BC1 STANDARDS

1. Jack serve and first ball placement skill
   Data sent in with standards submission.
   Video submission required (zoom cloud recording link) at time of submission. Video recording must match data submitted.

2. Displacement of opponent's first ball skill
   Data sent in with standards submission.

3. Open space skill
   WILL BE DONE DURING ROUND 2 AT SELECTION CAMP

4. Push skill
   WILL BE DONE DURING ROUND 2 AT SELECTION CAMP

BOCCIA UNITED STATES NATIONAL TEAM STANDARDS 2025

STANDARD 1: JACK SERVE AND FIRST BALL PLACEMENT SKILL

Reason for the skill:

1st ball position is important for blocking and likely making an opponent spend more balls to get a scoring ball and increase stress. Enabling an early "ball count advantage".

Directions:

Athletes will propel a jack ball and a follow-up ball (3 times) from box 3 and box 4 at their personal distance choice ranging in 2.5-4m (short), 4.1-6.5m (medium) and 6.6-9.5m (long) and scored based on criteria below. Both balls (jack and follow-up ball) will be picked up and rethrown a maximum of three times for red and blue in corresponding boxes. This drill should take you no more than 20 minutes to complete.

- 3 jack/follow-up 1st balls at each distance for each color are required. Throwing to corresponding sides.
- No two jacks must be within 1/2 meter of each other when moving to the next distance zone (i.e., cannot put a jack at 5.3m for medium and 5.6m for long).
- You must use the same jack, but you can use any firmness ball of your choosing when throwing red and blue balls.
- Recording should be made from the back of the jack ball to see resting spot distance from the jack ball and blocking percentage. Audibly say the distance of the jack in recording. Example: say, "3.5@1.5"

Scoring: (Opponent is a right-handed thrower)

The blocking percentage should be viewed from the opponent's box as if they were a right-handed thrower. Example: Is ball blocking if you are a right-handed thrower? Athletes must gauge blocking percentage as if the opponent is a right arm thrower to gauge blocking percentage.

Best: 3 points if at least 75% of the ball is blocking the opponent and within 3 balls (short and medium); 4 balls (long).

Better: 2 points if at least 50% of the ball is blocking the opponent and within 3 balls (short and medium); 4 balls (long).

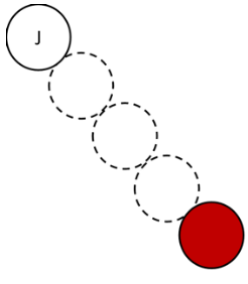
Good: 1 point if at least 25% of ball is blocking the opponent and within 3 balls (short and medium); 4 balls (long).

- The athlete has :45 seconds to roll both balls (scorer must have a timer); if not accomplished in time, a zero score must be given for that throw/roll.
- If the jack does not reach the targeted zone or within 1/2 meter of the previous thrown jack/placement ball, a zero score must be given for that throw.

Jack Distances	Short 2.5-4m	Medium 4.1-6.5m	Long 6.6-9.5m
National A Team Standard	5 pts 55%	4 pts 44%	4 pts 44%
National B Team Standard	4 pts 44%	3 pts 33%	3 pts 33%

White balls with black dashed rings, are used to illustrate a 1 ball spacing and not in position at start of drill. Only three balls are used for this set up; Jack, opponent's ball, and players ball that came up short.

SETUP ILLUSTRATION:



STANDARD 2: DISPLACEMENT OF OPPONENT'S FIRST BALL SKILL

Reason for the skill:

It is imperative that you can displace your opponent's first ball to be able to score on the jack.

Directions:

You are tasked with moving the opponents colored ball out of the way to give yourself an opportunity to score. Because it is such a good block, we are not asking you to displace and score.

Athletes have 3 opportunities to displace the ball of your opponent. The ball will be set up at 1 ball length in front of the jack, with 75% of the jack covered from your box based on your throwing arm regardless of where you set up in box. You will have three (3) attempts to propel red balls from box 3 and blue balls from box 4 with your dominant arm at 3m @ 1.5m (short), 4m @ 1.5m (medium), and 5m @ 1.5m (long) distances. Score based on the criteria and reset positioned balls.

- All shots are cross court because you are displacing your opponent's ball on their side.
- For each attempt, you must use the same ball from your competition playing set to displace the ball. It can be the same ball for each attempt.
- Use the softest colored ball in your set for opponents blocking ball.

Scoring: (Opponent is a right-handed thrower)

Best: 3 pts for moving the opponent's colored ball so you can now see 100 % of the jack from the thrown arm side.

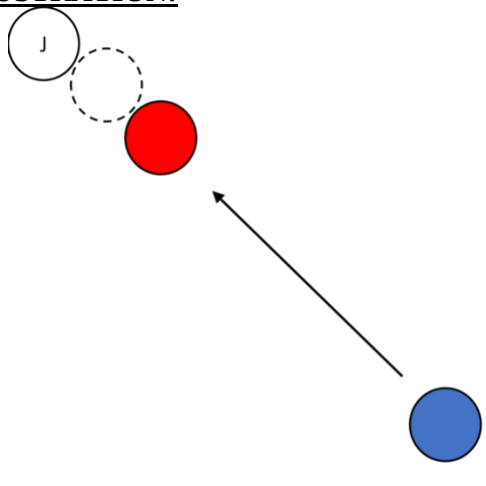
Better: 2 pts for moving the opponent's colored ball so you can see 75 % of the jack from the thrown arm side.

Good: 1 pt for moving the opponent's colored ball so you can see 50 % of the jack from the thrown arm side.

