: Out of the Circle

Six balls in a hoop. The ball must be propelled to eject the ball out of the hoop. Score 1 for releasing the ball - 2 for touching a ball within the hoop - 3 for ejecting it out of the hoop



BASIC RULES OF BOCCIA

Boccia is a game of attack and defence, where each side tries to score as many points as possible by placing their own coloured balls closest to the white jack.

Each side can have one, two or three players, depending on if it is a singles, pairs or team match.

In a game, both sides compete against each other over a number of ends - four ends for singles and pairs, or six ends for a team game.

In each end, all thirteen balls are propelled onto court - the jack, six red and six blue.

Both sides must occupy their designated boxes in the court from where all balls are propelled.

The red side always starts the first end by sending the jack into court.

Each player propels the jack onto court in turn at the start of each end.

- Team Game: from box one to box six
- Pairs: from box two to box 5
- Singles: alternately by each of the two players

The player who propels the jack also propels the first coloured ball. The other side then propels their first coloured ball.

The side furthest away from the jack then carries on playing, until they either become closer to the jack or run out of balls.

The side with remaining balls then propels them onto court.

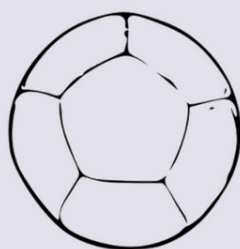
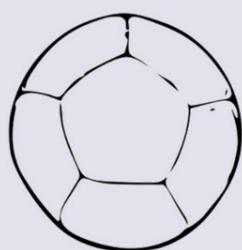
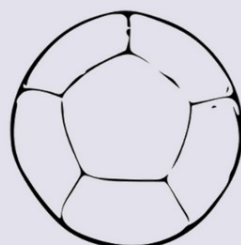
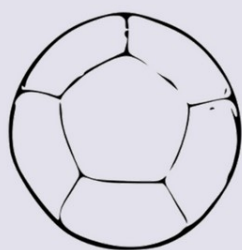
The end finishes when all balls have been propelled onto court.

The end is scored by awarding one point for every ball of the same colour which is closer to the jack than the first opposing coloured ball.

The game is won by the side who has the highest score after all the ends have been played.



BOCCIA BONANZA



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