

Boccia

This fact sheet provides an overview of boccia for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play, volunteer or coach disabled people in boccia.



The Development of Boccia

Boccia is a growing sport and as it targets a very specific group of disabled athletes it is crucial for the sustained development of the sport at all levels that new athletes are identified and introduced to the sport at a young age.

The benefits of boccia reach far beyond the buzz of winning a match and it is important that this is recognised and the value of the sport increases.



Scotland leads the way in the development and implementation of coach education and this support will be crucial as a comprehensive system of talent ID and development needs to be established to ensure the continued transition of athletes into the GB Boccia squads of the future.

Comparable to the French boules game of petanque, the game has been refined from an ancient Greek game in Italy in the 16th century. Boccia is derived from the ancient Italian game 'bocce' and was adapted for disabled athletes in Sweden in the 1970s. It was introduced to the UK shortly after, where it was developed further into the sport we know today.

Boccia made its debut at the Paralympic Games in New York in 1984 and is now

practiced at elite level in over 50 countries. Men and women compete together in teams, pairs and or as individuals. Boccia is a Paralympic sport for players with a severe physical disability but can be played by all.

Scottish Disability Sport (SDS) is the recognised governing body for Boccia in Scotland and boccia is one of SDS's priority sports.

Scotland has a long tradition of Boccia Paralympians and international medal success. Scottish players have featured prominently as part of the GB Boccia Team at Cerebral Palsy International Sports & Recreation Association (CPISRA) World and European Championships since 2006 where they have won a significant amount of medals.

There is a Scotland Squad made up of players from across the four classifications. Athletes have progressed through a Regional structure into the National Squad, proving that there is an excellent pathway for those wanting to get involved in the sport and further their development.

Boccia has developed impressively at a Regional level with significant improvement in the identification and development of new and existing players through talent days etc. There are Boccia clubs and opportunities to play in many areas of Scotland.



Regional Boccia Squads have also been established in a number of areas as the sport continues to grow in popularity and number.

The Classifications

Boccia includes pathways for a number of levels from grass roots through to international level. To compete at major International events athletes need to be classified by BISfed, the International Boccia Federation. Scotland is currently working with GB Boccia and the other home nations to identify and train classifiers to contribute to a national classification system.

There are four sport classes in Boccia from BC1-4. All players compete in wheelchairs due to a loss of leg function and trunk stability, caused by a lack of muscle coordination and control.

BC1 – These athletes have severe activity limitations affecting their legs, arms and trunk due to coordination impairments. They can grasp and throw the ball and do not use assistive devices. Athletes with some leg control are allowed to propel the ball with their foot.

BC2 – These athletes have better trunk control and arm function than players in the BC1 and BC3 sport class.

BC3 – These athletes have a significantly limited function in their arms and legs due to poor or no trunk control due to cerebral or non-cerebral origin. Unlike BC1 players, they use a ramp to roll the ball as they are unable to propel the ball into court.

BC4 – These athletes have health conditions such muscular dystrophy and spina bifida. These athletes have very poor leg and trunk function but are able to grasp and throw the ball.

Coach Education

There are a number of courses available to support the development of Boccia. Scotland has been a key driver in the development and delivery of both the UKCC Level 1 and UKCC Level 2 courses.

Boccia Leaders Course

The Boccia Leaders Award will provide coaches, teachers and volunteers with the necessary knowledge, skill and abilities to introduce the game to all children, young

people and individuals with an interest in sport.

A mixture of theory and practice, the course will provide an overview of the structure, the rules and the practices. The course lasts for four hours and is mainly practical in nature.

UKCC Level 1

Candidates will be introduced to the skills of planning and preparation within Boccia, their effective communication and demonstration skills, observation and analysis skills of players' performance and be more skilled at evaluating their activities and sessions.



UKCC Level 2

Further develops the skills learnt in Level 1.

