

## FOREWORD

In the Special Olympics program, coaches play a unique and indispensable role. It is they who impart to Special Olympics athletes the sports skills and competitive spirit that define the true athlete.

But they are far more than teachers. They are role models in the building of character; they provide the basis for an athlete's developing the knowledge of an activity that can last that athlete a lifetime. They give Special Olympics athletes the most immediate awareness of their own worth, their ability, their courage, and their capacity to grow and improve. Being a coach in Special Olympics demands qualities of mind and spirit that transcend knowledge of specific games or events. The foundation of good coaching, however, is competence and a solid groundwork in the fundamentals. Therefore, I cannot emphasize in Special Olympics.

Each guide in the Special Olympics Sports Skills Program Guide was developed and tested by coaches, teachers, and parents and is written so that coaches at every level of experience can improve their skills in working with Special Olympics athletes. Followed carefully and consistently, the Sports Skills Program will raise the level of all Special Olympics coaches and give Special Olympics athletes and their families the gift of pride and accomplishments that comes with doing something well.

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## INTRODUCTION TO PROGRAM

The Special Olympics Sports Skills Program Guide is designed for people with mental retardation who may exhibit any number of physical impairments. The program can be administered by the regular physical education teacher, the adaptive physical education specialist, the Special education teacher, the recreation leader, or the Therapeutic recreation specialist. In addition, the Special Olympics coach, parent, and volunteer will find the Sports Skills Program extremely helpful in preparing Special Olympics athletes for competition.

In November of 1975 a legislative landmark, the Education for All Handicapped Children Act (Public Law 94-142), was signed into law. The law guarantees all children the right to appropriate, free, public education. As defined in section 121.24 of the law, the term "special education" means specially designed instruction, at no cost to the parent, to meet the unique needs of a handicapped child, including classroom instruction, instruction in physical education, home instruction, and instruction in hospitals and institutions. The importance of physical education in the total education of a handicapped child is evident in that Physical education is the only subject area specifically addressed in the definition of Special education. The Sports Skills Program has been designed to meet and comply with the requirements of Public Law 94-142.

The Sports Skills Program is based on the premise that people entering to program have mastered developmental skills. They also must possess a sufficient level of fitness to enable them to acquire the skills and knowledge for learning a particular sports skill. The program utilizes goals, short term objectives, task-analyzed activities, assessments, and teaching suggestions for individualizing and integrating sports skills instruction into other areas of the athlete's curriculum. Each sport has been task-analyzed by

physical educators and recreation specialists who have had success in teaching that particular sport to individuals with mental retardation.

### Field Testing

The Sports Skills Program was field testing among public and private schools, residential centers, activity centers, and recreational agencies. More than 100 teachers and 2,000 athletes participated in the effort in Arizona, California, New Jersey, New York, Carolina, and Wisconsin. Support for the program was justified by positive reactions and feedback from recreation, physical, and special education professionals throughout the country. Collection and analysis of field test data revealed that the Sports Skills Program provided a systematic instructional process which resulted in the development and improvement of sports skills among individuals with mental retardation. Each sports skills guide complies with the requirements and regulations of Public Law 94-12 and can be written into the athlete's individualized education program. For Special Olympics athletes who are over the mandated age stipulated by this law, these sports skills guides offer a comprehensive tool that can be used by recreation professionals,

group home staff, parents, siblings, and any other individuals who act as a coach and assist the athlete with his/her sports and recreational skill development.

### Format of the Special Olympics Sports Skills Program Guide

The format of each Special Olympics Sports Skills Program Guide includes:

Overview explanation of activity, instruction/rules, equipment/supplies, relevance/appropriateness to the athlete, ease of adaptation, and prerequisite skills.

Long Term Goal a statement of expected athlete behaviors after the learning experience. Short Term

Objectives statements of specific athlete behaviors relative to the goal statement. Generally, the criteria for acceptable performance has been purposely

omitted from the behavioral objective, in order to individualize teaching, the coach should realistically determine the criteria for evaluating each athlete's performance based upon the following data:

- (1) present ability of the athlete,
- (2) potential ability of the athlete,
- (3) behavioral limitations of the athlete,
- (4) behavioral limitations of the environment.

Modifications and Adaptations modified equipment, activities, and playing areas that ensure successful

participation by the athlete.

Sports Skills Assessment criterion referenced test to determine the athlete's present level of ability within a specific sport or skill. Pre tests and post tests are related to teaching skill, skill sequence, and tasks.

Teaching Skill identifies the skill to be learned.

Skill Sequence sequenced behavior in which the learner demonstrates acquisition of the the skill of knowledge described in the objective. Again, the coach should

Task Analysis further breakdown of a skill into detailed steps which the athlete must master in order to demonstrate proficiency in that skill.

Teaching Suggestions suggestions of methods and

Materials to foster the successful mastery of the skills by

The athlete. Infusion chart sports skills in relation to general Intellectual areas such as social studies, reading/language, home economics, arts, physical education, science, math, health, and industrial arts.

Daily Performance Record to record the athlete's performance throughout the training program.

Terminology and Resources glossary of terms, bibliography, and resource list including printed and audio visual materials.

Sports Skills Assessment Record Sheet chart to

Record the athlete's sports skills assessment scores.

## BOCCE

Bocce is an ancient sport. Played by the Romans almost 2,000 years ago, it has withstood the test of time and parented many present day games such as the English Lawn Bowles, the french Boules, and American Bowling. Its popularity over the last two millenia can probably be attributed to the ease with which its basic skills can be learned and the social interaction it promotes. Both of these attributes make it a perfect addition to the Special Olympics Sports Program.

Regardless of the age of the athletes or their motor ability, the basic skills of bocce can be learned over a very short period of time. It should not be considered, however, a backyard game that presents no challenge. Although it can be learned quickly, it may take, even gifted athletes, a lifetime to perfect their accuracy and develop a core of winning strategies. It is, therefore, a sport that can be played by a wide spectrum of people with great satisfaction and enthusiasm.

The athlete, participating in any sport, derives satisfaction from achievement. In

bocce, the satisfaction comes not only from scoring points, but throwing a well positioned pellina, the small ball that serves as the target during the course of the game coached or the inherent satisfaction in bocce can be lost.

The bocce guide is designed to help the coach present the game of bocce in a manner that maximizes its inherent qualities. It includes competition rules, safety guidelines, a skills progression, coaching plan, and modified activities and drills.

## GOALS OBJECTIVES/BENEFITS

### LONG TERM GOAL

The athlete will acquire the basic skills, behavior, and functional knowledge needed to participate successfully in a regulation game of bocce.

### SHORT TERM OBJECTIVES

Given demonstration and practice the athlete will warm-up properly before participating in a game of bocce.

Given an explanation and practice playing the athlete will understand and adhere to the rules required to play the game of bocce.

Given an explanation and playing the athlete will exhibit sportsmanship and Etiquette when playing bocce.

Given demonstration and repeated practice the athlete will be able to execute the proper grip, stance and delivery necessary to throw a bocce ball successfully .

Given an explanation and practice playing the athlete will recognize the term used in bocce.

Given demonstration and repeated practice the athlete will be able to execute one of the two major strategies of the game either trying to place his/her ball closest to the pallina or attempting to disperse the opponent's ball.

Given demonstration and repeated practice the athlete will be able to determine his/her order of rotation during a frame after hearing the announcement of the official.

Given an explanation and a visual picture the athlete will be able to dress appropriately to compete in an official game of bocce.

## BENEFITS

Bocce provides the athlete with expanded opportunities to socially interact in a recreational setting.

Bocce provides the athlete with a lifetime sport suitable for competition or recreation that requires little organization or supervision for the athlete to participate.

Bocce helps to develop hand eye coordination and balance.

Bocce helps to improve concentration.

Bocce provides the athlete with an opportunity to make decisions after careful thought.

## PROGRAM ORGANIZATION

As with any sport you coach in Special Olympics, your coaching philosophy should be consistent with the mission and philosophy of the Special Olympics organization. Quality training and opportunities for fair and equitable competition should be provided to all the Special Olympics athletes involved in your bocce program. Successful coaches include fun in the overall development of the athlete and the athlete's acquisition of skills and knowledge of a particular sport as objectives of their program. It is important for you as the coach to develop written plans prior to the start of your training program to help you maintain a quality, organized, and safely run program. The following checklist will assist the bocce coach in planning a comprehensive program.

### Pre-Season Planning and Preparation

Improve your knowledge of bocce and your coaching skills by attending a coaches' training school or clinic sponsored by your Chapter Special Olympics program. Obtain a copy of the national governing body (NGB) rules and regulations from the International Bocce Association Inc. 400 Rutgers Street, Utica, New York 13501.

Obtain a suitable training site for practice. If standardized bocce courts are not available, obtain a site

where you can construct your own courts and recruit skilled volunteers who can help you build a bocce court. Until you can construct a regulation court gather the materials for a temporary court made of railroad ties or any wood that is higher than the diameter of the bocce ball. Obtain a certificate of insurance through your Special Olympics Chapter Office if your practice facility requires you to do so.

Obtain the necessary equipment.

Recruit volunteer assistant coaches from high schools, Senior centers, or bocce clubs.

Recruit volunteers to transport athletes to and from practice sites and competitions.

Recruit Special Olympics athletes by staging exhibition Bocce games or playdays and clinics on bocce.

Sponsor a trip to a local bocce tournament and ask the tournament director to speak to the athletes.

Draw up an eight week instructional/training program, Such as the one suggested in the following section.

Schedule a minimum of two practices a week for eight weeks.

Schedule matches against the local Special Olympics programs or local bocce clubs.

Ensure that all athletes have thorough physical examinations prior to the first practice. Obtain parent/guardian releases and medical forms for each athlete involved in your training program.

## Season Planning

Document your eight-week training program in writing or use the program suggested in the following section.

Use skills assessments to keep track of each athlete's skill development.

Modify your eight-week program if you feel your athletes are progressing at a faster/slower rate than you had anticipated.

Plan what you are doing before you arrive at practice.

Have specific tasks for your assistants to do. Outline exactly what you wish to accomplish with each athlete.

Keep attendance records.

Encourage athletes to practice at home with family members. Remember bocce is a perfect recreational activity, and these "additional" practice sessions will help to improve the athlete's strength, social interaction, and self-esteem.

## Post-Season Planning

Arrange appropriate storage facilities for equipment; attend to repairs.  
Review pre-season goals.  
Ask for comments from athletes and family members.  
Write evaluations.  
Write thank you notes to volunteers.  
Plan a social activity such as an awards dinner or victory dance.  
Encourage athletes to continue warm-up and strength and conditioning exercises to stay in condition during the off-season.

