



Interscholastic Unified Bocce Coaches Training

Special Olympics
Pennsylvania

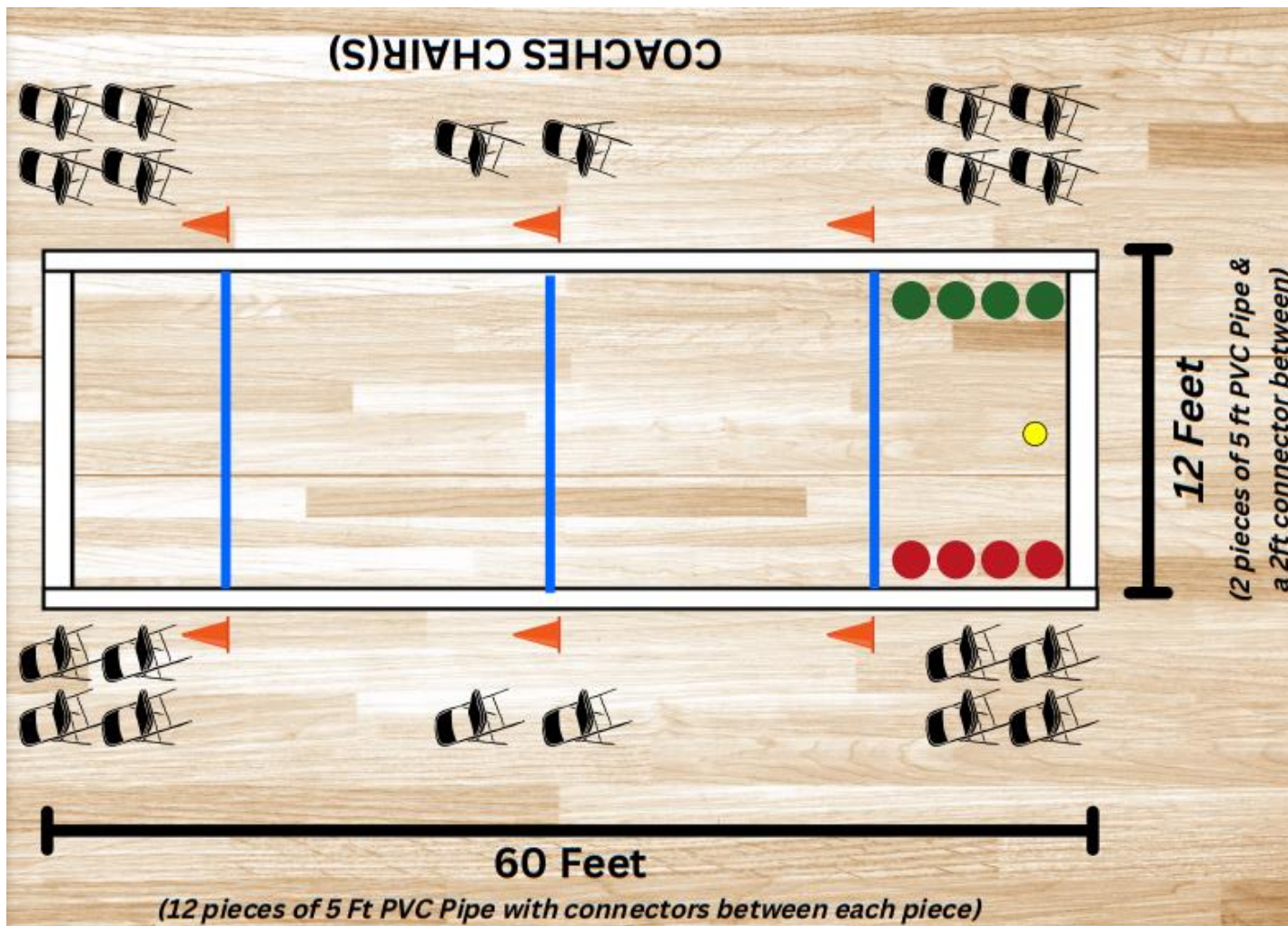


Agenda



1. Court set up
2. Bocce balls
3. Teams
4. Uniforms
5. Officials
6. Start of play
7. Pallina
8. Rolling
9. Rotation of play
10. Measurements
11. Ties
12. Scoring a frame
13. Fouls
14. Accommodations
15. Player Rotations
16. Time outs & coaching
17. Delay of game/pace
18. Golden frame
19. Practices & games
20. Coaches Resources

