

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 the fastest-growing Paralympic 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. This support is crucial in developing and establishing a comprehensive system of talent ID and development, to ensure the continued transition of athletes into the UK Boccia squads of the future.

Comparable to the French game of pétanque, the game has been refined from an ancient Greek game in Italy in the 16th century. Boccia 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 Paralympic debut at the New York Games in 1984 and is now practiced at elite level in over 50 countries. Men and women compete together in teams, pairs or as individuals.

Boccia is a Paralympic sport for players with a severe physical disability but can be played by all.

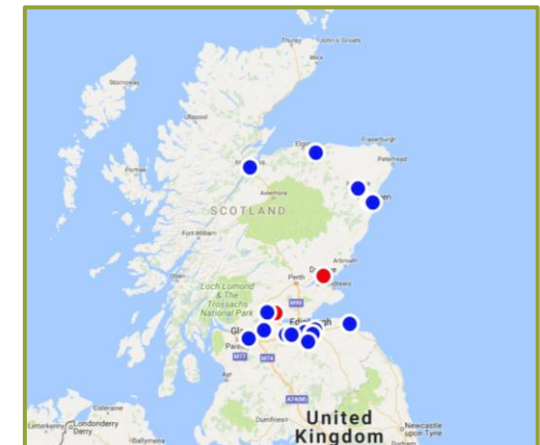
Scottish Disability Sport (SDS) is the recognised governing body for boccia in Scotland. The sport is led developed by a Scottish Sub Group - click here to see [2017-2021 Strategic Plan](#) and [Terms of Reference](#) for the group, which reports to the SDS Board.

SDS is an affiliate member of [BISFed, the International Boccia Federation](#).

Scotland has a long tradition of boccia Paralympians and international medal success. Scottish players have featured prominently as part of the Boccia UK 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 local, regional and national structures, proving that there is an excellent pathway for those wanting to get involved in the sport and further their development.

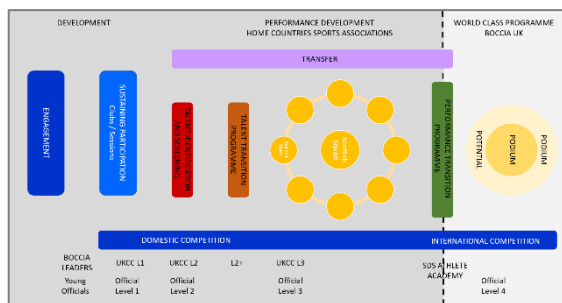
Boccia is developing at a regional level with significant improvement in the identification and development of new and existing players through talent days, [Boccia Bonanzas](#), etc. There are [boccia clubs and opportunities to play](#) in all regions of Scotland.



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

Click on the link below to see how you can progress as a player, coach or official:

[Boccia Player, Coach and Officials' Pathway](#)



## 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 [Boccia UK](#) 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.



*Reegan Stevenson, BC1*

**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.



*Hannah Craig, BC3*

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



*Callum Glasgow, BC2*

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



*Stephen McGuire, BC4*

**BC4** – These athletes have health conditions such as 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



Scotland has been a key driver in developing, piloting and delivering both the UKCC Level 1 and Level 2 courses, and is delighted to have supported a very competent, confident workforce across all disciplines.

We take pride in the inclusiveness of our qualifications and buck the national trend with a high percentage of coaches with a disability.

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### Boccia Leaders Award Workshop

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.

The workshop takes place over four hours and is mainly practical in nature, providing an overview of the structure, rules and practices of boccia.

### UKCC Level 1

The Level 1 takes place over three days, covering planning, preparation, communication, demonstration, observation and analysis, feedback and understanding of boccia and coaching principles.

Key topics include:

- Roles and responsibilities
- How and what to coach skills
- Risk and injury management
- Coaching techniques and demonstrations
- Session structure and preparation
- Evaluation of coaching sessions
- Equality and barriers to participation.

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### UKCC Level 2

Aimed at Level 1 coaches, the course covers five days and covers:

- Teaching fundamental technical skills;
- Running effective sessions;
- Coaches' roles and responsibilities;
- Analyzing movement and developing skills;
- Tactical development;
- Developing physical and mental capacities;
- Longer term planning and evaluation;
- The coach, players and the club;
- Competition management;
- Practical implementation.

### Level 1 Award in Officiating Boccia

The Level 1 Officials Award workshop takes place over seven hours, and by the end of the course delegates will be able to officiate and game of boccia, understand players' individual needs and put key skills into practice. This course provides coaches, teachers and volunteers with the necessary knowledge, skills and abilities in boccia refereeing. The course contains a mixture of both theory and practice and includes a written assessment.





## Competitions

There are regional events across Scotland. SDS currently holds the following National Boccia Events:

- Scottish Boccia Championships
- Scottish BISFed and Non-BISFed Open Boccia Championships
- Scotland host the UK Championships in rotation with the other home nations

Month	Event	Date	Category
January	Scottish Squad Training	Saturday 17	UK
February	Level 1 Officials	Tuesday 27	UK
February	Scottish Squad Training	Saturday 24	UK
March	Boccia Business	Saturday 24	Business
March	Scottish Squad Training	Saturday 24	UK
April	Dumfries & Galloway	Saturday 28	UK
May	2018 National Wheelchair Boccia Championships	Saturday 19	UK
May	Scottish Squad Training	Saturday 19	UK
May	Grampian Games	Saturday 26	UK
May	UKCC Level 1	Saturday 26	UK
May	UKCC Level 1	Sunday 27	UK
June	Lanark Disability Sport	Saturday 2	UK
June	Scottish Squad Training	Saturday 2	UK
June	UKCC Level 1	Sunday 24	UK
July	World Open Pairs	Saturday 7	World
July	Right on Target	Saturday 7	UK
July	Scottish Squad Training	Saturday 7	UK
August	World Champs Liverpool	8-19	World
September	Discovery Games	8-9	UK
September	Scottish Squad Training	Saturday 23	UK
September	London Disability Sport	Saturday 23	UK
October	2018 National BISFed Open Champs	Saturday 20	UK
October	Scottish Squad Training	Saturday 20	UK
October	2018 National Non-BISFed Open Champs	Saturday 20	UK
November	No Limits	Saturday 10	UK
November	Scottish Squad Training	Saturday 10	UK
December	Scottish Squad Training	Saturday 15	UK

### Regional/National Events Calendar



## 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: Jamie McCowan - silver  
 BC3: Patrick Wilson - bronze  
 BC3: Jamie McCowan and Patrick Wilson – bronze

### 2016 GB Boccia Championships

BC3: Scott McCowan – silver  
 BC3: Jamie McCowan – bronze  
 BC4: Stephen McGuire – gold  
 BC4: Kieran Steer – silver

### 2017 GB Boccia Championships

BC1: Reegan Stevenson – fourth  
 BC2: Callum Glasgow – sixth  
 BC3: Scott McCowan – gold  
 BC3: Jamie McCowan – silver  
 BC3: Patrick Wilson - bronze

### 2017 European Teams & Pairs

BC4: Stephen McGuire – gold  
 BC4 Pairs: Stephen McGuire – gold  
 BC3: Jamie McCowan – gold  
 BC3: Scott McCowan – bronze  
 BC3 Pairs: Jamie McCowan, Scott McCowan, Patrick Wilson – fourth



## Some Facts & Figures

- Boccia is one of only two sports which has no counterpart in the Olympic Games.
- Four Scottish athletes out of 8 (50%) are on the Boccia UK World Class Performance Programme (2018).
- Of these four players, all are Paralympians with six Paralympic appearances in total.
- There are currently 26 [clubs and sessions](#) in Scotland and over 100 players and growing.
- Three Scottish officials officiated at the 2012 Paralympic Games.
- There are four National coaches in Scotland, one coach mentor and one UK Performance Coach.