## COACHING TECHNIQUES

### HINTS FOR BEING A GOOD COACH

Relax. Attempt to learn the rhythm and style of your class the day.  
Be flexible. Alter instruction to meet the needs of a particular athlete or group.  
Set realistic goals for each athlete.  
Don't expect immediate results in the athlete's skill acquisition—patience and practice are needed to acquire the sought after results.  
Always plan and understand lessons thoroughly.  
Stand and face athletes during instruction.  
Give clear instructions (written whenever possible) to assistant coaches.  
Participate in the activity with the athletes. Stay active.  
Teach by demonstration as well as verbal instruction.  
Allow the athlete plenty of time to become familiar with the skill before teaching another skill.  
Be firm and maintain discipline. Simple but well-defined rules should be discussed during the first practice.  
Be quick to praise when skill is done correctly.  
Provide brief and clear instructions.  
Use confidence builders; attempt to prevent an athlete from encountering repeated failures.

### ROLE OF THE COACH

As head coach, you are ultimately responsible for the total practice environment of your athlete. The following responsibilities should be used as a checklist for you to ensure that your athletes are being instructed in a safe and competent manner. As a coach you should:

- know, understand, and abide by the Olympics Sports Rules and the National Governing Body Rules.
- Know and understand the sport being coached and develop a training program for each athlete that includes:
  - fundamental skill instruction
  - conditioning
  - instruction on competition and rules
  - a minimum of 8 weeks of training prior to competition.
- Execute the legal duties of coach:
  - provide a safe environment
  - properly plan the activity
  - supervise the activity closely
  - maintain an accurate file of athletes' medical and parent/guardian release forms at the training site
  - maintain accurate training records on each individual.
- Oversee and evaluate all assistant coaches for a particular sport.
- Attend all competitions with the team.

#### HINTS FOR ORGANIZING A GOOD TRAINING SESSION

- Use the training site to your best advantage.
- Introduce athletes to one another and orient them to the instructional setting.
- No one should be standing around while you arrange things. Keep everyone busy.
- Keep athletes informed of changes in schedule or activities.
- Demonstrate the sports skills frequently.
- Keep the fun in fundamentals. Use games to teach new skills and review the old ones.
- Devote a part of each training session to a group activity.
- If an activity is going well, it is often used to stop the activity while interest is high.

#### COACHING TECHNIQUES

## MULT-HANDICAPPED INDIVIDUALS AND OLDER SPECIAL OLYMPICS ATHLETES

The Special Olympics Sports Skills Program is designed for all Special Olympics participants, including those who are multi-handicapped. One objective of Special Olympics is to offer meaningful opportunities to train and compete in sports to multi-handicapped individuals, regardless of the severity of their handicaps. Various adaptations and modifications to the Special Olympics Sports Skills Program can be made based upon the needs of the participants. For suggestions on those adaptations and modifications see the appropriate section in this guide

The Sports Skills Program can also be helpful for improving the quality of life for adult participants. A regular exercise program that includes walking, jogging, and sports activities can improve the athlete's cardiovascular fitness and help him/her maintain a healthy body and active mind. It is important to recognize that many older participants may have been leading relatively sedentary lives; hence, training should progress slowly so as to avoid injuries during the early stages of the program. Special effort should be made to enhance the athlete's motivation and ensure that training is a pleasant experience. The overall aims of training should include improvement of fitness and an enjoyable and beneficial way to use leisure time. Once you have administered the test, it will be easier to determine how you should structure the rest of your practice sessions to enable each athlete to get ready for competition.

You may ask yourself some of these questions after all of your athletes have completed the sports skills assessment:

How many of my athletes can successfully throw from the legal distance and have their bocce ball fall within the court at least 60% of the time?

How many of my athletes need strength and conditioning work to enable them to throw 100-200 balls in a practice session without getting tired?

How many of my athletes understand the rules?

As a coach you can use the answers to these and other questions to help you individualize each athlete's training program.

Make sure you structure your practices to include the following components: warm-up, review of previously

learned skills, skill development, playing the game, strength and conditioning exercises, and a review. This is a lot to schedule within a one hour session so you must determine if athletes need additional time and whether the Special Olympics athletes have the physical stamina to Continue in a practice set that is longer than one hour. During the lesson you should mark each athlete's progress on the performance record sheet. Use this record and compare it to the Sports Skills Assessment to determine if modifications are necessary.

## READY TO START

Every Special Olympics training program needs well-trained coaches. The more knowledge each coach has, whether he/she is the head coach or assistant coach, the more assurance that the athletes will be trained in the correct manner. Coaches come from a variety of backgrounds with a variety of previous coaching knowledge: teachers, parents, high school students and college students, members of church organizations and civic organizations, and recreation and group home staff. Because it is important that each coach is acquainted with and understands the mission and philosophy behind the Special Olympics program, the first in becoming a good coach would be to attend a Special Olympics coaches training school.

Your own personal style and your approach to your training program will also determine how successful you will be as a coach. If you are able to present your training program in an enjoyable and exciting manner, you can be sure that the athletes will respond in a positive way. Special Olympics athletes enjoy challenge, but each individual athlete will learn at his/her own rate so remember to include activities that are challenging but offer a high degree of success for each athlete in your training program.

Once you have attended a Special Olympics coaches training school, you can start thinking about how you will you will probably have athletes who have played the game of bocce before as well as athletes who have no knowledge of the game. In order to determine the ability level of each of your athletes, you should administer the Sports Skills Assessment Test.

Special Olympics families can play an important role in helping athletes learn sports skills. The athlete's family members (brothers, sisters, parents, other relatives, and close friends) are usually the most important influences in the athlete's life. Therefore, family members can lend tremendous support by giving the love and encouragement Special Olympics athletes need to reach their personal goals. In addition, research has shown that as families participate in Special Olympics activities with the athlete in their family, the family members develop an increased sense of pride and respect for the Special athlete's abilities and potentials. As a Special Olympics coach, you should try to involve the families of Special Olympics athletes in their athlete's training several reasons:

- (1) to encourage families to help their athlete perform the sports skills at home;
- (2) to have families help motivate their athlete in training; and
- (3) to help families understand their athlete's sports goals.

With this involvement and understanding of their athlete's goals, families will display more open and positive attitudes toward their athlete when he or she succeeds in realizing his or her goals as well as when he or she falls short.

Coaches can encourage family involvement by teaching family members how to work with their athletes. They can set aside some time after each training session to instruct family members on how to assist their athletes in practicing their sports skill at home. They can also encourage family members to attend Special Olympics Coaches Training Schools. There, the family members learn to use the Special Olympics Sports Skills Program Guide and better prepare themselves to help their special athletes.

Special Olympics coaches can encourage families to become more involved in their athlete's sports activities in the following ways. They can suggest to the families that they: Attend the athlete's Individual Education Plan (I.E.P.) or individual Habilitation Plan (I.H.P.) conference to ask that Special Olympics training and competition programs be included in the athlete's written I.E.P. or I.H.P. to help the athlete meet his or her goals for physical and social development

Attend Special Olympics sports clinics, camps, demonstrations, games, and competitions with their athlete

encourage and assist their athlete to choose the sports activity that the athlete wants to pursue  
Take outings to sports events  
Participate and consult with their athletes when training and competition schedules are developed.  
Secure uniforms, equipment, and supplies for the athlete's local program.  
Provide athletes with transportation to and from Practices and competition or help form car pools.  
Become a volunteer for Special Olympics in their communities.

## CLOTHING

The official rules of bocce do not specify the type of attire which should be worn during competition. They only say that players will dress in a manner which will serve to bring credit to them and the sport of bocce. While this rule allows a great deal of interpretation it should be remembered that a uniform in sport not only allows the athlete to move comfortably while participating, but helps them to achieve a sense of pride and belonging. Uniforms, therefore, while not required are strongly recommended. The guidelines given below may help the coach make a determination about appropriate attire.

### Shoes

Sneakers designed to provide support, balance and traction such as those constructed for tennis, jogging, and walking are recommended. Care should be taken to select a sneaker which is comfortable after long periods of standing interspersed with short bouts of walking. Shoes with leather soles should not be worn.

### Shirt

The shirt that is selected should allow ample movement of the arm and shoulder and be loose enough around the torso to allow maximum bending and stretching without interfering with the delivery of the ball. Shirts made of a blend of cotton and a synthetic fiber are preferred. Short sleeve shirts should be worn unless it is cold. During cooler weather rugby type shirts are favored over Jackets which may impede the athlete's movement during

delivery.

If possible the name of the team should be printed on the shirt in any one of the designs that is customarily used on uniforms.

### Socks

Regular weight athletic socks should be worn. Good Quality athletic socks help to prevent blistering and burning.

### Pants

Long pants of any color are preferred. The pants should be made of stretchy material and fitted to the athlete so that they allow maximum stretching in all directions. Care should be taken to insure that the waistband is not restrictive or binding.

## COACHING SUGGESTIONS

Display and discuss the different pieces of the uniform. Discuss the importance of wearing clothing that is not restrictive or binding.

Encourage athletes to dress appropriately whether they are practicing, engaging in a recreational game, or participating in a competitive setting.

Wear the proper clothing yourself and point out to the Athletes how you are dressed.

## EQUIPMENT

Pallina- The pallina is the small that is sometimes called a one ball jack or beebie. It's size may vary from 53 mn to 63 mn and should be of a color that is visibly distinct from the bocce ball colors.

Bocce Ball- The bocce balls are the larger balls. They may be made of composition, wood or metal but must be of equal size. Their size may vary from 110mn to 113 mn.

Ball color is not important as long as the the four balls of one Team are clearly and visble distinct from those of the opposing team.

Bocce Court- the bocce ball court is an area 12'wide by 60' long and should be marked as pictured in the diagram: court construction plans and specifications can be obtained from the international Bocce Association and

is included in the Appendix of this guide.

**Carrying Bag-** A mesh bag or a small canvas mason bag should be used to carry all of the balls and equipment for the bocce set. It is recommended that the carrying bag have either a pull—string or carrying handles.

**Small Steel Tape Measure-**A small steel tape measure should be included with every bocce set. It will be used to measure out the playing area for bocce court.

**Rule Books-** Official rule books may be obtained from the international Bocce association, Inc., P.O. Box 170 utica, New York 13503, or by calling (315) 733-9611.

## WARMUP/CONDITIONING

Warming the up before practice or cometition is vital in preventing undue injury. Because each sport is different, care should be taken to select warm-up exercises that are directly related to the activities that will be performed during play.