Court Set Up



Bocce Balls



- 4 red
- 4 green
- 1 yellow or blue pallina
- Filled with non-toxic gel
- Clean with warm water & soap
- Circumference should be 107 mm

Teams



- Ideally a team should be **four athletes and four partners**
- 2 athletes and 2 partners on each end of court for each frame
- **On Game Day** – you must have **at least** 2 athletes and 2 partners on the team to play or you will need to forfeit.
- If you have an odd number of players, some players will **need to rotate**
- We will review this more after we learn to play the game.
- Choose an athlete and partner to be the **captains**
- **Minimum 3 athletes & 3 partners on each team roster!**

Teams



- Once we lock rosters, these remain the teams for the season!
- Keep proportions of athletes/partners in mind
- Gender does not need to be considered when making teams

Team 1	Athlete/Partner	First Name	Last Name	Gender	New/Returning	Grade In School	
Teammate 1	Athlete	Alex		Male	Returning	Senior +	
Teammate 2	Unified Partner	Aaron		Male	New	Junior	
Teammate 3	Unified Partner	Cora		Female	New	Junior	
Teammate 4	Unified Partner	Cian		Male	New	Sophomore	
Teammate 5	Athlete	Samarah		Female	Returning	Senior	
Teammate 6	Athlete	Haley		Female	Returning	Senior +	
Teammate 7	Unified Partner	Hope		Female	Returning	Junior	
Teammate 8	Unified Partner	Abigail		Female	New	Sophomore	
Team 2							
Teammate 1	Athlete	RYLAN		Male	Returning	Junior	
Teammate 2	Athlete	Madeleine		Female	New	Freshman	
Teammate 3	Unified Partner	Alyssa		Female	Returning	Senior	
Teammate 4	Athlete	Alexis		Female	Returning	Senior +	
Teammate 5	Unified Partner	Emma		Female	Returning	Senior	
Teammate 6	Unified Partner	Addison		Female	Returning	Junior	
Teammate 7	Unified Partner	Amara		Female	New	Junior	
Teammate 8	Athlete	Xuan Bop	Male	New	Junior		

Uniforms



- Matching team polos
- Matching pants
- Athletic shoes



Allowed:



Allowed:

Athletic sneakers/tennis shoes. Velcro is allowed as needed for participants. Can be any color.



Uniforms – NOT ALLOWED



- Non-matching team polos
- Non-allowed pants/mismatched colors
- Non-athletic shoes

Not Allowed:

Denim pants (jeans), anything with rips or tears, cargo pants, any colored pants other than black, navy blue or khaki, prints, no leggings with cut-outs above the knee



Not allowed:

- Slip On
 - Ex. such as Vans, Toms,
- Boots
 - Ex. such as Uggs, Timberlands,
- Flip-flops, sandals



Terms



- **In** - the bocce ball closest to the pallina
- **Out** - the ball furthest from the pallina
- **In-contention** - balls that are in the area of the pallina that may be measured for points
- **Foul** - a rule infraction with a penalty
- **Frame** - The time period that it takes to role all 8 balls
- **Winner** - Team that reaches 16 first or the highest score after 30 minutes
- **Game** – The time it takes to roll the frames to declare a winner

Officials



- 2 officials per court
 - Head Official
 - Handles the Play area, calls the “in” ball and points
 - *MUST* be an adult
 - Line Official/Line Judge
 - Watches the foul line, calls foot faults, wrong color rolled and helps with measuring
 - Can be an adult or student *NOT* on the rosters
 - [CLICK HERE](#) for training video



Official Polos

All official polos are white with black embroidery. No customization allowed.



