Unified Bocce
Rulebook

Special Olympics Alberta

SCHOOL SPORT ALBERTA

Unified Bocce

Teams and Uniforms

A Unified Bocce team consists of the following:

- **2 Special Olympics athletes** (individual with an intellectual disability) who are interested in sport participation, are competitive, and enjoy playing on a team.

- **2 Unified Partner athletes** (individual without an intellectual disability) who are interested in sport participation, are competitive, and enjoy playing on a team.

Team typically are played 4 vs. 4, but can be adjusted to a 2 vs. 2 game as long as teams consist of equal number of Unified athletes and partners.
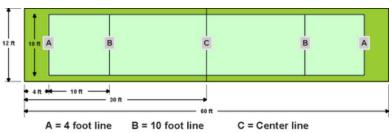
All teams must supply their own uniforms. A team may borrow sport uniforms from their school, or just wear a matching t-shirt; numbers are not required.

The Game

- The object of the game is to score points by rolling or tossing your coloured ball *underhand* closest to the pallina (white ball).
- An underhand delivery is defined as releasing the ball below the waist.
- The team possessing the pallina will have three attempts at throwing the pallina past the 10ft line. (If these three attempts are unsuccessful, the referee will place the pallina in the centre of the court (30ft.))

- In a team of 4, each player throws only one of their coloured balls per frame. The player who starts by tosses the pallina must then deliver the first ball.
    - The opposing team will then take first throw
    - Following each teams first throws, the "nearest ball" rule governs the sequence of played balls. The team whose ball is closest to the pallina doesn't throw the next ball.
        - Whichever team is furthest throws the next ball.
        - The frame is over when each team is out of balls.
- If a player throws their own ball out of bounds, they do not get a re-throw.
- Balls can make contact with eachother, including the pallina.

The Court:

A = 4 foot line   B = 10 foot line   C = Center line

Scoring

Scoring happens after each frame. Game times can vary depending on event/tournament schedule. Usually between 10-15 minutes.

At the end of each frame (when teams have exhausted their balls), scoring will be determined as follows:

- Points are awarded to the team whose balls are closer to the pallina than the closest ball of the other team. This can be determined by viewing or by mechanical measurements.

- All players should look at the court at the pallina end before the balls are removed after each frame to ensure they agree with the points announced by the referee.

- Any player or coach can request a mechanical measurement before the balls are removed.
- In the event that the two balls closest to the pallina belong to the opposing teams and are tied, no points will be awarded.
- The pallina returns to the team which delivered it last.

- The scoring team for each frame will be the team to throw the pallina and first ball at the start of the next frame.
  - Winning score: The team with the highest number of points after the time of play (determined by organizer)
  - When timer goes off, teams can finish playing that frame and points will be awarded for that frame.

Skills Building Drills:

Warmup - Dynamic Stretches:

- 10 arms circle (forward and back)
- 10 toe touches
- 10 walking lunges (each leg)
- 10 calf raises

Throwing for Distance:

- Set up 3 pylons at different lengths (between 10 - 50 ft = active court space) and have players throw one to each level

Throwing for Accuracy:

- Choose a target (pallina or pylon), have students throw 5-10 bocce balls at the target and see how many then can get within a foot to the target.
    - *Adaptations:*
        - Add points for how close.
        - Points if they hit-tap their ball closer

Throwing for a Take-Out:

- Set up opposing coloured balls around court, have players take their four balls and try to smash their opponents balls out of play

Resources: Teaching Bocce Skills - Special Olympics