The sport of bocce normally requires the athlete to do a great deal of stretching and walking during the course of a game. Warm-up activities, therefore, should attempt to stretch the muscles and move the joints, that will be used most extensively through their full range of motin.

Conditioning exercises should do the same.

Stretching should be primary emphasis of both the warm-up and conditioning phases of an athletes training. Stretching will enhance physical fitness, maximize the learning and practice of the basic skills in bocce and increase the athlete's relaxed state. It can also help to promote body awareness and reduce muscular tension.

While cardiovascular edurance is not a primary consideration, some work should be done in this area if the coach feels an athlete may not be able to finish an entire game or will begin to fatigue before a game is completed.

Fatigue during play may not prohibit an individual from finishing, but it will unduly effect the exection of skills.

A conditionoing program should be designed for each athlete based on his or her level of flexibility, endurance, and strength. In the area of stretching, this can be determined by asking the invdividual to perform each of the exercises and observing the range of motion they are able to accomplish at each joint. In the area of cardiovascular endurance and muscular strenght and endurance, a formal testing procedure is not necessary.

The coach should observe whether an athlete can successfully complete a practice session or game. If he/she is not able to perform at maximum capability

designed. No matter what type of conditioning program is developed it should be performed by the athlete several times a week. This is especially important because flexibility can be lost very quickly if it is not worked regularly. Before and during a stretching workout remind the athletes to:

1. Warm up before they begin stretching.
2. Move slowly and smoothly into position and not to bounce or bob.
3. Perform the exercise properly in good alignment.
4. Breathe normally throughout the exercise.
5. Hold the stretch between 20 and 60 seconds.
6. Concentrate on each exercise.

### Walking/Jogging

A. At the start of every warmup session or conditioning workout, the athlete should perform a mild walk/jog routine. Start the athlete out walking slowly, gradually increase pace and add vigorous arm swing. As the athlete begins to loosen up, add slow jog, increase pace slightly then reverse action-go from a moderate jog to walking.

1. Perform an Ankle Stretch.

#### TASK ANALYSIS

- a. Kneel on all fours with toes pointing backward.
- b. Exhale, slowly lower buttocks to heels. Lower buttocks as close to your heels as possible.
- c. Hold this stretch for 20 seconds to 1 minute.
- d. Relax.

2. Perform a Calf Stretch:

#### TASK ANALYSIS

- a. stand facing a wall, approximately 4 or 5 steps from the wall.
- b. Step forward with one leg and keep the other leg straight.
- c. Place palms against the wall and lean against it, without bending the straight line of head, neck, spine, pelvis, outstretched leg and ankle.
- d. Be sure to keep rear foot flat on the floor.
- e. Exhale, bend your arms, making both palms and forearms lie flat on the wall, move chest towards the wall, and shift weight forward.

- f. Hold the stretch for 20 seconds to 1 minute.
- g. Relax.

### WARMUP/CONDITIONING

- 3. Perform a quadricep stretch:

#### TASK ANALYSIS

- a. Lie on the floor on your side
- b. Flex the leg that is not against the floor, bring your heel towards your buttocks.
- c. Exhale. Reach behind your back and grasp your ankle. Pull your heel towards your buttocks gently without over-compressing the knee.
- d. Hold the stretch for 20 seconds to 1 minute.
- e. Relax.

- 4. Perform a Shoulder Flexor:

#### TASK ANALYSIS

- a. Sit or stand in an upright position. Extend your arms.
- b. Cross one wrist over the other. Interlock your hands.
- c. Inhale. Extend your arms behind your head. (Be sure to keep your wrists crossed and your hands interlocked.) your elbows should be positioned behind your ears.
- d. Hold the stretch for 20 seconds to 1 minute.
- e. Relax.

- 5. Perform a Wrist Extensor:

#### TASK ANALYSIS

- a. Sit or stand in an upright position.
- b. Extend both arms out in front of you with fingertips pointing forward.
- c. While keeping your fingers completely straight, bend

- your wrist so that your palm faces your body.
- d. Hold for 20 seconds to 1 minute. Relax.
- e. While keeping your fingers completely straight, bend your wrist so that your palm faces away from your body.
- f. Hold for 20 seconds to 1 minute.
- g. Relax.

6. Perform Trunk Rotation Exercises:

TASK ANALYSIS

- a. Stand with feet shoulder width apart, hands on hips.
- b. Slowly bend trunk as far left as possible.
- c. In a continuous motion, bend to the front, continuing to racket side and around to back.
- d. Repeat in opposite direction.
- e. Repeat

6. Perform A Groin Stretch Exercise:

TASK ANALYSIS

- a. Stand with feet wide apart.
- b. Bend right knee and lower body over right foot.
- c. Hold left leg straight-stretching groin muscle in left leg-for 5 seconds.
- d. Keep back straight and head up during stretch.
- e. Return body to center and repeat stretch over left knee.
- f. Repeat exercise 5 times slowly.

7. Perform An Arm Curl:

TASK ANALYSIS

- a. Stand erect with feet spread to shoulder width.
- b. Grip a bocce ball securely in your right hand.
- c. The bocce ball should be in your right hand with your right arm fully extended at your side.
- d. Flex your arm, drawing the bocce ball up to your

- chest. Your back should be kept straight.
- e. Slowly return bocce ball to the starting position.
  - f. Repeat the arm curl 10-15 times.
  - g. Repeat the arm curl with the bocce ball in your left hand.

## WARMUP/CONDITIONING

### 8. Perform a Forward Arm Extension:

#### TASK ANALYSIS

- a. Stand erect with feet spread to shoulder width.
- b. Grip a bocce ball securely in your right hand.
- c. The bocce ball should be in your right hand with your right arm fully extended at your side, palm forward.
- d. Slowly raise your arm in front of you until it is parallel with the ground. Your back should be kept straight. Your elbow should not bend.
- e. Slowly return the bocce ball to the starting position.
- f. Repeat the forward arm extension 10-15 times.
- g. Repeat the forward arm extension with the bocce ball in your left hand.

### 9. Perform A Rear Arm Extension:

#### TASK ANALYSIS

- a. Stand erect with feet spread to shoulder width.
- b. Grip a bocce ball securely in your right hand.
- c. The bocce ball should be in the your right hand with forward.
- d. Slowly raise your arm behind you. Raise it until it is parallel with ground. (If you can not raise it this far, just raise it as high as you can.) Your back should be kept straight. Your elbow should not bend.
- e. Slowly return the bocce ball to the starting position.
- f. Repeat the rear arm extension 10-15 times.
- g. Repeat the rear arm extension with the bocce ball in your left hand.

## EIGHT-WEEK BOCCE TRAINING PROGRAM

Following is a series of brief coaching plans for an eight-week program in bocce. It is not meant to be an absolute. The plans simply represent a progression the coach may use to guide their athletes in the learning process. Each plan includes a period for warm-up/conditioning, the introduction of a new skill or concept, practice of a previously learned skill or concept, and a game practice period.

## WEEK ONE

### Practice 1

- Play demonstration game.(10 minutes)
- Explain equipment. (5 minutes)
- Explain safety rules. (5 minutes)
- Perform warm-up exercises. (10 minutes)
- Administer Item 1 of Skill Assessment. (20 minutes)
- Provide time for athletes to roll ball at pallina. (10 minutes)
- Review practice with athletes. (5minutes)

### Practice 2

- Perform warm-up exercises.(10 minutes)
- Review safety rules. (5 minutes)
- Review names of equipment; introduce new terminology as needed. (5 minutes)
- Demonstrate grip. (5 minutes)
- Have athletes roll back to opposite ends of court using appropriate grip from: a) varying distances, b) both knees, c) one knee. (15 minutes)
- Perform conditioning activities (10 minutes)
- Review practice with athletes. (5 minutes)

## WEEK TWO

### Practice 1

- Perform warm-up exercises. (10 minutes)
- Introduce terminology as needed.
- Review grip;have athletes practice from varying distances; from one knee and at target. (20 minutes)
- Introduce stance for rolling ball; have athletes practice getting into stance from upright position, getting into stance from approach to foul line. (15 minutes)
- Perform conditioning activities. (10 minutes)
- Review practice with athletes. (5 minutes)

## Practice 2

Perform warm-up exercises. (10 minutes)

Review grip and stance for rolling. (10 minutes)

Introduce delivery; have athlete practice whole Sequence. (10 minutes)

Provide challenge; athlete attempts to place 5 out of 10 rolled balls in-bounds. (15 minutes).

Perform conditioning activities. (10 minutes)

Review practice with athletes. (5 minutes)

## WEEK THREE

### Practice 1

Perform warm-up activities. (10 minutes)

Review grip, stance, delivery of roll. (10 minutes)

Introduce delivering pallina using roll. Have athletes note difference in weight and color of balls. (10 minutes)

Practice delivering pallina in-bounds. Challenge athletes to make 1 out of 3 attempts. (15 minutes)

Perform conditioning activities (10 minutes)

Review practice with athletes. (5 minutes)

### Practice 2

Perform warm-up activities. (5 minutes)

Review grip, stance, delivery of bocce ball using roll. (10 minutes)

Review grip, stance, delivery of pallina using roll. (10 minutes)

Play modified game of doubles. (20 minutes)

-5 point game

- Only two rules used:

1. Must stay behind foul line (to be determined by coach) when delivering.
2. Ball closest to pallina gets point.

-Only 2 balls used per person.

## WEEK FOUR

### Practice 1

Warm-up. (10 minutes)

Conduct circuit challenge. (40 minutes)  
5 stations

1. Measure straight delivery.

2. Roll bocce within 2 feet of pallina.

3. Roll bocce ball to hit target bocce ball.
4. Roll bocce ball to break two target bocce ball.
5. Roll pallina in-bounds.

Conditio. (5 minutes)

Review practice with athletes. (5 minutes)

#### Practice 2

Warm-up. (10 minutes)

Explain rules for doubles. (10 minutes)

-team-in;team-out

-Scoring

-Fouling and penalties

Play 8 point games of doubles. (25 minutes)

Conditio. (10 minutes)

Review practice with athletes. (5 minutes)

### EIGHT-WEEK BOCCE TRAINING PROGRAM

#### WEEK FIVE

##### Practice 1

Warm-up. (10 minutes)

Explain rules for teams of 4. (10minutes)

Play particular attention to rotation of players, team-in team-out, and pallina advantage.