Start of Play



- Captains are called to the service line from both teams.
- Head Officials asks one team to call head or tails (usually the visiting team)
- Winner of the coin toss gets
 - To choose the color of balls
 - To roll the pallina to start the game

Start of Play

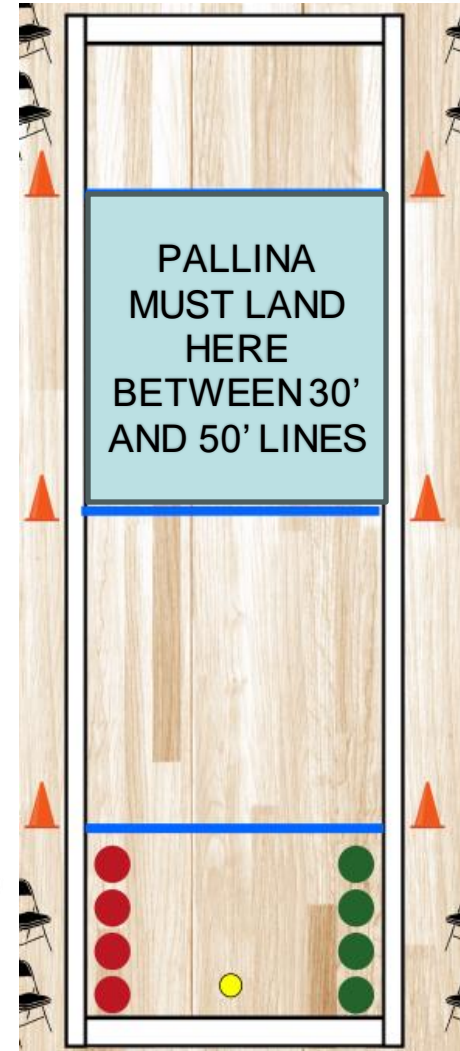


- Official hands the pallina to the winning team and then tells the score table what color is which team.
- The line official makes sure the balls are in the court in the appropriate corners.
- All balls must be in the court.
- Team members cannot hold a ball while they are waiting their turn.
- The team who won the coin toss, now gets to role the pallina

Start of Play



- To start frame the team member gets three tries to role the pallina into the play area.
- It must stop once it passes the 30 ft. piece of tape and stop before the opposite side service line.
- If it stops before the 30 ft. line, stops on the tape or rolls past the Opposite side service line it must be rolled again.
- If it lands in the service area but within a ft. of the side rails, the official may place their foot into the court and move the pallina one foot out from the rail.



Start of Play



- If the pallina is **not** placed into play after three attempts the other team has **one** attempt.
 - If they place the ball in play, the game begins with the team who won the coin toss rolling their first bocce ball.
 - The student who original rolled the pallina now rolls the first bocce ball.
 - If they do **not** get the pallina in the play area, the head official places the pallina on the center of the 40 ft. line or the middle of the play area.
 - The game begins with the team who won the coin toss rolling their first bocce ball. The student who original rolled the pallina now rolls the first bocce ball.



Pallina



- The pallina can be rolled from anywhere in the service area
- Once the pallina is in the play area, the student who rolled the pallina must now roll the bocce.
- If the pallina is hit by the bocce and rolls out of the play area, that is okay.



- Wherever the pallina lands it may be played.
- If the pallina is knocked out of the court at any time, the frame is null and void.
- No points are given and play begins at the opposite end of the court.
- The team who rolls the pallina is the team who started the voided frame.



TYPES OF ROLLS

- **Pointing**- rolling directly at the pallina
- **Hitting/Shooting/Spocking/Bumping**- rolling a ball hard enough to move that it connects with a bocce ball or pallina and moves it from its placements.
- **Dead Ball**- A ball that is intentionally dropped over the service line or rolled up the side of the court that does not connect with any balls in contention.

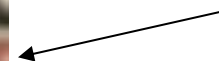
Rolling the Pallina/Bocce Ball



Bend in waist



Bend in Knees



Underhand and
below waist



One foot in front of the other



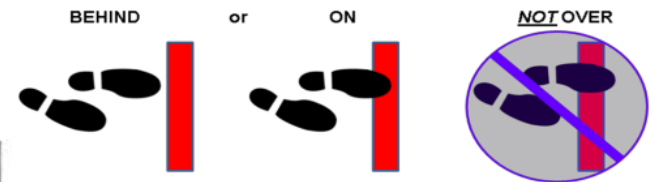
Toes in the direction
you are rolling the ball

Rolling



RULES OF ROLLING

- You may bank the ball on the sides of the court
- You may roll from a kneeling position – remember the ball may not be released from above the waist.
- You may roll from anywhere in the service area.
- Feet **MUST** be behind the line in the service area.



