

Making Boccia a Quality Experience

Did you know?

- ▶ Boccia is a Paralympic sport similar to curling or lawn bowls. It's easy to learn, fun for all ages and abilities, and gets more challenging as players build skills and strategy!
- ▶ The goal of boccia is precision. To play, athletes take turn throwing, rolling, or kicking their balls to get theirs closest to the “jack”, a small white target ball. Boccia is played indoors on a hard court. Players compete individually or on teams of two or three.
- ▶ Boccia has five levels of classification, as well as an open category for competition. For community or recreation program, classification isn't usually needed. If your team moves toward competitive play, check [Boccia Canada's website](#) to learn about classification.

EXAMPLE: In the images on the left you will see different ways in which athletes compete in boccia. Both examples include ramps and pointers, but each is setup differently based on the individual needs of the athlete. You will also see sport assistants or performance partners.



How to Keep Quality in Play

What is quality participation?

Quality participation happens when athletes view their involvement in boccia, or other sports, as satisfying and enjoyable and experience outcomes they consider important.

How can we build it?

There are six building blocks as the foundation for quality participation (hint: check out the link to the Blueprint below). When paired with welcoming spaces, well-designed programs, and supportive communities, these elements create sport experiences that keep athletes engaged and coming back.

Where can we learn more?

The Canadian Disability Participation Project has created the [Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults Participating in Powerchair Sport](#), in partnership with [PowerHockey Canada](#), to introduce key concepts that underpin quality participation to coaches and volunteer to better facilitate quality sport experiences for athletes.

Visit Boccia Canada's website at www.bocciacanada.ca.

This work was supported by Partnership Grants from the Social Sciences and Humanities Research Council of Canada for the Canadian Disability Participation Project.

Published: December 2025