Play 5 point games. (35 minutes)

Review practice with athletes. (5 minutes)

##### Practice 2

Warm-up (10 minutes)

Review rules & etiquette for teams of 4. (10 minutes)

Conduct Athlete and Volunteer vs. Athlete and Volunteer Tournament. Team composition should be prepared by coach and posted at practice site. (40 minutes)

Review practice. (5 minutes)

#### WEEK SIX

##### Practice 1

Warm-up. (10 minutes)

Introduce play situations-set balls upon court in different patterns; explain strategies for gaining pallina advantage. (15 minutes)

Set-up circuit with four stations. Each station has a different situation for athletes to practice. (30 minutes)

Review practice with athletes.(5 minutes)

#### Practice 2

Warm-up. (10 minutes)

Review play situations. (10 minutes)

Introduce strategies for placing pallina. (5 minutes)

Play team games- score individual frames only.  
(20 minutes)

Review practice. (5 minutes)

### WEEK SEVEN

#### Practice 1

Warm-u. (10 minutes)

Conduct an intrasquad team challenge using 4 play  
teams; review rules. (45 minutes)

Encourage athletes to call points during games.  
(10 minutes)

Review practice. (5 minutes)

#### Practice 2

Warm-up. (10 minutes)

Conduct an intrasquad challenge in singles and  
doubles. (45 minutes)

Review rules. Have athletes decide if they would like  
to play singles or doubles. Encourage athletes to call  
points during games.

Review. (5 minutes)

### WEEK EIGHT

#### Practice 1

Warm-up. (10 minutes)

Conduct team meeting; discuss invitational tournament;  
review uniform requirements. Court etiquette,  
safety, and rules. (15 minutes)

Play practice games rehearsing each part of the competition. (30 minutes)

Review and give reminders. (5 minutes)

#### Practice 2

Conduct an invitational contest. Invite one or two  
Other teams of equal ability to your site to participate.

## SPORT SKILLS ASSESSMENT

The Sports Skills Assessment chart is a systematic method of determining the skill ability of an athlete. It can be used to determine the initial starting points of a training program or to measure an athlete's progress. Before administering the assessment, become familiar with each of the tasks listed under the major skills. Be sure you have an accurate visual picture of each task and that you have observed a skilled performer executing the skill. This will make it easier to analyze the skill when observing the athlete. Work with each athlete individually in a quiet space devoid of distractions. Explain the skill you would like to observe. If you are doing an initial screening you may have to demonstrate the skill once. Have the athlete perform the skill several times. If the athlete performs the skill correctly 3 out of 5 times, check the box next to the skill to indicate that the skill has been accomplished.

### SPORT SKILLS ASSESSMENT CHART

#### ITEM# 1 GRIP

- Grasps pallina with dominant hand.
- Holds pallina correctly.
- Grasps bocce ball with dominant hand.
- Uses non-dominant hand for support only minimally.
- Holds bocce ball steady with only one hand.
- Grips bocce ball correctly(palm of hand, fingers spread).
- Balances bocce ball in hands long enough to assume a Balanced stance.
- Holds bocce ball naturally with minimum muscular tension.
- Grip accomplished automatically without hesitation.
- Rests ball in non-dominant hand while attempting to grip ball.

#### ITEM# 2 STRATEGY/AIMING

- Takes time to analyze the position of the balls on the far side of the court.
- Able to decide which ball to aim at or what position he/she would like the ball to assume relative to the pallina.
- Keeps eye on ball while assuming stance.
- Able to calculate rebound angle.
- Understands the difference between rolling a

ball for a point or rolling the to displace the opponent.

- Aims while standing in an upright position.
- Understands where to attempt to place the pallina.

#### ITEM# 3 STANCE

- Assumes a proper position near the foul line.
- Faces the appropriate direction.
- Assumes a position along the foul line that will facilitate the angle of the shot to be taken.
- Places the dominant foot forward.
- Lead foot points in the direction the ball will be delivered.
- Lead leg bent, knee over toe.
- Non-dominant leg extended backward/ sideward and planted to provide solid support.
- Trunk bent forward at the waist.
- Shoulders parallel to the ground.(One shoulder is not lower than the other.)
- Head up, back straight.
- Eyes focused on target.

#### ITEM#4 DELIVERING THE BALL

- Assumes proper stance, hand palm up.
- Pushes ball slightly away from body at start of swing.
- Lets ball drop, arm extends and drops backward smoothly.
- Palm remains forward through entire backswing.
- Wrist leads forward swing.
- Fingers come forward, ball rolls off fingers.
- Does not foul.

#### ITEM#5 SCORING

- Knows scoring terminology.
- Knows basic concepts of scoring.
- Can decide which ball(s) receive points each frame.
- Can add points each frame.
- Can keep score on scorecard.

#### ITEM#6 POINT METHOD

- Able to recite 4 point method.
- Able to execute 4 point method.

#### ITEM#7 RULES

- Understands position in team rotation/rotates properly.
- Knows when to throw ball based on pallina advantage.
- Understands the significance of the foul line.

#### ITEM#8 SAFETY

- Ability to apply safety rules.

#### ITEM#9 SPORTSMANSHIP

- Dresses correctly for competition.
- Observes rules of etiquette.
- Cooperates with opponents.
- Cooperates with officials.
- Acknowledges achievements of other players.

#### COMPETITION RULES

The following are the 1992 Official Rules and Regulations for Competitive Bocce from the international Bocce Association, Inc., 187 Proctor Boulevard, Utica, New York, USA 13501.(Phone: 315-733-9611)

#### RULE 1- DEFINITION OF PLAYING TERMS

##### Section 1- Ball: Live and Dead

Article 1- Live Ball is any ball in play, that is having been delivered.

Article 2- Dead Ball is any ball that has been disqualified or forfeited. A ball may be disqualified if:

- a) it is the result of a penalty.
- b) it has gone out of the court.
- c) it has come in contact with a person or object which is out of the court.
- d) it hits the top of the court boards.
- e) it hits covering over the courts or any supports thereof.

See also RULE 5- PENALTIES.

##### Section II-Bocce Ball and Pallina

Article 1-Pallina is a small object ball sometimes called cue ball, jack, beebee, etc.

Article 2- Bocce Ball is the larger playing ball.

### Section III-Other Terms

Article 1- Hitting is sometimes known as spocking, shooting, bombing, etc. A delivery which is thrown with sufficient velocity that it would hit the back board if it missed the target. The shooting line will be used to determine a foul.

Article 2- Bank or Rebound shot refers to playing a ball off either the side boards or backboard.

Article 3-Pointing is a ball delivered to obtain a point Close to the pallina. The pointing line will be used to determine a foul.

Article 4-Frame is the period in the game in which balls are played from one side of the court to the other and points are awarded.

### Section IV-Foul

A foul is a rule infraction for which a penalty is prescribed.

## RULE 2-THE COURT, EQUIPMENT, GAME & PLAYERS

### Section I- Court

Article 1-The Court is an area 3.66m (12') wide by 18.29m (60') long. (See Court Diagram on the next page.)

Article 2-Court Surface may be composed of stone- dust, dirt, clay, grass or artificial surface providing there are no permanent or temporary obstructions 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 or consistency or terrain.

Article 3- Court Walls are the side and end walls of the court may be composed of any rigid material. The walls must be at least as high as the bocce ball at points. The side or end walls may be utilized during play for bank Shots of rebound shots.

Article 4 – Markings (See Court Diagram). All courts should be clearly marked for the following:

- a) .3m(1') from side boards-in-bounds for first toss of pallina

- b) 1.22m (4) from back boards- in bounds for first toss of pallina
- c) 1.22m (4') from back boards- foul line for pointing
- d) 3.05m (10') from back boards-foul line for hitting or spocking
- e) Half court marker-minimum distance pallina may be played on first toss of pallina. 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 closer than the half point marker or frame is considered dead.

## Section II- Equipment

Article 1- Bocce Balls may be of composition, wood or metal and of equal size. Official league and tournament ball sizes may be from 107mm(4.25") to 113mm (4.5"). 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.

Article 2-Pallina must not be larger than 63mm (2.5") or smaller than 48mm (1.875") and should be of a color visibly distinct from both bocce ball colors.

Article 3- Measuring device may be any device that has the capacity of accurately measuring the distance between two objects, and acceptable to tournament officials.

## OFFICIAL BOCCE COURT- Diagram and Court Markings

- A) .3 meter (1 foot) from each side board=  
in-bounds for object ball at start of frame.
- B) 1.22 meters (4 feet) from backboard=  
in-bounds for object ball at start of frame and foul line for pointing.
- C) 3.05 meters (10 feet) from backboard=  
foul line for shooting(hitting,spocking).

D) 9.14 meters (30 feet) from backboard=  
center court line. Object ball must pass  
this point at start of frame.

E) Same as “C “ above.

F) Same as”B” above.

Dotted lines represent imaginary lines drawn  
between court markers at prescribed distances.

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### Section III – The Game

Article 1- Equipment-bocce is played with eight large balls and one smaller target or object ball called the pallina (jack, cue, beebie). There are four balls to a side or team, and they generally made in two colors to distinguish the balls of one team from those of the opposing team. The large balls are also inscribed with distinctive lines to identify the balls of the players on the same team.

Article 2- Pallina and Color- A coin toss by the referee will determine which team has the pallina and choice of ball color. In the absence of a referee, the two team captains will execute the coin toss.

Article 3- Sequence of Play- 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 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.

Article 3a- Three Attempt Rule-The team possessing the pallina will have three attempts at placing the pallina

within the acceptable playing area described above. If they are unsuccessful within these three attempts, 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 width at the 15.24m (50') mark (opposite end hitting line). However, at no time does a team lose its earned pallina advantage of being able to deliver the first ball.

Article 3b- Initial Point- 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 court, leaving only the pallina in the court. It is incumbent upon Team A to re-establish the initial point

Article 4- Ball Delivery-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 "spocking" or hitting out any ball in trying to obtain a point, or decreasing the opposing team's points. All ball delivery attempts must be of an underhand style.

Article 5- Scoring- At the end of each frame (when both teams have exhausted all balls), points will be determined as follows: Scoring points are all those balls of one team

closer to pallina than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurements. The scoring team for each frame will also win the pallina advantage for the subsequent frame.

Referee will be responsible for validity of scoreboard and scorecard. It is incumbent upon the team captain to verify the accuracy of the posted score at all times.

Article 6- Ties During Frame- 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 for the pallina, and Team B rolls its ball for the pallina. The referee determines that they are both exactly 33cm (13") away from the pallina. If Team B does roll up the point and Team A hits that ball out re-establishing a tie, Team A must continue to roll until the tie is broken.

Article 7- Ties at the End or Frame- 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 delivered it.

