

## Sportsability

### Boccia

Boccia (pronounced 'botch-ya') is a bowls-type target game suitable for all abilities. However, it is particularly effective as an option for players who have more severe or complex impairments.

The object of the game is for players to get their boccia balls closer to the white target ball (or jack) than those of their opponent.

- For each ball closer than the nearest ball of their opponent, players score 1 point.
- Boccia consist of a series of 'ends'. Players take turns at throwing the target ball. When all the balls have been propelled into court, the points are calculated.
- This is repeated until every player has thrown the jack. The points are added cumulatively across all the 'ends'.
- The player or team with the most points wins!
- Unlike other bowls-type games, the player or team furthest away from the jack continues to play until they get nearer or all their balls are used.
- Players must keep their feet, wheelchairs or ramps inside their box and stay behind the throwing line.
- If the white target ball is knocked out of court during play it is replaced on the cross and play continues.



## **Target throw**

A target throw is a target throwing game suitable for all abilities. The object of the game is to get the bean bags into the hoops.

- Each hoop is worth a different amount of points (1,3,5pts).
- Individuals will get three bean bags each.
- Teams will take it in turns to throw the bean bags. This is continued until each participant on every team has thrown all three bean bags.
- Scores will be calculated throughout the game.
- The player or team with the most points wins.
- Players must keep their feet, wheelchairs or ramps inside their box and stay behind the throwing line.



## **Bowling**

Bowling is a target game suitable for all abilities. The object of the game is to knock all of the 'pins' down by rolling the ball.

- Each 'pin' which is knocked down is worth one point.
- Individuals will get two rolls each to knock down as many pins as they can.
- Teams will take it in turns to roll the ball. This is continued until each participant on every team has rolled twice.
- Scores will be calculated throughout the game.
- The player or team with the most points wins.
- Players must keep their feet, wheelchairs or ramps inside their box and stay behind the bowling line.



## Kurling

New Age Kurling has quickly become a popular sport enabling disabled people to play with or against non-disabled people on an equal level. The object of the game is for players to get as many of their specially designed Kurling stones as possible closer to the centre of the target than those of their opponent. In New Age Kurling, players try to send stones from one end of the court to a target at the other end. The competition target is a vinyl mat with red, white and blue circles.

- Stones can be propelled onto the court in many different ways; bowled, rolled, pushed with the foot or even delivered using an assistive device (such as a ramp or chute).
- Players score by getting as many of their stones as close to the centre of the target than those of their opponent.
- New Age Kurling stones can be delivered towards the target in different ways to suit a range of abilities. The stone can be sent using a one-handed 'bowling' action, using a ramp, or a pusher, or pushed with their hands.
- A point is scored for every stone closer to the centre than their opponent's.
- The New Age Kurling court is based on the dimensions of a badminton court using some of the existing lines and measurements.
- Players send their stones from the delivery line – the equivalent of the badminton court – towards the target positioned at the opposite end.