## Leading Players

### Stephen McGuire (BC4, Hamilton)



- ★ Reigning World & European Champion (Individual)
- ★ European Silver (Pairs)
- ★ World ranked #1 (Individual)
- ★ World ranked #5 (Pairs)
- ★ Two times Paralympian in London 2012 and Rio 2016
- ★ UKCC Level 2 coach

### Jamie McCowan (BC3, Dundonald)



- ★ Reigning European Champion (Individual)
- ★ European silver (Pairs)
- ★ World ranked #4 (Individual)
- ★ World ranked #4 (Pairs)
- ★ Rio 2016 Paralympian

### Scott McCowan (BC3, Dundonald)



- ★ World ranked #21 (Individual)
- ★ European silver (Pairs)
- ★ World ranked #4 (Pairs)
- ★ Two times Paralympian in London 2012 and Rio 2016

### Patrick Wilson (BC3, Peebles)



- ★ World ranked #10 (Individual)
- ★ European silver (Pairs)
- ★ World ranked #4 (Pairs)
- ★ Rio 2016 Paralympian

## Coaches

### Claire Morrison (Forfar, Angus)



- ★ Appointed UK Performance Coach in 2013
- ★ Coached at two Paralympic Games – London 2012 and Rio 2016
- ★ UKCC Level 2 coach, UKCC Level 1 and 2 tutor, National Coach and Coach Mentor
- ★ Key driver for boccia development in Scotland for over ten years
- ★ 2013 **sportscotland** Performance Coach of the Year
- ★ 2013 SDS Coach of the Year
- ★ 2016 Boccia Performance Coach of the Year

### Andrinne Craig

(Stonehaven, Aberdeenshire)



- ★ UKCC Level 2 coach
- ★ BC1 and BC2 Lead Scottish Coach
- ★ Boccia Leaders Award & UKCC Level 1 tutor
- ★ Making Boccia Accessible international programme tutor
- ★ Volunteer since 2010

### Jen Livingstone

(Stirling)



- ★ UKCC Level 2 coach
- ★ BC4 Lead Scottish Coach
- ★ Boccia Leaders Award tutor
- ★ Secretariat of BISFed Coaching & Development Group
- ★ Coached at Scottish & International level
- ★ Volunteer since 2012

### Lewis McConnell

(Newton Mearns, East Renfrewshire)



- ★ [sportscotland Coaching Futures](#) Apprentice Boccia Coach
- ★ BC3 Lead Scottish coach
- ★ Grand Prix Series organiser
- ★ Former Scottish international player

Scottish players won 5 medals at the UK Boccia Championships 2017:

- Stephen McGuire, BC4 Gold
- Peter McGuire, BC4 Pair Bronze
- Jamie McCowan, BC3 Gold
- Scott McCowan, BC3 Silver
- Patrick Wilson, BC3 Bronze

Scotland had nine players compete at the inaugural 2017 Scottish International Boccia Open in Largs, winning four medals across classification groups.

At the 2017 World Open in Seville, Stephen McGuire won Individual Gold, and Scott McCowan, Jamie McCowan and Patrick Wilson won BC3 Pair Silver.

At the 2017 World Open in Kansas, Stephen McGuire won Individual Gold and Jamie McCowan won Individual Silver.

At the Rio Paralympic Games in 2016, a total of six Scottish players and three ramp assistants were selected by Paralympics GB out of a squad of ten players (60% Scottish representation).

## Helpful Resources

### [Boccia Information Video](#)



Highlights main stages involved in boccia pathway and showcases dynamic competitions and events available.



### [Boccia Video Fact File](#)

#### **Boccia England website:**

[www.bocciaengland.org.uk/coaches/resources/](http://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.



## Key Contacts

### **Scottish Disability Sport**

Caledonia House  
South Gyle  
Edinburgh EH12 9DQ

[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

E: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)

T: 0131 317 1130

### **UK & Scottish Boccia Performance Coach**

Claire Morrison

E: [claire.morrison@boccia.uk.com](mailto:claire.morrison@boccia.uk.com)

## Key Websites

Boccia UK – [boccia.uk.com](http://boccia.uk.com)

BISFed – [www.bisfed.com](http://www.bisfed.com)