Article 8- Winning Score

4 player team- 1 ball/player=16points  
4 player team- 2 players at each end of court  
2 balls/player=16 points  
2 player team- 2 balls/player=12 points  
1 player team- 4 balls/player=12 points

the above scoring procedure is most in major tournaments and league play; however, variations may be acceptable.

Article 9- Scorecard- It is the responsibility of each team captian to sign the scorecard after a match and the signatures will indicate the indisputability of the final score. Games in which protests will be filed should not be signed by any captain disagreeing with the score or its validity.

#### Section IV- Player Designation

Article 1- Captain- 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 the game, but may be changed during the course of a tournament or league. The tournament or league officials must be notified of this change prior to and subsequent games.

Article 2- Rotation of Players- The players of any given team may elect to play their ball in any rotation provided the player 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. (Refer to Rule 2, Section III, Article 8.)

## RULE 3- SUBSTITUTIONS

### Section I- Official Notification

Officials must be notified of substitutions prior to scheduled game time or it will result in forfeiture of match.

### Section II- Substitution of Players

Article 1- Substitution of Players- Only one substitute may be allowed per team game. That substitute may take the place of any player on the team and may substitute for different players on the same team during different games.

Article 2- limitations-Once a player has registered to substitute for one team during the tournament, he may not substitute for any other team during that tournament.

### Section III- Substitution During Game

Article 1- Emergencies – Only in the event of medical or other verified emergencies may a player be substituted during the process of 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.

Article 2- Forfeiture- Teams with less than the prescribed number of players will forfeit the match.

## RULE 4- TIME OUTS, DELAYS-OF GAMES, AND CHECKING POSITION OF POINTS

### Section 1- Circumstances

Article 1- Time Out- The official may grant a time-out whenever the circumstances explained appear to be of

sufficient validity to do so. The time-out will be limited to ten minutes.

Article 2- Intentional Delay of Game- if, in the opinion of the official, the game is intentionally delayed without sufficient or valid reason, the official must give a warning. If play is not resumed immediately, the delaying team will forfeit the match.

Article 3- Delays Caused by Weather, Acts of God, Civil Disorder or Other Unforeseen Reason- In such delays, the ruling of the League or Tournament Director will be decisive and final.

Article 4- Checking Position of Points-Players may only proceed to the half court mark before delivering their ball(s)

Exceptions: For 1 player teams, player may proceed down court at any time to observe conditions.

For 2 player teams, one player may proceed down court to observe conditions before delivery.

When only one team has exhausted all of its balls, the referee shall not be permitted to declare, by measurement or viewing, which team is "in."

## RULE 5- PENALTIES

### Section 1- Enforcement of Penalties

Article 1- Determination- 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. The ruling of official is final, except as otherwise provided for hereafter.

Article 2- Conditions Not Covered- For conditions not specifically covered in the official International Bocce Association Rules, the League or Tournament Director's ruling shall be decisive and final.

Article 3- Protests- Any protest to an official's or Tournament Director's decision must be made by a team before that team plays its next ball, or the decision will be consid-

ered as accepted.

Article 4- Protest to Forfeiture-If a team must forfeit a match as result of not being present for a scheduled match or as a result of violations hereunder prescribed, no official protest will be acknowledged. Protests will be acknowledged and judged on the basis of merit in circumstances not specifically proved for hereunder.

## Section II- Specific Fouls

Article 1- Foul-line Fouls- in both pointing and hitting, the Foremost part of the specific foul-line will not be surpassed by any part of the foot before the ball leaves the player's hand. All fouls must be called by a referee as a result of witnessing the foul.

One official warning may be granted each team after which Penalties will be prescribed.

The penalty for a team committing a second foul-line Infraction will consist of one of the following options:

- a) The team fouled against will be awarded points as they were immediately preceding the foul, and the frame will end. The referee will make the final judgement as to how many points were actually

## COMPETITION RULES

“ in” at the time. The team committing the foul will be awarded no points for the frame.

- b) The fouled against team may have the option of declining the penalty and completing the frame.

Article 2- Il legal Movement of a Ball Belonging to Your Own Team If a player moves one or more of his/her team's balls “in contention”,the ball(s) are removed from the court and considered dead and play continues. Balls not immediately “in contention” may be replaced as close as possible to their original position. “in contention” is

herein defined as a ball(s) close enough to the pallina to require measurement to determine whether a point may be awarded.

Article 3- Illegal Movement of an Opponent's Ball- If a player moves one or more of his/her opponent's balls "in contention", those balls will be awarded one point each and play continues. Only the team fouled against can be awarded points for that frame unless the penalty is declined.

Article 4- Illegal Movement of the Pallina by a Player- If the pallina is moved a player, the team fouled against may be awarded as many points as the number of live balls that were "in contention" plus the number of balls yet unplayed by that team during the frame in the fouled occurred.

Article 5- Declination of Penalties- The team fouled against shall retain the privilege of declining any of the prescribed penalties and completing the frame.

### Section III- Accidental or Premature Movement of Balls or Pallina by Referee

Article 1- Accidental Movement of a Ball or Pallina During Play (when more balls are yet to be played-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.

Article 2- Accidental or Premature Movement of a Ball or Pallina by a Referee After All Balls Are Played- If the point or points were obvious to the referee, they will be awarded. All uncertain points will not be awarded.

### Section IV- Interference with a Ball in Motion

Article 1- By One's Own Team- If a player interferes with his/her team's ball in motion, his/her team automatically forfeits the ball and play continues. If balls in play are disrupted as a result, refer to Rule 5, Section 2, Articles 2, 3,&4.

Article 2- By Opponent's Team- If a player interferes with an opponent's ball in motion, the team fouled against

has one of the following options:

- a) playing the ball over.
- b) declaring the frame dead.
- c) declining the penalty, accept the lie of the touched ball and continue playing.

Article 3- With No Disruption of Position- 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.

Article 4- With Disruption of Position- 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.

Article 5- Other Disruption of Play- Any action which interferes with the position of the pallina or the ball of each team closest to the pallina renders the frame dead. In the awarded points for that frame unless the penalty is declined.

Article 4- Illegal Movement of pallina by a Player- If the pallina is moved by a player, the team fouled against may be awarded as many points as the number of live balls that were "in contention" plus the number of balls yet unplayed by that team during the frame in which the fouled occurred.

Article 5- Declination of Penalties- The team fouled against shall retain the privilege of declining any of the prescribed penalties and completing the frame.

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Article 1- Accidental Movement of a Ball or Pallina During Play (when more balls are yet to be played)- 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.

Article 2- Accidental or Premature movement of a Ball or Pallina by a referee After All Balls Are Played- If the point or points were obvious to the referee, they will be awarded. All uncertain points will not be awarded.

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has one of the following options:

- a) playing the ball over.
- b) declaring the frame dead.
- c) declining the penalty, accept the lie of the touched ball and continue playing.

Article 3- With No Disruption of Position- 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.

Article 4- With Disruption of Position- 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.

Article 5- Other Disruption of Play-Any action which interferes with the position of the pallina or the of each team closest to pallina renders the frame dead 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 their original position by the two captains or balls from another court, foreign objects spectators, or animals entering the court and changing the position of the ball(s) in play.

#### Section V- Wrong Color Delivery

Article 1- Replaceable-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 ball by referee.

Article 2- Not Replaceable- If a player delivers a wrong color ball which cannot be replaced without disturbing another ball already in play, the points of the play will be recorded at that time, wrong color ball counting for team which rolled or delivered it, and play will continue. It will be the responsibility of the two team captains and the referee to maintain identity of the “wrong color” ball(s).

Article 3- Unidentifiable- If a player delivers a wrong color ball which cannot be identified by the referee as a result of hitting or scattering of balls, the frame will be considered dead and no points awarded.

#### Section VI- Wrong Rotation of Play

Article 1- Initial Roll – If a team wrongly delivers the pallina and its first ball, the referee will return both pallina and ball and begin the frame over from same end.

Article 2- Subsequent Rolls of Proper Color in Improper Sequence- If a player delivers his/her ball when his/her team is “in” and the other team still has balls left, the ball in question remains where it comes to

rest is considered “live “, and play continues. This ruling holds true regardless of who indicated which ball was “in” since it is the responsibility of each team to request a measurement when an “in” point is questionable.

### RULE 6- OFFICIALS

#### Section 1 – Objections

Article 1- Objections to Officials-Each team has the right to object to designated official for any reason prior to the start of a game. This objection will be considered

and decided upon by Tournament Director.

Article 2- Participant Officials- No member of a team or registered substitute of a team will be allowed to assist in officiating a game in which that team is also playing.

### Section II – Substitute Officials

Article 1- During a Game – Substitutions of officials may occur during a game only with the permission of tournament director and both team captains.

Article 2- Additional Officials – Additional officials may be assigned to any games during the course of play provided permission is granted by Tournament Director.

Article 3 – Team Requests – Officials may be changed during the course of a game if either team presents sufficient cause to Tournament Director.

Article 4 – Official’s Uniform- referee should be clearly distinguishable from players. Recommended vests or hats should be worn.

### Section III – Ethics

Article 1- official’s Code of Ethics – A referee will:

- a) study the rules of the game.
- b) be fair and unbiased in his decisions, rendering them without regard to the score.
- c) be firm but not overbearing; courteous but not ingratiating; positive, but never rude; dignified but not arrogant; friendly but companionable; calm, but always alert.
- d) be prepared, both physically and mentally, to administer the game.
- e) not give information which would benefit or give advantage to one team over another.

## RULE 7- OTHER CIRCUMSTANCES

### Section I – Broken Ball

Article 1 – During Play – If during the course of a frame a ball or pallina should break, the frame will be considered dead. Replacement of ball or pallina will be the responsibility of Tournament Directors.

### Section II – Court Grooming

Article 1 – Prior to Play – All courts must be groomed to the satisfaction of Tournament Director before the start of each game.

Article 2- Court Grooming During Play- Courts may not be regroomed during the course of the game. Obstacles or objects such as stones, cups, etc. may be removed during the course of a game.

Article 3- Unusual Court Conditions- 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.

### Section III- Moving Objects

Article 1 – Moving Ball or Pallina – No player may play his ball until a pallina or another ball has come to a complete rest. Penalties refer to RULE 5. Section 4. Articles 1&2.

## RULE 8 – PLAYER BEHAVIOR

### SECTION I- Unsportsmanlike Conduct

Article 1- Disqualification- players shall act in a sportsmanlike manner at all times. 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.

### Section II – Attire

Article 1- Proper Attire – Players will dress in a manner which will bring credit to them and the sport of bocce.