BOTH PERMISSIBLE HAND PLACEMENTS:

Figure 1 Underhand

Figure 2 hand over ball



Rotation of Play

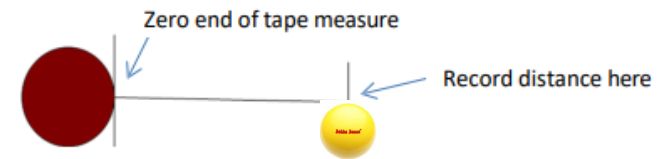


- After the first ball is rolled they are considered the “in” ball.
- The other team must now roll until they are the “in” ball
- Each team member must roll one ball, the order is up to your team and may be different during each frame.
 - The only requirement is whoever rolls the pallina must roll the first bocce ball
 - **END OF FRAME** – all 8 balls have been played

Measurements



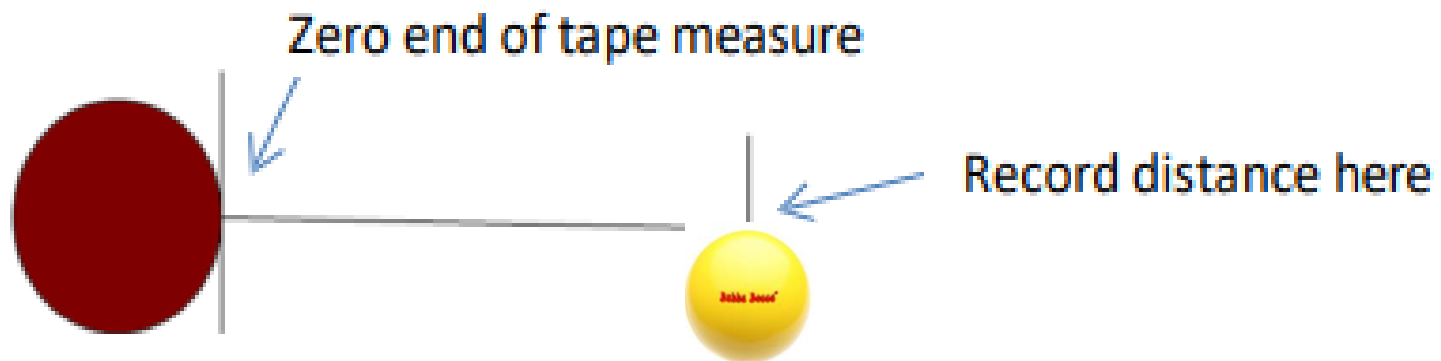
- When measuring the distance of the bocce ball from the pallina, the official should take the end of the measuring tape and place it on the side and in the center of the bocce ball.
- He/she should then take the measuring tape over the top of the pallina.
- The distance calculated is from the center side of the bocce ball to the top center of the pallina.



Measurements



- During a frame
 - The official should measure when they are not sure who the “in” balls is.
- End of the frame
 - The official measures and determines what color the final “in” ball is.



Measurements



- Team Captains may ask for a measurement if they feel the official should have measured but didn't.
 - Ball position looks different when you are standing in the play area vs. when you are sitting on the chairs at the other end of the court.
 - If a captain is asking constantly for measurements and holding up the game their privilege can be removed.



- During the frame
 - The color of the ball rolled that causes the tie needs to roll their next ball to become the “in” ball.
 - They got “close as” not “closer”
 - If there are no more balls to roll, then the other team will role to break the tie.

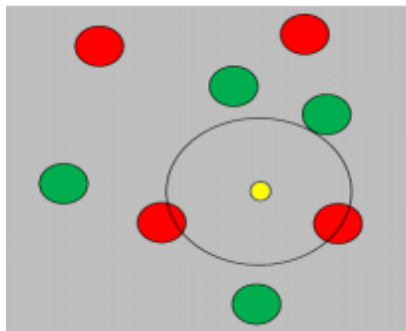


- End of the frame
 - If after all eight balls are rolled and the 2 balls closed to the pallina are different colors, then the frame is null and void.
 - No points are given for that frame.
 - Start the next frame with the team that rolled the pallina to start the voided frame starting the new frame.

