

# LET'S PLAY THE PARA SPORT OF BOCCIA

Boccia is a game of strategy and accuracy that was originally designed to be played by people with cerebral palsy. Now, the sport includes athletes with impairments that affect motor skills.

It is a target or precision sport related to the games of bowls and pétanque. The aim of the game is to score as many points as possible by throwing, kicking or using a ramp to propel balls onto a court and getting closest to a target ball known as the 'jack'. The game requires focus, concentration and pin-point accuracy.



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**BOCCIA BALLS**



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**AIMING TO GET THE BALLS CLOSE TO THE JACK**



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**ROLLING**



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**TOSSING**



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**THROWING**



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**USING RAMPS OR CHUTES TO PROPEL THE BALL**

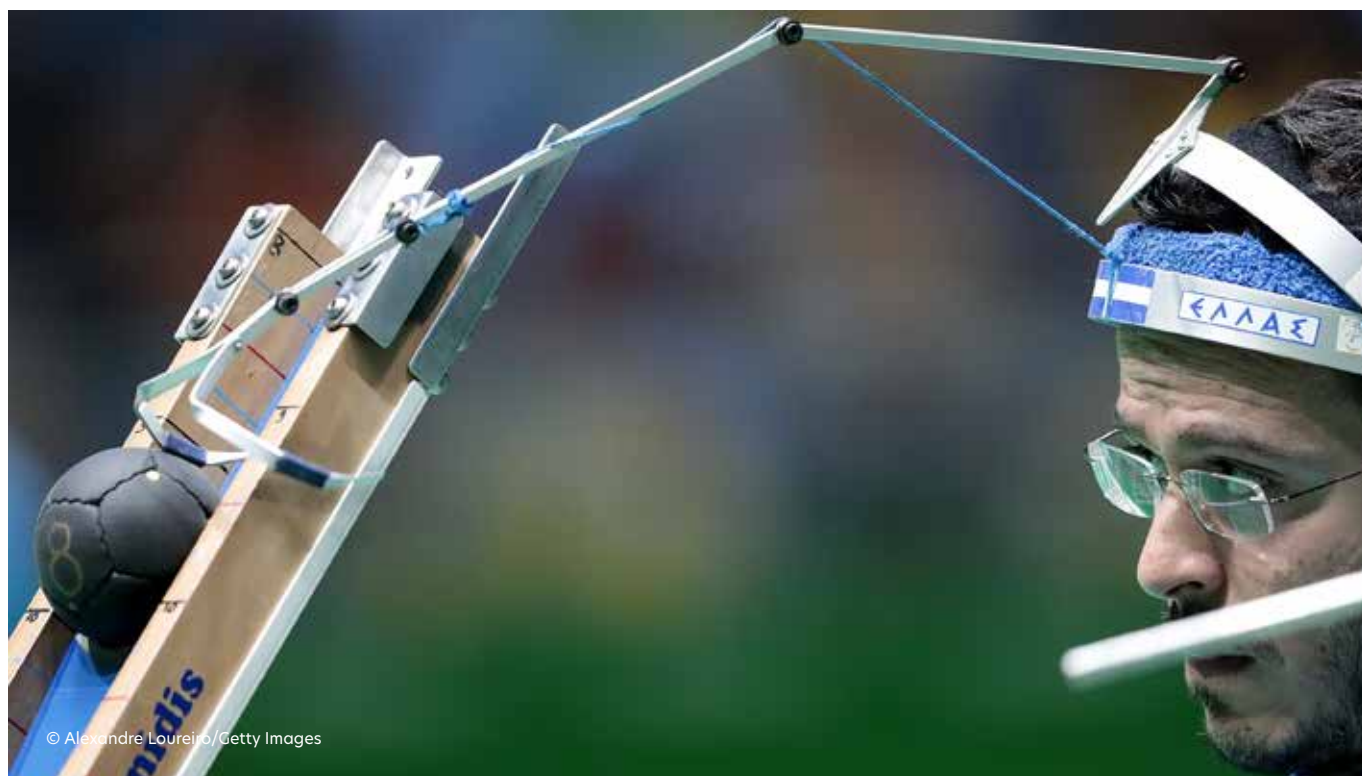
# ATHLETE CASE STUDY

**"HI, I'M GRIGORIOUS POLYCHRONDIS. I LIVE IN GREECE.**

I play the Para sport of boccia. My muscles are very weak so I roll the boccia balls down a ramp. I use a pointer on my headgear to start the ball moving.

I have competed and won a medal at every Paralympic Summer Games since 2008.

I was honoured to be my country's flagbearer at the Rio 2016 Opening Ceremony."



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