Article 2 – Footwear – Players will not be permitted to wear shoes which may damage or disrupt the court surface. Also, players will not be permitted to play without shoes.

Article 3 – Objectionable Attire – Players wearing objectionable or offensive clothing, or who are improperly attired, may not be allowed to participate in a tournament.

## SKILL ANALYSIS

There are several different ways to deliver the ball in bocce, each of them modified by an individual's own personal style. The two skills outlined below represent only one variation of the hitting and rolling techniques that are being used. They were chosen because they eliminate many external variables which may adversely affect an athlete's success level.

### 1. ROLLING

#### A. Grip

1. Cup ball in palm of dominant hand.
2. Fingers slightly spread.
3. Thumb at side of ball for support.
4. Wrist extended so that hand is in straight line with arm.
5. Palm facing upward for underhand delivery.
6. Non dominant hand used for support only until ball is balanced.

#### B. Stance

1. Using proper grip approach foul line. Stop about two feet away to prevent possible fouling.
2. Face direction of target.
3. Extend dominant foot toward foul line.
4. Plant dominant foot flat a few inches from foul line.
5. Toe should be pointing directly at the target.
6. Eyes should remain on target at all times.

7. Bend knee of dominant leg.
8. Knee should be directly over the foot, pointing toward target.
9. Bend forward at the waist.
10. Shoulders parallel to ground.
11. Extend non-dominant leg out and back to balance body.
12. head up, look at target.
13. Ball hand bent at elbow.
14. ball hand directly over foot.
15. Non-ball hand/arm slightly out to side for balance.

C. Delivery of the Ball From correct stance- ball hand described.

1. Eyes focused on target throughout.
2. Push ball slightly away from body to initiate swing.
3. Arm extends, starts downward smoothly into arc.
4. Palm remains facing target throughout swing.
5. Wrist extends backward (cocks) at top of backswing.
6. Wrist leads arm into forward swing.
7. Arm remains straight.
8. Wrist extends at release of ball.
9. Ball rolls off fingers.
10. Arm continues in direction of target.
11. Eyes continue to watch ball move toward target.

## II. THROWING

### A. Grip

1. Cup ball in palm of dominant hand so that ball rests comfortably forward
2. Fingers slightly spread.
3. Thumb at side of ball for support.
4. Wrist extended so that hand is in a straight line with arm.
5. Palm facing upward for underhand delivery.

6. Non-dominant hand used for support only until ball is balanced.

B. Stance- Using proper grip.

1. Approach foul line. Stop approximately two feet away (distance may vary depending on length of athlete's stride).
2. Face direction of target.
3. Assume a stance with feet shoulder width apart (side to side).
4. Body weight evenly distributed over both feet.
5. Body erect.
6. Toes pointing toward target.
7. Ball arm bent at elbow.
8. Ball raised to mid-chest.

C. Delivery of Ball

From correct stance-ball hand described.

1. Eyes focussed on target throughout.
2. Push ball slightly away from Body to initiate swing.
3. Body begins to forward as ball is pushed forward.
4. Arm extends, starts downward smoothly into arc.
5. Palm remains upward, facing target throughout.
6. Hand continues to top of back swing.
7. At top back swing wrist extends backward (cocks)
8. Wrist leads arm into forward swing.
9. Arm remains straight until it reaches body then it begins to bend.
10. Body continues to lean as arm comes forward.
11. Forearm continues to bend until release.
12. Foot/leg opposite ball hand extends forward as ball begins forward swing.
13. Foot plants solidly in front of body as ball is released.
14. Ball rolls off finger tip as it is lifted upward.
15. After release, hand continues upward.
16. After release, leg on ballhand side comes Forward opposite lead leg.

## FOUR POINT METHOD

The four point method is simply a series of steps the athlete can be taught to follow to insure constancy in execution.

Step 1: Analyze the position of the balls. Decide what you will do.

Step 2: Aim. Fix your eyes on the ball at which you are shooting.

Step 3: Take a stance.

Step 4: Deliver the ball.

## SPORTSMANSHIP

Bocce requires a great deal of concentration, therefore many of the actions which constitute good sportmanship focus on allowing one's opponent to concentrate during the course of play.

Athletes should be taught to:

1. Stand quietly off the court while another player is throwing. While a frame is in progress players should be taught to speak softly.
2. Wait for a frame to end before moving to the opposite side of the court. Players should not walk to the opposite end to observe the position of the balls after they throw unless there is no official and they are asked to judge.
3. remain motionless while another player is throwing. If a player must move from courtside for any reason He/she should wait for the break between throwers.
4. Wait for a player's complete delivery to be executed before stepping on the court to take a turn. A good rule is to wait until the previous player has begun to leave a court before stepping onto the court.
5. Leave the balls in place around the pallina until the official has instructed to begin the next frame. If there is no official, the balls should be left in place until the points have been awarded.
6. Keep the bocce ball firmly in hand when waiting on the side to play. Tossing the ball in the air or bouncing it on the court is inappropriate.

## SAFETY

Athletes should be taught safety rules to minimize the possibility of injury in themselves and others. Following are several rules which the bocce player should be taught .

1. Never toss a bocce ball in the air to yourself or anyone else. Bocce balls are very heavy and could cause injury.
2. Never bounce a bocce ball except during your turn to throw.
3. Never leave your bocce ball lying unattended where someone can trip over it. Should be placed in a carrying case or out of the way when not in use.
4. Never throw when someone is standing on the court. They may not know you are throwing and you may injure them.
5. Never attempt to stand on the bocce ball. Use it only for throwing.
6. never throw/roll the anywhere but on the playing court unless asked by the coach to do so.
7. never bang two balls together.
8. Never move to the opposite side of the court by Walking on the court. Walk on the grass or blacktop outside the court.
9. Never hold the bocce ball when waiting for your turn. Place it next to your feet.

## INFUSION CHART

### Arts:

Able to differentiate between ball color of own team as opposed to ball color of opposing team.

Able to differentiate between ball color of pallina and color of bocce balls.

Coordinates colors in team uniform.

Selects or designs team logo.

Designs or prepares team banner.

### Science:

Able to differentiate between pallina and bocce ball based on size and weight.

Understands how the weight of a ball affects the amount of energy needed to project a ball forward.

Understands how timing in release of the ball affects whether it will roll or bounce.

Understands how the release of the ball relative to the body affects the direction of the throw.

Understands how different court surfaces and undulations of a court affect the speed and direction of a thrown ball.

Understands how rebounding the ball off the side or back walls affects the outcome of a throw.

Understands how a thrown ball striking a stationary ball can affect the position of both.

#### Industrial Arts:

Constructs a simple scoresheet/scoreboard.

Understands which tools should be used to keep area neat and in good condition.

Keeps court area clean and manicured.

Assists in the construction of a simple bocce ball playing court.

Able to apply lines correctly to a bocce court.

#### Mathematics:

Understands that closest ball to pallina receives a point.

Able to add points from frame to frame.

Able to keep score correctly.

Able to use tape measure to place count lines.

Able to use tape measure or other measuring device to ascertain closest ball.

Computers cost of bocce set, uniforms, supplies for Construction of court.

Able to do layout of outside dimensions of court.

Recognizes shape of balls and court.

#### Homes Economics:

Dresses appropriately to play bocce in recreational and well as competitive setting.

Keeps uniforms clean and mended.

Understands the type of meal that should be eaten before practice or competition.

Understands what should be done after a practice or competition in terms of personal hygiene.

#### Physical Education:

Demonstrate the rules and skills of bocce.  
Recognizes the value of practice and skill development.  
Demonstrates cooperation and team spirit.  
Takes care of equipment.

#### Reading/Language:

Listens to instructions and follows directions.  
Learns bocce terminology.  
Expresses himself/herself during competition.  
Reads score.  
Recognizes colors.

#### Social Studies:

Learns history of the game.  
Learns where game is played.  
Executes the etiquette appropriate to bocce.

### TERMINOLOGY

Bocce- A game of Italian origin, similar to lawn bowling played on a long, narrow court (12' by 60') composed of stone- dust, dirt, clay, grass or artificial surface. The object of the game is to score points by delivering your ball closest to the pallina or target ball. Bocce may be played singly, in doubles or teams of four.

Bocce Ball –The larger playing ball. Used to score points. May be composed of composition, wood or metal. The color of ball is not standardized. The color is only important in identifying one team's set of balls from their opponents' set.

Frame- The period of time in which balls are played from one side of court to the other by both teams. Points are awarded at the end of each frame.

Hitting – A ball that is thrown with sufficient force to hit the backboard of the court. Sometimes referred to as spoking, shooting or bombing. Often used to disperse an opponent's ball.

Initial Point – The ball that is closest to the pallina during play. (The team with the pallina advantage will always establish the initial point).

Initial Roll – The first delivery after the pallina is thrown. Delivered by the player throwing the pallina.

In Team – Team whose ball is closest to the pallina. When designated the in team you step aside and allow opponent to deliver.

Out Team – Team designated to deliver because their ball is not closest to the pallina.

Pallina- The smaller playing ball which serves as the target during the game. It is sometimes referred to as the “one ball, jack” or beebee. It must be color distinctly different than those of the bocce balls of both teams.

Pointing – A ball delivered close to the pallina with the intention of scoring a point.

Rebound or Bank Shot- A ball, which during delivery, is played off of the backboard or side board of the playing court.

## APPENDIX

### Bocce Court Construction

#### BOCCE COURT CONSTRUCTION

##### Bocce Court Materials List

Materials required:

Quantity	Size	Suggested Material Description
6	2”X10”X12’	Wolmanized(pressure treated) Douglas fir wood
12	2”X 10”X 16’	Wolmanized (pressure treated) Douglas fir wood

- |         |  |                                       |
|---------|--|---------------------------------------|
| 24      | 5/8" X 24" or<br>2"x 2" x 24"  | Steel reinforcing rods<br>Angle irons |
| 12 tons | Crushed stones (#1 or #2), gravel mix, or other combination of pebbles, ground shell, sand, and soil that would provide good drainage.   |                                       |
| 12 tons | Screened stone dust (where available) – this material is product that is available at granite quarries that produce crushed stone. It is the dust that collects as a result of the crushing process. For use on bocce courts, it must be processed through 1/8" screen to remove all pebbles. When this product is unavailable, a most suitable substitute is crushed limestone that has been similarly screened. Other commonly used substitutes include baseball(warning track) clay, screened brick dust, and screened crushed seashells. |                                       |

Tools required:

Picks	Mason's twine
Shovels	Framing square
Rakes	100 foot measuring tape
Hammer	4" x 4"x 11' angle iron
Sledgehammer	Transit(If unavailable,use 4-foot carpenter level-see Step
Heavy lawn roller	3x in construction)

Note: specifications do not make allowances for heavy equipment(bulldozers, graders, etc.). In areas where rough grading is necessary, please consult your excavation contractor.

### Step 1- Site Selection and Preparation

The site that you select for bocce court should be the most level area you have available. This is imperative since the final court surface must be as close to level as possible to provide the most satisfactory playing conditions.

Also it is recommended that the length of the court run in a north-south direction, if possible, to prevent uncomfortable sun glare at sunset.

### Step 2 – Initial (Rough) Grading

If the site selected is not relatively flat and level (and cannot be corrected easily with the Application of gravel or crushed stone), it is suggested that equipment grading with a bulldozer, bobcat, etc. be undertaken.

If the site has minor variations in elevation, it is recommended that an area slightly larger (16'x64') than the finished playing area be stripped of sod. It is suggested that the stripped area be treated with a commercial herbicide to prevent new growth of grass and weeds through the court surface. (Used motor oil sprayed lightly over the area will serve the same purpose.) At this point, approximately 10 tons of #1 or #2 crushed stone be spread evenly over the stripped area. The crushed stone will provide a relatively level area and will also provide drainage for the court.

### Step 3- Court Layout

The actual playing area (12'x60') can now be laid out using four corner stakes and a mason's twine. The stakes for the sideboards are placed at a distance 60 feet apart, and the end boards are placed 12 feet apart. To "square" the court, the diagonal distance between corner stakes should measure 61 feet 2 ¼ inches.

When the corner stakes are properly located, they should be driven into the ground sufficiently to prevent movement. At this point, a transit should be used to mark the stakes. If using 10-inch high sideboards, mark one stake 10 inches from the crushed stone and shoot the transit readings from that mark. Note: if not using a transit, to Step 3x

### Step 3x- Court Leveling Without a Transit

If a transit is not used in the court installation, follow the same procedure as above to set the stakes and run the mason's twine. Rather than mark the stakes, begin setting the sideboards on one side of the court, using the stretched mason's twine to keep the stakes in line and leveling each board with a carpenter's level as you go along. **DO NOT THE ENDBOARDS YET.**

After one side has been set, begin setting the opposite side along the mason's twine. Level this second side relative to the first side. This can be accomplished by using a long (12 foot 6 inch to 14 foot) straight board to span the two sidewalls and placing a level on top of the board.

#### Step 4 – Side Wall Anchoring

Steel reinforcing rods 5/8/ inch x 24 inches can be used to anchor sidewalls that are thicker than 3 inches. Holes are drilled vertically down through the width of the sideboards at intervals of 5 feet to 6 feet. The rods can then be driven through the boards until they are flush with the top of the boards. (See cross-sectional diagram.)

If 2 inch or narrower sideboards are used, 1"x 1"x 24" angle iron is suggested. These are spaced at intervals of 5 feet to 6 feet and are driven into the ground next to the sideboards and attached to the sideboards with screws.

In either case, the internal and external finished grades of the of the court will further help keep the boards in position.

#### Step 5 – Stone Dust Application

Before either end board is set in place, the stone dust must be spread. This will facilitate wheeling the stone dust with a wheelbarrow or allowing a truck to dump and spread the stone dust.

The stone dust should be spread and raked evenly throughout the court at a depth of approximately 4 inches. The stone dust should then be sprayed with a garden hose and rolled with a heavy lawn roller (300# to 500#).

After the intial rolling of the court, a 4"x 4"x 11'6" angle iron is slowly dragged lengthwise across the court. If not available, a straght board will do. During this dragging or" screening" process, high spots can be removed and low-spots filled in. Repeat this process several times in both directions, wetting and rolling the court between each pass.

#### Step 6 – End Board Application

At this point, the dimension of the end boards can be determined by measuring the distance from the top of the stone dust and top of the sideboards.

The end boards can be fastened to sideboards by nailing or screwing. **NO REINFORCMENT RODS SHOULD BE USED ON THE END BOADS.** Since the end boards receive constant pounding, it may become necessary to replace them occasionally.

After the end boards are in place, the stone dust should be “scripted” again, dampened, and rolled.

The court is now ready for use. Although it may appear “spongy” at first, use and maintenance will insure its compatibility.

### Step 7 – Court Markings

In bounds markers and foul lines should be applied to the side walls and end board of the court. (See court diagram and markings.) The markings are traditionally painted or taped on the wallboards and do not require any markings directly on the court surface.

### Court Maintenance

The bocce court can provide years of enjoyment, requiring minimal maintenance and virtually no additional expense.

Normal maintenance requires that the court be “groomed” after use. This is accomplished by brooming the court after play. The type of broom suggested is a long, coarse bristly push broom 24 inches wide. Usually two these push brooms are attached end-to-end, forming a 48-inch wide broom that is dragged across the court in each direction, thereby grooming the court surface.

Occasional maintenance requires brooding, wetting, then rolling the court. This is suggested about once a month for home courts and about once a week for commercial courts.

Spring maintenance requires that the surface of the court be loosened by scraping the stone dust with a rake, brooding, wetting, and rolling the court. The 4”x 4” x 11’6” angle iron may be used to reestablish a flat surface whenever necessary. The sideboards may require a realignment occasionally. Follow Step 3x.

For further information, contact International Bocce Association, Inc., 187 Proctor Boulevard, Utica, NY 13501 USA(phone: 315.733.9611).

### OFFICIAL BOCCE COURT- Diagram and Court Markings

A ).3 meter (1foot) from each side board=  
in-bounds for object ball at start of frame.

B) 1.22 meter (4feet) from backboard=  
in-bounds for object ball at start of frame  
and foul line for pointing.

C) 3.05 meter(10 feet) from backboard=  
foul line for shooting (hitting, spocking).

D) 9.14 meters (30 feet) from backboard=  
center court line. Object ball must pass  
this point at start of frame.

E) Same as “C” above.

F) Same as “B” above.

Dotted lines represent imaginary lines drawn  
between court markers at prescrbed distances.

## ARTICLE XV – BOCCE

The following are the 1992 Official Rules and Regulations for  
Competitive Bocce from the international Bocce Association,  
Inc., 187 Proctor boulevard, Utica, New York, USA 13501.  
(Phone: 315-733-9611

### SECTION A – OFFICIAL EVENTS

1. Team competition
2. Unified Sports Bocce Doubles
3. Unified Sports Bocce Team

## SECTION B- THE COURT AND EQUIPMENT

1. Court
  - a. The Court is an area 3.66m. (12') wide by 18.29m. (60') long.(See Court Diagram)
  - b. Court Surface may be composed of stone-dust, dirt, clay, grass or artificial surface provided there are no permanent or temporary obstructions 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 or consistency or terrain.
  - c. Court walls are the side and end walls of the court and may be composed of any rigid material. The walls must be at least as high as the bocce balls at all points. The side or end walls may be utilized during play for bank shots or rebound shots.
  - d. Markings(See Court Diagram.) All courts should be clearly marked for the following:
    - 1) 0.3m. (1') from side boards-in-bounds for first toss of pallina
    - 2) 1.22m. (4') from back boards- in first toss of pallina
    - 3) 1.22m. (4') from back boards- foul line for pointing
    - 4) 3.05m. (10') from back boards- foul line for hitting or spocking
    - 5) Half court marker – minimum distance pallina may be played on first on toss of pallina. 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 closer than the half point marker or frame is considered dead.

## 2 Equipment

- a. Bocce Balls may be composed of wood or metal and of equal size. Official league and tournament ball sizes may be from 107mm(4.25") to 113mm(4.5").

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.

- b. Pallina must not be larger than 63mm (2.5”) or smaller than 48mm (1.875”) and should be of a color visibly distinct from both bocce ball Colors.
- c. Measuring device may be any device that has the capacity of accurately measuring the distance between two objects, and acceptable to tournament officials.

## SECTION C-RULES OF COMPETITION

### 1. The game

- a. Equipment – Bocce is played with eight large balls and one smaller target or object ball called the pallina(jack, cue, beebie). There are four balls to side or team, and they are generally made in two colors to distinguish the balls of one team from those of the opposing team. The large balls are also inscribed with distinctive lines to identify the balls of the players on the same team.
- b. Pallina and Color – A coin toss by the referee will determine which team has the pallina and choice of ball color. In the absence of a referee, the two team captains will execute the coin toss.
- c. Sequence of Play – 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 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.
- d. Three Attempt Rule – The team possessing the pallina will have three attempts at placing the within the acceptable playing area described above. 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 width at the 15.24m. (50’) mark (opposite end hitting line). However, at no time does a team lose its earned pallina advantage of being able to deliver the first ball.
- e. Initial Point – It is always incumbent upon the team with the pallina establish the initial point. Example:Team “A” tosses the pallina and 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 court, leaving only the pallina in the court. It is incumbent upon team a to re-establish to re-establish the initial point.

f. Ball Delivery – A team has the option of rolling, tossing, bouncing, banking, etc. its ball down the court provided it does not out-of-bounds or the player does not violate the foul markers. A player also has the option of “spocking” or hitting out any ball in play in trying to obtain a point, or decreasing the opposing team’s points. All ball delivery attempts must be of an underhand style.

g. Scoring-At the end of each frame (when both teams have exhausted Points will determined as follows: Scoring points are all those balls of one team closer to than the closest ball of the opposing scoring team, which can be determined by viewing or by mechanical measurements. The scoring team for each frame will also win the pallina advantage for the subsequent frame.

Referee will be responsible for validity of scoreboard and scorecard. It is incumbent upon the team captain to verify the the accuracy of the posted score at all times.

h. Ties During Frame – 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 for pallina, and Team B rolls its ball for pallina. and Team the referee determines that they are both exactly 33cm (13”) away from pallina. Team B must roll until it has a point closer than 33cm (13”) from the pallina. 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 is broken.

I.Ties at the End of Frame- 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 delivered it.

J. Winning Score

4 player team – 1 ball/ player= 16 points

4 player team – 2 players at each end of court;2 balls/player=16 points

2 player team – 2 balls/player=12 points

1 player team - 4 balls/player=12 points

The above scoring procedure is most common in major tournaments and league play; however, variations may

be acceptable.

- k. Scorecard- It is the responsibility of each team captain to sign the scorecard a match. The signature will indicate the indisputability of the final score. Games in which protests will be filed should not be signed by any captain disagreeing with the score or its validity.

## 2. Player Designation

- a. Captain- 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 the games, but may be changed during the course of a tournament or league. The tournament or league officials must be notified of this change prior to any subsequent games.
- b. Rotation of Players – The players of any given team may elect to play their ball in any rotation provided the player 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.(Refer to Rule 2, Section III, Article 8.)

## 3 Unified Sports(R) Team

- a. Each Unified Sports(R) doubles team shall consist of one Athlete and one Partner.
- b. Each Unified Sports(R) team event shall consist of two Athletes and two partners.
- c. Each game shall commence with a coin toss. Either members of the team that wins the toss starts the game by throwing the pallina and the first ball. The second ball is thrown by either member of the opposing team. Play continues with an alternation of throws by Partners and Athletes until the game is won.

## 4. Substitutions

- a. Official Notification

Officials must be notified of substitution prior to scheduled game time of it will result in forfeiture of match.

- b. Substitution of Players

- 1) Substitution of Players- Only one substitute may allowed per team per game. Substitute may take the place of any player on the team and may substitute for different players on the same team during different games.
  - 2) Limitations – Once a player has registered to substitute for one team during the tournament, he may not substitute for any other team during that tournament.
- c. Substitution During Game
- 1) Emergencies – Only in the event of medical or other verified emergencies may a player be substituted during the process of a game. Emergency substitutions will only be made at the end of 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.
  - 2) Forfeiture – Team with less than the prescribed number of players will forfeit the match.
4. Time-Outs, Delays-of-Game,and Checking Position of Points
- a. Circumstances
    - 1) Time Out-The official may grant a time-out whenever the circumstances explained appear to be of sufficient validity to do so. The time-out will be limited to ten minutes.
    - 2) intentional Delay of Game-If, in the opinion of the official, the game is intentionally delayed without sufficient or valid reason, the official must give a warning. If play is not resumed immediately, the the delaying team will forfeit the match.
    - 3) Delays Caused by Weather, Acts of God, Civil Disorder or Other Unforeseen Reasons- In such delays, the ruling of the league or Tournament Director will be decisive and final.
    - 4) Checking Position of Points – Players may only proceed to the half court mark before delivering their ball(s).  
 Exceptions: For one player teams, player may proceed down court at any time to observe

conditions. For two player teams, one player may proceed down court to conditions before delivery. When only one team has exhausted all of its balls, the referee shall not be permitted to declare, by measurement or viewing, which team is “in.”

## 6. Penalties

### a. Enforcement of Penalties

- 1) Determination – 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. The ruling of the official is final, except as otherwise provided for hereafter.
- 2) Conditions Not Covered- For conditions not specifically covered in the official international Bocce Association Rules, the league or Tournament Director’s ruling shall be decisive and final.
- 3) Protests – Any protest to an official’s or Tournament Director’s decision must be made by a team before that team plays its next ball, or the decision will be considered as accepted.
- 4) Protest to Forfeiture – 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. Protests will be acknowledged and judged on the basis of merit in circumstances not specifically provided for hereunder.

### b. Specific Fouls

1) Foul-line Fouls- In both pointing and hitting, the foremost part of the specific foul-line will not be surpassed by any part of the foot of the player before the ball leaves the player’s hand. All fouls must be called by a referee as a result of witnessing the foul.

One official warning may be granted each team after which Penalties will be prescribed.

The penalty for a team committing a second foul-line infraction will consist of one of the following two options:

- a) The team fouled against will be awarded points as they were immediately preceding the foul, and the frame will end. The referee will make the final judgment as to how many points were actually

“in” at the time. The team committing the foul will be awarded no points for the frame.

- b) The fouled against team may have the option of declining the penalty and completing the frame.
  - 2) Illegal Movement of a Ball Belonging to Your Own Team- If a player moves one or more of his/her team’s balls “in contention”, the ball(s) are removed from the court and considered dead and play continues. Balls not immediately “in contention” may be replaced as close as possible to their original position. “In contention” is herein defined as a ball(s) close enough to the pallina to require measurement to determine whether a point may be awarded.
  - 3) Illegal Movement of an Opponent’s Ball-If a player moves one or more of his/her opponent’s balls “in contention”, those balls will be awarded one point each and play continues. Only the team fouled against can be awarded points for that frame unless the penalty is declined.
  - 4) Illegal Movement of the Pallina by a Player – If the pallina is moved by a player, the team fouled against may be awarded as many points as the number of live balls that were “in contention” plus the number of balls yet unplayed by that team during the frame in which the foul occurred.
  - 5) Declination of Penalties – The team fouled against shall retain privilege of declining any of the prescribed penalties and completing the frame.
- c. Accidental or premature Movement of Balls or Pallina by Referee
- 1) Accidental Movement of a Ball or Pallina During Play (when more balls are yet to be played) 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.
  - 2) Accidental or Premature Movement of a Ball or Pallina by a Referee After All Balls Are Played – If the points were obvious to the referee, they will be awarded. All uncertain points will not be awarded.
- d. Interference with a Ball in Motion
- 1) By One’s Own Team – If a player interferes with his/her team’s ball in motion, his/her team automatically forfeits the ball and play continues. If balls in play are disrupted as a result, refer to RULE FIVE, Section two, Articles two, three, and

four.

- 2) By Opponent's Team- If a player interferes with an opponent's ball in motion, the team fouled against has one of the following options;
  - a) playing the ball over.
  - b) declaring the frame dead.

c) declining the penalty, accept the lie of the touched ball, and continue playing.

3) With No Disruption of Position- 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.

4) With Disruption of Position – 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) Other Disruption of Play- Any action which interferes with the position of the pallina or the ball of each team closest to the pallina renders the frame dead. 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 their original position by the two captains or 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.

#### e. Wrong Color Delivery

- 1) Replaceable – 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 ball by the referee.
- 2) Not Replaceable – If a player delivers a wrong color ball which cannot be replaced without disturbing another ball already in play, the points of the play will be recorded at that time, wrong color ball counting for team which rolled or delivered it, and play will continue. It will be the responsibility of the two team captains and the referee to maintain identity of the “wrong color” ball(s).
- 3) Unidentifiable – If a player delivers a wrong color ball which cannot be identified by the referee as a result of hitting or scattering of balls, the frame will be considered dead and no points awarded.

#### f. Wrong Rotation of Play

- 1) Initial Roll- If a team wrongly delivers the pallina and its first

ball, the referee will return both pallina and ball and begin the

- 2) Subsequent Rolls of proper Color in Improper Sequence-If a player delivers his/her ball when his/her team is "in" and the other team still has balls left, the ball in question remains where it comes to rest, is considered "live", and play continues. This ruling holds true regardless of who indicated which ball was "in" since it is the responsibility of each team to request a measurement when an "in" point is questionable

#### 7. Officials

##### a. Objections

- 1) Objections to Officials – Each team has the right to object to a designated official for any reason prior to the start of a game. This objection will be considered and decided upon by Tournament Director.
- 2) Participant Officials – No member of a team or registered substitute of a team will be allowed to assist in officiating a game in which that team is also playing.

##### b. Substitute Officials

- 1) During a Game – Substitutions of officials may occur during a game only with the permission of the Tournament Director and both team captains.
- 2) Additional officials – Additional officials may be assigned to any games during the course of play provided permission is granted by the Tournament Director.
- 3) Team requests- Officials may be changed during the course of a game if either team presents sufficient cause to the Tournament Director.
- 4) Official's Uniform- Referee should be clearly distinguishable from players. It is recommended that vests or hats should clearly distinguishable from players. It is recommended that vests or hats should be worn.

##### c. Ethics

1. Official's Code of ethics- A referee will:
  - a) study the rules of the game.
  - b) be fair and unbiased in his decisions, rendering them without regard to the score.
  - c) be firm but not overbearing; courteous but not ingratiating;

positive, but never rude;  
dignified but not arrogant;  
friendly but companionable;  
calm but always alert.

- d) be prepared, both physically and mentally, to administer the game.
- e) not give information which would benefit or give advantage to one team over another.

## 8. Other Circumstances

### a. Broken Ball

- 1) During Play – If during the course of a frame a ball or pallina should break, the frame will be considered dead. Replacement of ball or pallina will be the responsibility of Tournament Directors.

### b. Court Grooming

- 1) Prior to Play- All courts must be groomed to the satisfaction of the Tournament Director before the start of each game.
- 2) Court Grooming During Play- Courts may not be regroomed during the course of the game. Obstacles or objects such as stones, cups, etc. may be removed during the course of a game.
- 3) Unusual Court Conditions – 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.

### c. Moving Objects

- 1) Moving Ball or Pallina- No player may touch his ball until a pallina or another ball has come to a complete rest. Penalties refer to RULE FIVE, Section four, Articles one and two.

## 9 Player Behavior

### a. Unsportsmanlike Conduct

- 1) Disqualification-Players shall act in a sportsmanlike manner at all times. Any act which is deemed as poor sportsmanship such as insulting language,

gestures, actions, or words which ill-will, flagrant, may result in disqualification.

b. Attire

- 1) Proper Attire – Players will dress in a manner which will bring credit to them and the sport of bocce.
- 2) Footwear-Players will not be permitted to wear shoes which may damage or disrupt the court surface. Also, will not be permitted to play without shoes.

- 3) Objectionable Attire- Players wearing objectionable or offensive clothing, or who are improperly attired, may not be allowed to participate in tournament.

SECTION D- DEFINITION OF PLAYING TERMS

1. Ball: Live and Dead

- a. A live Ball is any ball in play that has been delivered
- b. A dead Ball is any ball that has been disqualified or forfeited. A ball may be disqualified if:
  - 1) it is the result of a penalty.
  - 2) it has gone out of the court.
  - 3) it has come in contact with a person or object which is out of the court.
  - 4) it hits the top of the court boards.
  - 5) it hits the covering over the courts or any supports thereof

See also Section C,6. Penalties.

2. Bocce Ball and Pallina

- a. Pallina is a small object ball sometimes called cue ball, jack, beebie, etc.
- b. Bocce Ball is the larger playing ball.

3. Other Terms

- a. Hitting is sometimes known as spocking, shooting, bombing, etc. A delivery which is thrown with sufficient velocity that it would hit the back board if it missed the target. The shooting line will be used to determine a foul.
- b. Bank or Rebound Shot refers to playing a ball off either the side boards or backboard.
- c. Pointing is a ball delivered to obtain a point close to

the pallina. The pointing line will be used to determine a foul.

- d. Frame is the period in the game in which balls are played from one side of the court to the other and points are awarded.
4. Foul
- a. A foul is a rule infraction for which a penalty is prescribed.