Scoring the Frame



- End of the frame – all 8 balls are rolled
 - Only one team can receive points in a frame.
 - One point is awarded for each bocce ball of the same color which is closer to the pallina (the small yellow/blue ball) than the closest ball of the opposing team.
 - If the pallina and bocce balls are touching (aka - kissing), there are no additional points given.



EXAMPLE:

RED scores 2 points because there are two red balls closer than any one GREEN ball.

GREEN scores 0 points during this frame.



- Balls that hit the backboard are in play! they are not considered a dead ball
- Once the pallina is in play, if it is hit you play wherever it lands
- If a bocce bounces out of the court – dead ball
- If the pallina bounces out of the court – The frame is null and void



- **Foot Fouls**
 - When your foot, or part of your foot crosses the service line.
- **Rolling the wrong color ball**
 - Red rolls green or green rolls red
- **Rolling more than one all by a player**
 - Each team member roles one bocce ball
- ***ALL RESULT IN A DEAD BALL***



Foot Fault - toes go over the service line

- Official attempts to stop ball
 - Yes
 - Removes ball from court
 - No
 - Hits Balls in contention
 - Null and void Frame
 - The team who had possession of the pallina at the start of the frame starts the new frame
 - Misses all balls
 - Removes ball from court





Wrong color ball

- Official attempts to stop the ball
 - Yes
 - Returns ball to other team
 - Takes away a ball from the team that fouled
 - No
 - Hits Balls in contention
 - Null and Void frame
 - The team who had possession of the pallina at the start of the frame starts the new frame
 - Misses all balls
 - Returns ball to other team
 - Takes away a ball from the team that fouled



Official moves balls on court!

- Can you put the balls back where they were?
 - Yes
 - Put them back and continue frame
 - No
 - Null and void frame
 - The team who had possession of the pallina at the start of the frame starts the new frame

Accommodations



- Wheelchair users – may roll from their chair or use a ramp
- Walkers – may be handed the ball to roll or use a ramp
- Visual – official can stand behind the pallina and point to it while the player rolls
- Hearing – official can state “I’m standing behind the pallina, or roll to the sound of my voice.”
- 1:1 support – a student can be guided into the court and handed the ball, but hand over hand assistance to roll is not allowed. The 1:1 or para may sit near or beside the student in the chairs, but NO COACHING

Ramps



- For players using a ramp, their teammate must listen to the player delivering the bocce ball regarding the positioning of ramp.
- The ramp assistant/teammate puts the ramp at the center of the court behind the foul line.
- The assistant/teammate then turns their back to the balls in contention & asks for instructions from the player about moving the ramp to the left or right.



Ramps



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- The ramp assistant/teammate puts the ramp at the center of the court behind the foul line.
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Player Rotations



- 3 athletes and 3 partners

ROTATION for 3 Athletes and 3 Partners

[CLICK HERE](#) for video example

Frame #	Athletes	Partners
1	1 & 2	1 & 2
2	3 & 1	3 & 1
3	2 & 3	2 & 3
4	1 & 2	1 & 2
5	3 & 1	3 & 1
6	2 & 3	2 & 3
7	1 & 2	1 & 2
8	3 & 1	3 & 1

Player Rotations



- 4 athletes and 3 partners or 3 athletes & 4 partners

ROTATION for 4 Athletes and 3 Partners

[CLICK HERE](#) for video example

(Can also be used for 4 Partners and 3 Athletes)

Frame #	Athletes	Partners
1	1 & 2	1 & 2
2	3 & 4	3 & 1
3	1 & 2	2 & 3
4	3 & 4	1 & 2
5	1 & 2	3 & 1
6	3 & 4	2 & 3
7	1 & 2	1 & 2
8	3 & 4	3 & 1

Player Rotations



- 5 athletes and 3 partners or 3 athletes & 5 partners

ROTATION for 5 Athletes and 3 Partners

[CLICK HERE](#) for video example.

(Can also be used for 5 Partners and 3 Athletes)

Frame #	Athletes	Partners
1	1 & 2	1 & 2
2	3 & 4	3 & 1
3	5 & 1	2 & 3
4	2 & 3	1 & 2
5	4 & 5	3 & 1
6	1 & 2	2 & 3
7	3 & 4	1 & 2
8	5 & 1	3 & 1

Player Rotations



- 5 athletes and 3 partners or 3 athletes & 5 partners

Rotations for 3 athletes & 5 partners (or 3 partners & 5 athletes)

Current Frame #	Athletes (3)	Partners (5)	Movement after the frame ends.	Not rolling in current frame & sitting at opposite end of court
	X, Y & Z	A, B, C, D, E		
1 (starting)	(X) & (Y)	(A) & (B)	(Y) walks to next frame end of court. (E) walks to opposite end of court.	Z, C, D, E
2	(Y) & (Z)	(C) & (D)	(Z) walks to next frame end of court. (B) walks to opposite end of court.	X, A, B, E
3	(Z) & (X)	(E) & (A)	(X) walks to next frame end of court. (D) walks to opposite end of court.	Y, B, C, D
4	(X) & (Y)	(B) & (C)	(Y) walks to next frame end of court. (A) walks to opposite end of court.	Z, A, D, E
5	(Y) & (Z)	(D) & (E)	(Z) walks to next frame end of court. (C) walks to opposite end of court.	X, A, B, C
6	(Z) & (X)	(A) & (B)	(X) walks to next frame end of court. (E) walks to opposite end of court.	Y, C, D, E
7	(X) & (Y)	(C) & (D)	(Y) walks to next frame end of court. (B) walks to opposite end of court.	Z, A, B, E
8	(Y) & (Z)	(E) & (A)	(Z) walks to next frame end of court. (D) walks to opposite end of court.	X, B, C, D
9	(Z) & (X)	(B) & (C)	(X) walks to next frame end of court. (A) walks to opposite end of court.	Y, A, D, E
10	(X) & (Y)	(D) & (E)	(Y) walks to next frame end of court. (C) walks to opposite end of court.	Z, A, B, C

Remember:

- 1) Two athletes & two partners **MUST** roll in every frame
- 2) No one individual player is permitted to roll more than two consecutive frames

Time outs & Coaching



- No coaching allowed during play!
- Each team gets one 60-second time-out a game
- Clock stops for 60 seconds after coach requests to official
- Your team **MUST** be in possession of the ball
- Allowed anytime during the game
- Coach goes to players
- Encouraging comments such as “nice roll,” or directives such as “roll the ball” are not considered coaching.

Delay of Game/Pace of Play



- In the last 7 minutes, if a team appears to “slow down” or “delay the game” to retain their lead for the win, the official will do the following:
- Give the Head Coach of the team a **warning**.
- After a warning is given for delay of game, if it occurs a second time, **the offending team will forfeit the frame and the opposing team will receive four points.**

Delay of Game/Pace of Play



- Officials help keep the pace of play flowing to allow for the most playing time possible.
- They will use the following prompts to help keep students on track:
- **Prompt 1** is from the Head Official – “Red in, Green roll”
- **Prompt 2** will be given by Head Officials 10 seconds after first prompt
 - *Exceptions: Allow wheelchair, visual/hearing impaired athletes to get into place before 10 second count would begin*
- **Prompt 3** will be given 10 seconds after Prompt 2; Head Official will declare “I will start a 10 second countdown. If the ball is not played, it will be declared a dead ball.”
 - 10-second hand count will be displayed by the head official

2-minute Warning



- 2 minutes prior to the end of the game, the scorekeeper will announce, "2-minute warning".
- No frames may begin after this warning.
- A frame is considered started when the pallina leaves the athletes hand for the first attempt at putting the pallina in play.

Golden Frame



- **Golden Frame** - If the overall wins for each school are tied after two games (1-1 or 2-2), then a Golden Frame may be played to determine the overall school who wins the match.
- Each school will pick 2 athletes and 2 partners from the same team to play this **one frame**.
- Coaches report the names to the scorekeeper to add to the score sheet.

Golden Frame



- A coin toss is held. The winner chooses their ball color & rolls the pallina first.
- No time outs are allowed, but all other rules are in play.
- This is only one frame (8 total balls rolled) – The winner of the frame wins the match.
- *If both schools agree they don't want to play it, they don't have to and can end the match in a tie.*
- If one school wants to play the Golden Frame, then the other school must play

Golden Frame



- It will have NOTHING to do with points - it is simply a tiebreaker between schools, not necessarily individual teams.
- This does not go towards your record and is not counted for points tracking.
- Only scheduled games will go towards record and points tracking.

Practices & Games



- 2 practices after school a week
- If you have a match, that counts as one
- Include fitness training
- Have fun & play games

BOCCE TUG OF WAR

Have players stand behind the foul line (indicated by the X to the right) to start. Place a pallina in the middle of the court.

When you say "GO", players from both sides simultaneously and continuously roll bocce balls in an attempt to knock the pallina past the opposing team's foul line.

As balls are thrown back and forth, players just grab whatever ball is near them to roll back.

Once the pallina crosses a foul line, the game is over.

**Players may not hold onto balls to prevent the opposing team from rolling*

Bocce Resources



Coach Handbook

Bocce Training Plan

Name: _____

Phase of Training	Day	Time	Location	Notes
Warm-up				
Drills				
Skills				
Player Breakdowns (3)				
Game or Game Like Experience				
Cooldown				
Coach's Note				

Practice Plan

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Games at Practice

Player Rotation

Roll the dice to determine who will be the server, the one who will be the player to be punished, and the one who will be the player to be the server.

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Player	Rotation	Rotation	Rotation
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6

Player Rotations

SPECIAL OLYMPICS Unified Sports

2023-24 Unified Indoor Bocce Coaches Resource Guide

What is Unified Sports?

Unified Sports is a program that provides opportunities for people with intellectual disabilities to participate in sports with their non-disabled peers.

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One Pager

SPECTATORS GUIDE TO BOCCE

What is Bocce?

Bocce is a team sport that is played on a rectangular court. The goal is to roll a ball (the pallina) closer to the center of the court than the other team's balls.

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Spectator Guide

Training Session 1

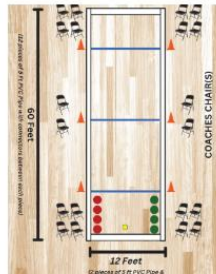
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Training Plan



Court Diagram

[Follow this link to view the 2023-24 Unified Bocce Preseason Coaches Call](#)

[Follow this link to view the Bocce Officials Training Video](#)

[Follow this link to view the 2023-24 Unified Bocce Preseason Webinar](#)

[Follow this link to view the 3/3 Bocce Rotations Guide](#)

[Follow this link to view the 3/4 Bocce Rotations Guide](#)

[Follow this link to view the Bocce Coaches Quiz](#)

[Follow this link to view the 3/5 Bocce Rotations Guide](#)

Unified Fitness



Interested in more:

[CLICK HERE](#)

Charla Stein

Healthy Communities Coordinator

Email:

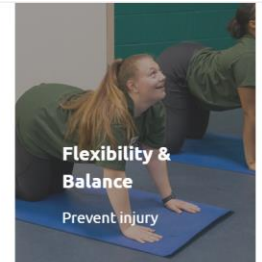
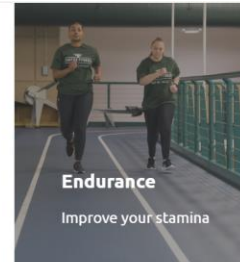
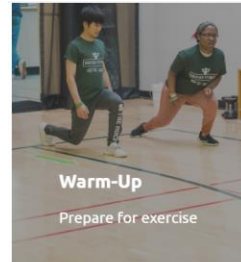
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Unified Fitness *with Equipment*

A guide for Unified Fitness athletes and partners as they embark on a 12-week program for physical activity, nutrition, and wellness.

Special
Olympics
Pennsylvania



Coaches Handbook



Coach Handbook

Special Olympics
Unified Sports