Referees Course

This course will provide coaches, teachers and volunteers with the necessary knowledge, skills and abilities in Boccia refereeing. The course will contain a mixture of both theory and practice.

Some Facts & Figures

- Boccia has no counterpart in the Olympic Games.
- 8 Scottish athletes out of 14 (57%) on GB Boccia World Class Podium (2014).
- The official GB Boccia Rio 2016 Talent Programmes was launched in March 2013. 4 athletes were identified through the process and progressed to the GB Core programme, of which 3 are Scottish.
- There are currently 13 clubs in Scotland and over 100 players and growing.
- 3 Scottish officials officiated at 2012 Paralympics.
- There are 4 National coaches in Scotland and 1 GB Performance Coach.
- Boccia balls are coloured Red or Blue and they are made of leather.

Helpful Resources

SDS Youtube site

www.youtube.com/user/ScottishDisability

This section highlights the main stages involved in a boccia pathway and showcases a number of the dynamic competition and events available to athletes and players looking to get involved.

Boccia England website

www.bocciaengland.org.uk/coaches/resources/

This video resource explains a wide range of activities from the Warm-up, through basic skills, power, pace and precision, mini games and advanced skills.

Leading Performers

Josh Rowe (Perth / BC2) BC1-2 Team European Gold 2013, BC1-2 Team Gold at Cheshire International 2013



Stephen McGuire (Hamilton / BC4) BC4 Pair European Gold 2013, BC4 Gold at British Championships, GB Paralympian at London 2012. 2016 World Champion and world ranking no 2.

Scott McCowan (Dundonald / BC3) BC3 Pair European Bronze 2013, BC3 Pair Gold at Cheshire International 2013, BC3 Gold at British Championships 2013, GB Paralympian at London 2012.

Kieran Steer (Cowdenbeath / BC4) BC4 Pair European Gold, BC3 Pair European Bronze, BC3 Pair Gold at Cheshire International, BC3 Gold at British Championships.



Patrick Wilson (Peebles / BC3) BC3 Pair Silver at Cheshire International, BC3 Pair Silver at Cheshire International.

Peter McGuire (Hamilton / BC4) BC4 Pair Silver at Cheshire International, BC4 Bronze at British Championships.

Six medals were also won at the last three European Championships, World Championships and Europa Cup At the Paralympics in London 2012 a total of three Scottish players were selected by

Paralympics GB out of a squad of nine (33% Scottish representation).

Competitions

There are regional events across Scotland.

SDS currently holds the following National Boccia Events:

- Scottish Boccia Championships
- Scottish Open Boccia Championships
- Scotland host the GB Championships in rotation with the other home nations
- Regional Development Championships held for Regional Level players.

Regional squad players also compete in the Lord's Taverners' Under 19 Competition.

Results

2015 European Teams & Pairs

BC2 Joshua Rowe - silver

BC4 - Kieran Steer - gold

BC1/2 Team - Joshua Rowe - gold

BC4 Pairs - Stephen McGuire - silver, Kieran Steer - silver

2015 GB Boccia Championships

BC4 Stephen McGuire - gold

BC4 Jamie Docherty - silver

BC3 Patrick Wilson - bronze

BC1 Reegan Stevenson - silver

BC2 Lucy Rutledge - bronze

2016 BISFed World Open Championships, Montreal

BC3 Singles - Jamie McCowan - silver

BC3 Singles - Patrick Wilson - bronze

BC3 Pairs - Jamie McCowan and Patrick Wilson - bronze



Key Contacts

Scottish Disability Sport

Caledonia House
South Gyle
Edinburgh EH12 9DQ

www.scottishdisabilitysport.com

E: admin@scottishdisabilitysport.com

T: 0131 317 1130

GB & Scottish Boccia Performance Coach

Claire Morrison

E: claire.morrison@gb-boccia.org

Key Websites

GB Boccia – www.gb-boccia.org

BISfed – www.bisfed.com