Distances	Short 3m @ 1.5 m	Medium 4m @ 1.5m	Long 5m @ 1.5m
National A Team Standard	4 pts 44%	3 pts 33%	3 pts 33%
National B Team Standard	3 pts 33%	2 pts 22%	2 pts 22%

White balls with black dashed rings, are used to illustrate a 1 ball spacing and not in position at start of drill. Only three balls are used for this set up; Jack, opponent's blocking ball, and players viewpoint for blocking percentage.

SET UP ILLUSTRATION:



You are here in box 4 playing blue and moving the red ball. There is one ball space between the jack and the colored ball. Seventy-five percent (75%) of the jack is blocked. Reverse the drill to the other side of the court when you are trying to move the blue ball while you are playing red in box 3.

STANDARD 3: OPEN SPACE SKILL **WILL BE DONE DURING ROUND 2 AT SELECTION CAMP**

Reason for the skill:
Athletes must be able to accurately hit spaces without playing off other balls to score and manage distance control. Athletes must also show that they can hit open spaces with all 12 balls in their set.

Directions:
Athletes, with their playing set, will shoot all 6 red balls from box 3 and all 6 blue balls from box 4 at each distance short (3m @ 1.5 m), medium (5m @ 2 m), and long (7m and 1.5 m). If you are red you are shooting to the left of the court, and if you are blue you are shooting to the right side of the court. The player will attempt to hit the target and get as many points as possible per throw. The delivered ball is scored, removed, and the test is reset before the next attempt. Scoring should be done by looking directly over the ball and then assessing where the ball's edge is, over the scoring ring. (i.e., the picture above shows 10 points).

- You must use ALL 6 red/6 blue balls in your competition playing set for this drill.
- The jack ball can be placed to the left or right of the outermost white ring (outside of the scoring area) to help with visual perception much like in game play.
- A Boccia United States approved target is placed at distances referenced above with yellow representing the ultimate mark they are aiming for.

Scoring:
Max score: 60 pts (see picture above – example of 10 points)
Yellow: 10-9 pts
Red: 8-7 pts
Blue: 6-5 pts
Black: 4-3 pts
White: 2-1 pt
If a ball hits the jack, it is considered a missed ball.

Target Distances	3m @ 1.5 m	5m @ 2m	7m @ 1.5m
National A Team Standard	36 pts 60%	34 pts 56%	26 pts 43%
National B Team Standard	34 pts 56%	30 pts 50%	23 pts 38%

STANDARD 4: PUSH SKILL **WILL BE DONE DURING ROUND 2 AT SELECTION CAMP**

Reason for the skill:

When you come up short there are many shot options you can make. When you particularly come up short on a ball, a higher percentage shot is the push. Athletes are tasked to push your colored ball, that is not currently scoring, back into the jack and scoring.

Direction:

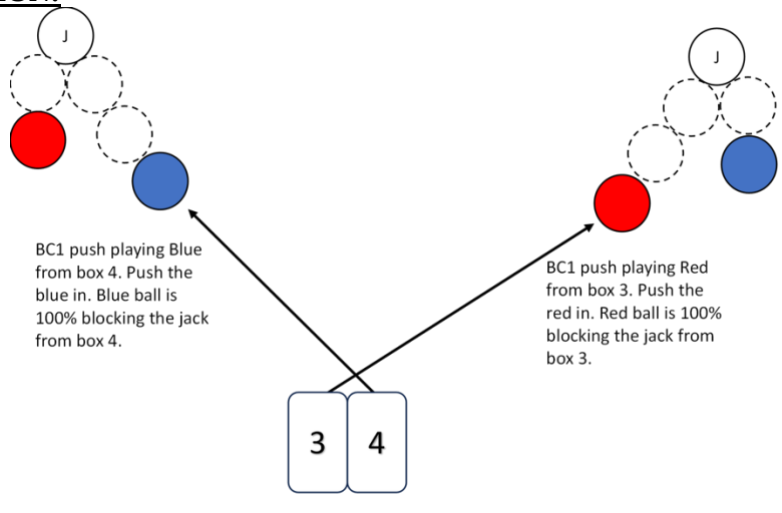
Athletes will use any ball from their competition set to propel, a maximum of 3 attempts per side (3 red balls and 3 blue balls), throwing cross-court, set at various distances, to push your ball into a scoring position. Your jack ball will be placed at 2.5 @ 2m (short), 3.5 @ 1.5m (medium), and 4.5m@ 1m (long) with the opponent's placement ball at the illustrated distance away. Your placed ball being pushed, must be softest ball in your set. Reset balls each time. This drill should take you no more than 20 minutes to complete.

- You can use any firmness ball of that color to push your softest ball with for this standard, but you must use the same jack.
- Throwing Cross-court.
- The opponent's ball that is used in the setup of this drill must be the softest ball in your playing set.
- The athlete has no more than :15 seconds to roll/throw the ball (the scorer must have a timer). A zero score on that try will be given if they exceed the time limit.

Scoring:

Best: 3 points if both balls are scoring
Better: 2 points if 1 ball is scoring
Good: 1 point if intended ball was pushed back into jack but is not scoring

Push Distances	Short 2.5 @ 2m	Medium 3.5 @ 1.5m	Long 4.5 @ 1m
National A Team Standard	6 pts 66%	5 pts 55%	4 pts 44%
National B Team Standard	4 pts 44%	3 pts 33%	3 pts 33%

White balls with black dashed ring are used to illustrate 1 ball spacing and are not in position at start of drill. Only three balls are used for this set up; Jack, opponent's ball, and players ball that came up short.

SET UP ILLUSTRATION: