



BOCCIA

EDUCATION • PUBLICITY • DEVELOPING

... the opportunity for sport and social inclusion.

GUIDEBOOK



**Co-funded by
the European Union**

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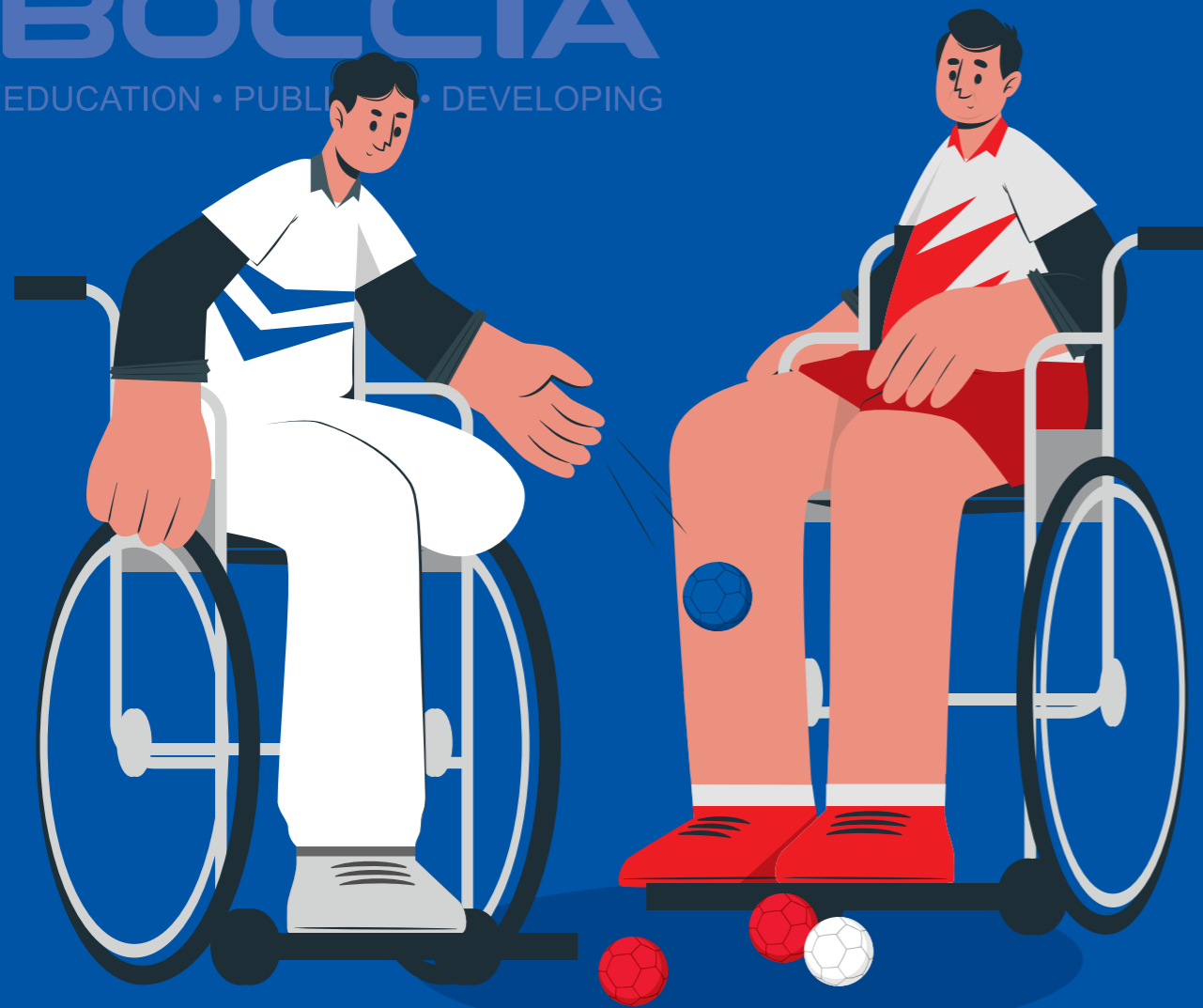
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BOCCIA
EDUCATION • PUBLIC • DEVELOPING



INTRODUCTION

We are pleased to bring you our publication, which is the result of an international BLN project supported by the European Union, which we have been working on for several months. And why did we choose the sport of Bocchia? Because it offers not only physical activity, but also strategic thinking and social interaction. This interactive publication was created as a result of a series of 12 expert webinars and 3 face-to-face meetings that focused on different aspects of the development of this sport and leisure activity, with a particular focus on young people with disabilities. We discussed with experts what bocchia actually is, what technical equipment and physiotherapy procedures are necessary, how bocchia activities are financed and how tournaments are organised. All this with the aim of promoting the development of this activity among adolescents, inspiring them to take up the sport and educating those who work with young people with disabilities.

The project of which this publication is a part aims, through European partners, to create a common methodology for the development of bocchia in each country.

And how did it work? First, we bought sports equipment for the individual partners, who donated it to the associations in their countries. Then we provided knowledge and know-how on bocchia itself through experts. All this with the aim of contributing to increasing the popularity and awareness of this sporting activity, recruiting new athletes, and thus integrating the severely disabled into society through sport.

The aim of this publication is not only to raise awareness of bocchia, but also to inspire and motivate more disabled individuals to participate in the sport. Bocchia is not only a sport, but also a means to integrate and improve the quality of life of people with different types of disabilities. We hope that through this publication we can bring the beauty and importance of bocchia to a wider audience, encourage the growth of a community of players and also people who are indispensable to the sport, and generally support the inclusive sporting development of the population.

The whole project would not have been possible without the financial support of the EU (Erasmus+) and the cooperation with the partners ZOM Prešov, Magyar Para Bocchia szövetség, BKOSI Pulac Rijeka, Association of Persons with Physical Disabilities Their Families and Friends Prometheus, SONCEK Zveza drustev za cerebralnopalizno Slovenije so.p. and the project developer Emilova sportovni, z.s..

PARTNERS OF THE PROJECT



Emilova sportovní, z.s. / Czech Republic

Emilova sportovní, z.s. is the association founded by the Emil Foundation for the purpose of supporting the development of physical activities of children and youth with disabilities, organizing sports events, creating new sports opportunities and establishing sports clubs. It has been in operation since 2017 and currently runs the athletics and figure skating sports departments. The European Youth Games for the Disabled Emil Open is the reference sports event.



ZOM Prešov / Slovakia

The Sports club BOCCIA ZOM Prešov was founded by the civic association ZOM Prešov by registering with the Slovak Association of Physically Disabled Athletes in September 2013. The aim and ambition of the club is to help the development of the Paralympic sport of Boccia, mainly in Eastern Slovakia. The aim of the association is to give the opportunity and possibility to people with the most severe physical disabilities to perform sports activities. It focuses on training conditions, search and recruitment of new players, training of coaches, assistants and referees. It organizes their own events, league rounds, competitive and promotional events, while the reference event is the Boccia Tatra Cup.

SONCEK Zveza društev za cerebralno paralizo Slovenije so.p. / Slovenia

SONCEK Boccia Slovenija is the umbrella organization of sports in Slovenia, bringing together 70 qualified athletes and other unqualified, recreational players. It regularly organizes local tournaments for all athletes in Slovenia, but also from neighboring countries.

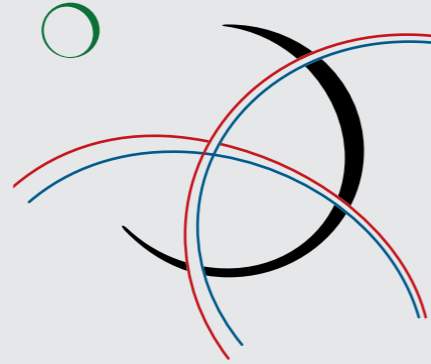


THANKS TO PARTNERS OF THE PROJECT

We would like to thank all the project partners without whom this project would not have been possible. We are truly grateful for your cooperation across the project, the added value you have brought to the project and your time spent on project activities. We hope that this guidebook will be of benefit to all those who seek information and knowhow in it.

BKOSI Pulac Rijeka / Croatia

Boccia club for people with disabilities was founded in 2010 with the aim of improving the quality of life of people with disabilities, their free time through boccia and promote bowling as their Mediterranean sport. The club unites children with disabilities and persons with disabilities, regardless of the type and severity of the disability. The motto of the club: "WE WANT - WE CAN" is the guiding thought of all members and club management for the further prosperity and development of athletes and this sport among people with disabilities.

**Magyar para boccia szovetseg / Hungary**

The Hungarian Para Boccia Association is creating a framework for people with disabilities to play sports. People with disabilities can prove through sports that they are capable of performing at the same top level as their healthy peers, just as well as their healthy peers to jump on a basketball, play table tennis, play volleyball or just play boccia. The aim of the training and competitions is to excel in our sport, meet and have fun, and thus, as members of the community, gain sports and social connections that they would not otherwise have the opportunity to.

Association of Persons with Physical Disabilities Their Families and Friends Prometeus / Poland

The aims of the association is to strive for people with physical disabilities to have the basic conditions for independent, full-fledged and active participation in professional and social life, the interest of self-government bodies and self-government in the issue of mobility impairment in the region, the fight against various forms of discrimination against persons with disabilities, cooperation and mutual assistance of the Association members, social activation of persons with disabilities with special emphasis on persons with limited mobility in old age.



1st WEBINAR

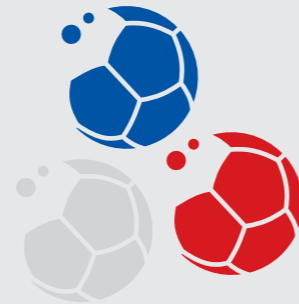
ACTIVITIES WITH TARGETING

Specific topic:



TARGETING, GOAL ACTIVITIES WITH AIMING

/ prof. PhDr. HANA VÁLKOVÁ, CSc.
Masaryk University



Scan and watch webinar:



To illuminate the ultimate goal of this topic, which is training and competition in the sport of bocce/boccia, a basic principle from the point of view – psycho-sportographic analyses must be described: that is - targeting. Psycho-sportographic analyses can explain principles of similar movement and sports domain from the point of view: age spectrum of participants, their complex fitness, skills and psychological requirements, as well as variations of disability (personality parameters).

Targeting is included in the domain “Sensoric activities”.

The domain brings together physical activities and sports, where **the basic characteristic is:**

- the EYE-HAND connection (EYE-LEG, EAR-HAND/LEG connection),
- not very demanding on a circular breathing apparatus (mild),
- type of concentration (short, interrupted, maximal intensity, react time),
- type of will and effort (short, maximal, repeated),
- social contact (individual, dyadic, assistance cooperation, team).

The development of this connection is important throughout a person's life from early childhood to adulthood (eating, hygiene, wearing, cooking, profession movement) and especially in the top sports. Therefore, targeting/aiming skills need to be trained/developed from early childhood in the family, rehabilitation centers, in the early period after an injury, etc. Role of the parents, adequate training in the centers, clubs – is crucial from the aspect of motivation, adherence, need for achievement.

Spectrum of physical activities and plays with TARGETING:

- aiming with the object on the table by hand, breath, stick in the mouth,
- aiming with an object on the ground/floor/field - by hands (rolling, throwing),
- aiming with an object on the ground/floor/field - by the feet (rolling, kicking, hockey stick),
- manipulate with variants of target distance,
- manipulation with a horizontal - vertical target,
- using variants of the balls (material, size, weight, colour),
- using variants of the other equipment (ball, bat, racquets),
- changing social context: as individual/alone, dyadic, team (play for fun or modified)

Spectrum of sports:

- from recreation – modification with tools, regulations,
- up to sports federations – tools, regulation according federation of disability requirements.
- Examples: bowling, a game of 9/10 pins, hanging skittle, billiard, arrows, darts, petanque, bocce, boccia, archery, shooting sports.

Sports with elements of targeting are sports in the anticipatory domain. They are mostly individual, dyadic or team games: table tennis, tennis, badminton, volleyball, basketball, football, hockey, rugby - etc. This area of ??sports is not very frequent among athletes with intellectual disabilities, because the fundamental principle is anticipation, the so-called reading of the game.





EYE-HAND COORDINATION

Mgr. ALENA SKOTÁKOVÁ, PhD.
Masaryk University

Eye-hand coordination is the ability to perform movements with the hands while being guided by the eyes. A child's hands and sight work together to perform tasks.

Eye-hand coordination refers to the coordination or integration of visual input and the processing of that visual information for coordinated movement of the hands. These skills impact fine motor dexterity and motor movements in functional tasks for so many tasks while manipulating movements and objects. Sometimes these tasks must be done quickly and accurately, such as when catching a ball.

Eye-hand coordination is essential in handwriting, scissor use, threading beads, reading, throwing a ball, placing a cup on a shelf, coloring in lines, feeding, self-care, and much, much more.

Eye-hand coordination development typically occurs through movement, beginning at a very young age. The visual components of oculomotor skills (how the eyes move) include visual fixation, visual tracking (or smooth pursuits), and visual scanning. These beginning stages of child development play a big part down the road in taking in visual information and using it to perform motor tasks.

Holding and talking to a baby at a very young age plays an essential part in the puzzle of visual motor skills. Additionally, tummy time and as the baby gains head strength and control, their eyes become stronger in their ability to fixate, track, and scan from the prone position. This is why we place toys around a baby on a blanket and encourage each.

It's crucial that these skills are built at an early age since most of this learning takes place by the age of 4. Therefore, early stimulation is vital.



"Holding and talking to a baby at a very young age plays an essential part in the puzzle of visual motor skills."



BOCCIA



*"... from recreational to competitive level.
The great integrative activity and sport for everyone."*

**YOU
CAN
DO IT.**

Specific topic:



HOW TO MOTIVATE, ATTRACT, SURPRISE, BE CREATIVE...

/ Mgr. **JULIE WITTMANNOVÁ, PhD.**
Palacký University

The aim of this topic is to introduce the public to target games in general, and specifically to sporting and competitive forms of target games like petanque or bocchia.

- First part is intended for anyone who would like to start playing bocchia, petanque or simply enrich offered activities with their clients, of any age, with activities focused on throwing, targeting, development of fine and gross motor skills. This all can be done within their organization, school, leisure club or sports club.
- The presentation also includes information about the highest levels of sport on Paralympic, Special Olympics of Deaflympics level.
- This topic introduces the history of target sports in general and describes the basic variants of the sport.
- The third part takes you through an introduction of the training process, the basics of the game. It introduces the variations of throws for people with disabilities, informs about basic screening of skills and entry level of the client or athlete.
- Examples of training lessons, preparatory and game exercises and fun games are shown.
- You can find an introduction to publicly available resources that can be used to plan the content of leisure or training lessons in the webinar as well.

FOR EVERYONE



2nd WEBINAR

PHYSIOTHERAPY, REGENERATION, RELAXATION

"Physiotherapy is an important part of life after spinal cord injury and can significantly increase the quality of life in wheelchair users."

Scan and watch webinar:

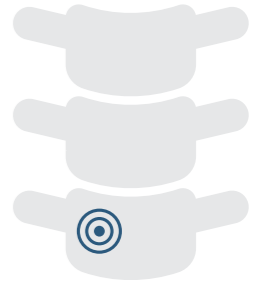


Specific topic:



PHYSIOTHERAPY AND REHABILITATION OF WHEELCHAIR USERS

/ Mgr. ANNA BUREŠOVÁ
ParaCENTRUM Fenix, z. s.



The topic is focused on physiotherapy and rehabilitation of wheelchair users after spinal cord injury from the point of view of a physiotherapist.

There are about 250 new cases of spinal cord injury every year in the Czech Republic, of which 170 need a wheelchair.

Most of the states are non-progressive and there is no change to the injury, in the brain or spine. However the functional abilities may change or decrease over time through secondary changes. We can maintain mobility and balance, reduce spasticity, prevent contractures and maintain range of movement of the joints through regular physiotherapy. There are passive and active methods in physiotherapy to be used. Passive methods including passive stretching, soft tissue techniques and electrotherapy can prepare tissues for active exercise. The active part of rehabilitation includes kinesiotherapy and ergotherapy. We can choose from different kinesiotherapy approaches according to the client's needs. The most used methods are Dynamic Neuromuscular Stimulation known as DNS or Proprioceptive Neuromuscular Facilitation known as PNF. We can increase and maintain trunk stability by exercising on unstable surfaces such as a large cylinder or balance pad.

Another option is exercising in Redcord which facilitates the transition between performance-oriented training and post-injury rehabilitation. In the paracentre, clients can use equipment such as motomed, to increase mobility of upper or lower limbs or glider to reach vertical posture. Last but not least, clients engage in ergotherapy to focus on hand grips, transfers from the wheelchair and back and self-sufficiency improvement.

Physiotherapy is an important part of life after spinal cord injury and can significantly increase the quality of life in wheelchair users.



PHYSIOTHERAPY IN PARA SPORT

/ Mgr. ZUZANA KRŠÁKOVÁ
Slovak Para Hockey

In this topic, point of view from para sport physiotherapist, currently working with para ice hockey team is given.

When working with para-athletes, it is essential to consider both their medical needs and the bio-psycho-social factors affecting their well-being. Due to the high incidence of injuries, especially during events like the Winter Paralympic Games, rapid triage and comprehensive care are crucial. Injury prevention and management should include diagnosis, prognosis, therapy, and autotherapy to support independence and daily activities, with a focus on sport-specific movements and intensities.



In sports such as boccia, therapy should focus on upper body strength, trunk stability, and movement coordination to enhance performance. Common injuries in para-athletes, particularly upper extremity and soft-tissue injuries, often result from repetitive strain, poor posture, and low bone density. Effective training programs should include functional movement assessments, strengthening exercises, and flexibility training. A well-structured training plan should build strength and endurance in the off-season, refine sport-specific skills and techniques during pre-season, maintain peak performance and manage injuries in-season, and focus on recovery and regeneration post-season.

physiotherapy in BOCCIA

"In sports such as boccia, therapy should focus on upper body strength, trunk stability, and movement coordination to enhance performance."





LOADING, TROUBLES, RELAX

/ prof. PhDr. HANA VÁLKOVÁ, CSc.
Masaryk University

In the beginning, relaxation is described as both a state and a process aimed at restoring mental and physical balance. This balance is often disrupted by daily life stresses, personal crossroads (significant life events like loss, separation, or illness), and unexpected challenges. These situations vary in intensity and can be categorized as either expected (such as exams, competitions) or unexpected (such as loss of a loved one, natural disasters). While it is difficult to prepare for unexpected events, adopting the mindset that overcoming such hardships as part of life is essential. Physical activity is also emphasized as a powerful tool for managing stress.

Topic of loading and burden situations describes everyday life situations, which brings various forms of mental and physical loads. These include typical work and family pressures, excessive overloading situations (those beyond one's capacity to manage), and problem situations where the necessary information or resources are missing. Other stressors include deprivation (long-term lack of basic needs), chronic barriers (both personal and societal), and frustrating situations where goals are blocked by obstacles. Understanding these pressures helps individuals build resilience.

In the end, relaxation techniques are mentioned.

There are three main types of relaxation techniques:

- Spontaneous Techniques which include everyday activities like sleeping, listening to music, walking, and socializing, which most people naturally engage in. While accessible, these may not always be enough for individuals with higher performance demands.
- Guided Techniques are techniques led by professionals (such as physiotherapists or psychologists) including breathing exercises, autogenic training, yoga, biofeedback, and meditation. These methods often require several months to learn and are tailored to individual needs.



*"Every situation is a challenge! Be flexible!
Don't worry, be happy!"*

- Commercial Techniques are offered by fitness centers or specialized facilities (e.g., salt caves or floating chambers), these techniques provide a more structured approach

Overall, relaxation is crucial not only for restoring balance but also for building resilience against future challenges. It is an essential part of life preparation, starting in childhood and continuing through adulthood.

DON'T WORRY, **BE HAPPY!**



3rd WEBINAR

SPORTS NUTRITION AND DRINKING, SPORTS SUPPLEMENTS, ANTI-DOPING

HEALTHY
and **DELICIOUS**

"Keep in mind that complex and balanced nutrition doesn't only improve your performance, recovery and cognitive functions but your overall health as well."



Specific topic:



BASICS OF SPORT NUTRITION

/ **Mgr. Bc. JAN STUPARIČ**
Registered dietitian & personal trainer

Sports nutrition is a complex topic, which leads to better performance and better life overall. In this topic there are mentioned basics for everyone, who wants to push one's knowledge.

Nutrition in sport is such a important factor because proper nutrition can:

- significantly affect sport performance,
- support training progress,
- help to recover faster,
- shorten time of recovery after injury,
- prevent injuries and disease.

In terms of sport nutrition we always need to consider all individual differences because:

- very single athlete is different,
- physical demands of the particular sport may significantly vary,
- proper sport nutrition also must reflect training periodization (preparatory, competitive, transition) and the goals of an athlete.

To gain the highest benefits of sport nutrition you need to have your meal plan under control. That means you need to plan your nutrition. Find out ahead of the event or competition:

- What kind of meals will be served to you?
- Will there be a chance of buying some food?
- How long will the event last?

Consider everything above and plan your day meal by meal.

Keep in mind that complex and balanced nutrition doesn't only improve your performance, recovery and cognitive functions but your overall health as well. So always focus on fundamentals, personalize and plan your nutrition and stay hydrated!



BASAL METABOLISM VALUE AND NUTRITION OF PEOPLE WITH SPINAL CORD INJURIES

/ EVA CHALOUPKOVÁ, PhD.

Nutritional counsellor for people with spinal cord injury

This topic is specifically aimed at people with spinal cord injuries, focusing mainly on basal metabolism.

Basal metabolic rate (BMR) is the energy an individual needs to maintain basic life functions (breathing, heart function, thermoregulation and organ function). In individuals with spinal cord lesions (SCI), the commonly used Harris-Benedict equation cannot be used in calculating BMR. Muscle tissue that is metabolically most active changes to adipose tissue below the site of spinal cord injury, thus reducing the BMR value. Cox et al. (1985) reported that in the early phase of rehabilitation, SCI patients require up to 54% fewer calories than the standard equations would predict.

In the early phase rehabilitation, patients with SCI require up to 54% fewer calories than would be predicted by standard formulae (Cox, Weiss, Posuniak, Worthington, Prioleau & Heffley, 1985).

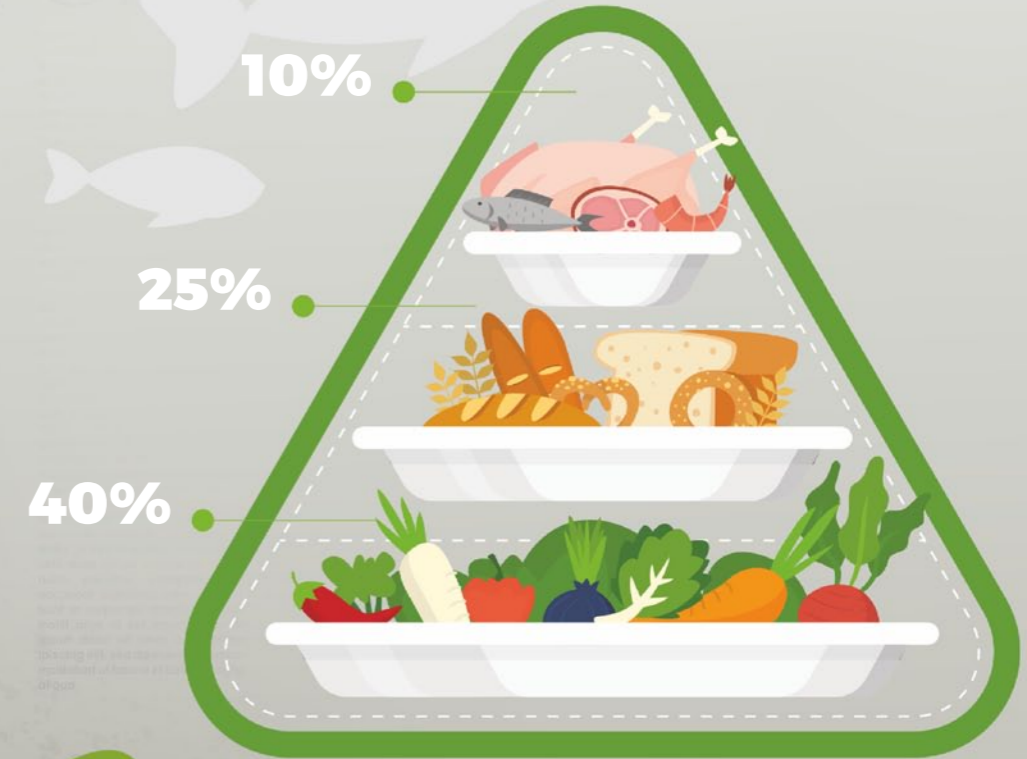
The food pyramid, preferably Mediterranean, can be used as a guide for normal daily eating and avoiding the consumption of high-calorie processed foods. Processed foods (fast food) contain artificial ingredients, colors, thickeners, flavorings and have been associated with disruption of the gut microbiota and systemic inflammation. Our digestive tract reacts to these substances as if they were useless and foreign.

The reduced and altered ability to move often leads to overall hypoactivity and a higher incidence of metabolic syndrome in people with SCI.

Early education on nutrition, energy consumption, and physical activity in persons with SCI can reduce its incidence.



nutrition FOOD PYRAMID



"The food pyramid can be used as a guide for normal daily eating and avoiding the consumption of high-calorie processed foods."



SPORTS NUTRITION AND DRINKING, SPORTS SUPPLEMENTS, ANTI-DOPING

/ Dipl. fyz. **MARTIN MINÁRECH**
Kompava s.r.o.

In today's world, the vast amount of available information can lead to decision paralysis. To make informed choices, it's important to use critical thinking and rely on trustworthy sources. When it comes to health and sports, realistic approaches are essential, as shortcuts do not provide lasting solutions.

Nutritional supplements (NS) can be useful for both health and athletic performance. Their effectiveness depends on proper nutrition and the timing of intake. Balancing sports and recovery is also crucial, as regular physical activity consumes significant energy, and insufficient recovery can harm overall health.

Nutritional supplements are divided into categories based on their composition, such as proteins, carbohydrates, fats, and amino acids. Some are specially labeled for specific dietary needs (e.g., lactose-free, gluten-free, or vegan). Macronutrients, including proteins, carbohydrates, and fats, are consumed in large amounts, while micronutrients (vitamins and minerals) are essential for enhancing the body's efficiency and the overall effectiveness of the supplements.

It's important to read supplement labels carefully, as they must clearly state the composition and dosage. Legislation requires the detailed breakdown of all ingredients, including "matrix" components, which are additional substances included in the product.

Athletes must also be aware of anti-doping regulations, as each country has an agency that monitors prohibited substances. Nutritional supplements can sometimes contain banned ingredients, so it's crucial to stay informed of any warnings from anti-doping organizations.

The EU Novel Food Catalogue provides a list of substances that are allowed or prohibited in nutritional supplements, offering additional guidance for safe consumption.

Hydration is another essential yet often overlooked aspect of athletic performance. Proper hydration, adjusted to the type of sport, fluid loss, and environmental conditions, is crucial for maintaining health.

Finally, musculoskeletal recovery, including joint health, is vital for athletes. Supplements known as chondroprotectives can help regenerate joint structures, tendons, and muscles. They are an important part of preventing fatigue injuries and degenerative conditions like osteoarthritis, when combined with proper exercises.

*"Hydration is essential aspect of athletic performance.
Proper hydration is crucial for maintaining health."*



4th WEBINAR

SPORT CLASSIFICATION AND SPECIFICS IN BOCCIA

Specific topic:



SPORT CLASSIFICATION AND CATEGORIZING

Mgr. **PATRÍCIA SKOVAJSOVÁ**
Classifier in boccia for the Slovak Republic

Classification in boccia and all the paralympic sports is an ongoing process which determines the impact of the impairment on sport performance of the athletes. Its aim is to maintain the fairness in sport and provide more equitable competition.

The outcome of classification is to determine the eligibility of the athletes and divide them into sport classes according to their activity limitation.

This process helps to provide more equitable competition.

The sport classes are divided into 5 categories: BC1, BC2, BC3, BC4, BC5. BC1-3, and BC4 are playing on the international level, players for the category BC5 are eligible to play just at the national level.



BC1



BC2



BC3



BC4

Scan and watch webinar:



"The aim of the classification is to maintain the fairness in sport and provide more equitable competition."

Shortly we can subscribe the categories as following:

Sport classes/profiles

- BC1 - assistant (biggest impairment)
- BC2 - no assistance
- BC3 - ramp users, ramp operator
- BC4 - non CP athletes
- BC5 - CP or non CP, but with less impairment than BC2 or BC4, these athletes are eligible to play just on the national level

Key factors in evaluation are including the ability to grasp, catch, hold or release the ball, range of motion, movement coordination, trunk control and muscle strength.

Process of classification contains the three basic assessments, which are:

1. physical assessment,
2. technical assessment,
3. observation during playing.

Classification in any sport is very important and not an easy process, neither for the athletes or for the classifiers. Not everyone can become a classifier, the person needs to have basic knowledge and contact with boccia, it should be a health care involved person, doctor or physiotherapist, to be able to understand and measure all the required measurements.

On the leisure level, everyone can play boccia, but on the international level, we want to give a chance to the more disabled people.





FROM THE VIEW OF THE CLASSIFIER

Mgr. MARIE KOREJZ

Classifier in boccia for the Czech Republic

This topic should help anyone with better understanding about the classification process of the Boccia. The whole understanding isn't required although having an overview in the context of things is useful every time. You may only benefit from that.

At the beginning of the topic, the reason for the rules must be defined, responsibilities of the classifiers as well. There are criteria which you may meet, when becoming the classifier.

After that the journey of the classifier takes a part in the topic. How to become the classifier, step by step. This section involves individual categories of classifiers and defines their obligation and right. For an illustrative example you can see the development pathway.

In the end of the topic you can find explaining what does mean the classification panel and classification committee. In the webinar the expert talks about their function in more detail.

Greater overview about classifiers should be given to you after watching the webinar and browsing the presentation.

The whole subject leads to the conclusion to not to be afraid of classification, because classifiers are also people and the classification process is their work. Their goal is to make boccia sport more fair.



"Don't be afraid of classification, classifiers are also people. The classification is their work, their goal is to make boccia sport more fair."

sport CLASSIFICATION



Specific topic:



CLASSIFICATIONS FROM THE PLAYER'S POINT OF VIEW

/ Ing. SAMUEL ANDREJČÍK
Slovak former paralympian

This topic introduces the classification process of boccia players at the national level, showing also the documents that are necessary for the classification from both the player's and the classifier's point of view. The documents can be found on the World Boccia website.

It is important to know the process of international classification, the necessary requirements that must be fulfilled from the player's point of view in order to proceed to the actual classification. Most of these requirements have to be fulfilled by the player before he arrives at the tournament itself. Actual process of classification at an international tournament is an important knowledge.

There are also described what rights an athlete has during classification and what an athlete can do if he is eliminated by the classifiers from his competition category. All his rights are described in this section.

Finally, important is that even players who have been eliminated from their categories to BC5 still have the opportunity to play sports at the national level and in friendly tournaments at the international level, which are regularly organized practically all over the world.

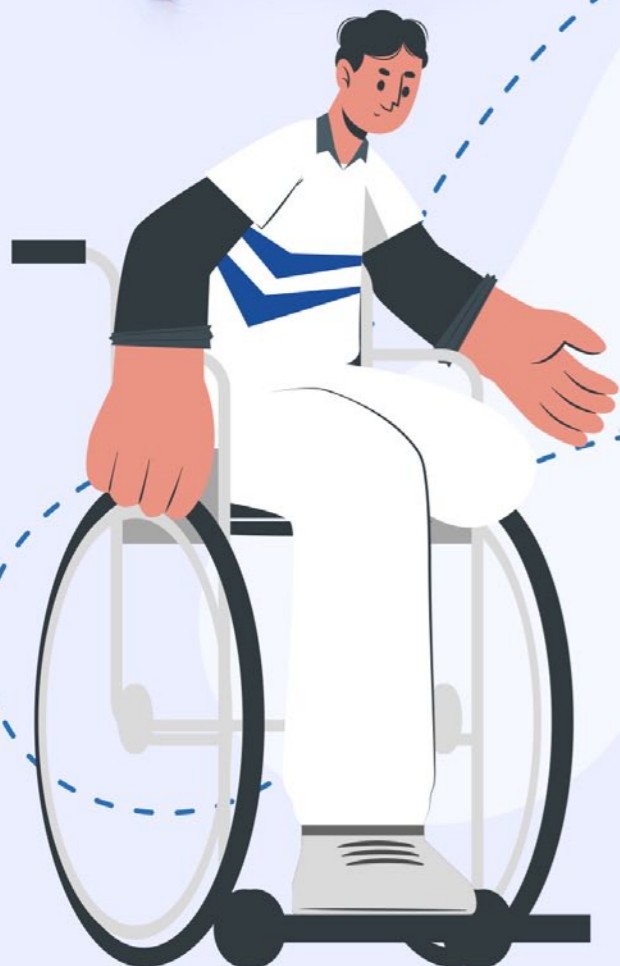
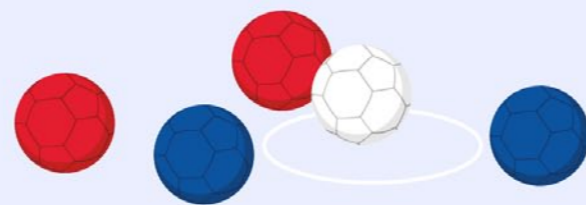
opportunity for **BC5**
national / open international
TOURNAMENT



BISFed

Boccia International Sports Federation

"Even players who have been eliminated from their categories to BC5 still have the opportunity to play sports."



5th WEBINAR

BOCCIA PLAYER EQUIPMENT

Specific topic:



BOCCIA SPORTS EQUIPMENT

/ **Mgr. ONDREJ BAŠTÁK ĎURÁN**

Boccia equipment developer and producer

Topic of sports equipment is crucial. Before you start with boccia, answer the basic questions: who are your players, what are your space and logistical options, what are your boccia goals, what are your financial options, and what boccia equipment do you need.

You should be clear about your players, whether they are classified - competition level - or unclassified - integrated boccia. For classified players it is very important whether they are players throwing the ball with their own limbs or BC3 players who need special equipment - a boccia ramp and a boccia ramp operator.

The spaces in which you can start training and playing can vary greatly - from makeshift ones that may not meet the dimensional criteria of a 6 x 12.5m boccia court such as a hallway, dining room, lounge, library,... to school gyms, cultural halls and sports halls. Boccia can also be played outdoors, which can be a good relaxation for integrated boccia players. The big challenge is to find wheelchair accessible spaces.

In order to make boccia training or competitions possible, it is not possible without solving the issue of logistics - transport of players, provision of support staff such as boccia assistants. For multi-day stays, the issue of accommodation is also crucial.

The four basic goals you can set in boccia depend on the level you are aiming for: relaxation/rehabilitation, national competitions, international competitions, participation in the Paralympics.

Scan and watch webinar:



In order to achieve your goals, you cannot do without funding, which you can raise from your own resources, from the support of local structures - clubs, towns,..., from grant calls or from sponsors. Without financial backing it will not go smoothly at the higher level.

Once you have answered all of the above questions, you will be able to more or less competently answer the question of what sports equipment you need.

What boccia balls are suitable for your athletes, whether they need boccia ramps, other additional equipment for the game, for training and for organizing boccia competitions.

For a complete start, starting with inexpensive boccia equipment is recommended - rent boccia balls if possible to give boccia a try. Practice at least 2 times a week and practice will show you if the boccia equipment you are using is suitable for you. If not, what you would need. If you want to take it further, feel free to contact boccia equipment manufacturers/dealers/distributors and consult with them about your requirements. Consulting with a professional can uncover possibilities about boccia equipment that you had no idea about, saving you the arduous trial and error search as well as your financial resources.



"Consulting with a professional saving you the arduous trial and error search as well as your financial resources."

Specific topic:



FROM THE THROWER'S POINT OF VIEW

/ Ing. **SAMUEL ANDREJČÍK**
Slovak former paralympian

This topic is oriented on knowhow and experiences of the paralympic athlete Samuel Andrejčík, who competed and won world tournaments including paralympic games. Topic includes information about what balls he competed with during his career, the process of getting the first set of balls and later understanding the combination of balls in one set. The author gradually explains the advantages and disadvantages of the HandiLife, Victory, Boccas and Tutti per Tutti brands with which he had the most experience during his career. The author also explains how to properly combine a set of balls in order to react to all possible situations that may arise during a match.

It is important to explain that not only the balls but also the right wheelchair can greatly affect the performance of the athlete himself, while also techniques on how to set up the wheelchair for the needs of the sport is important to know. Conclusion has been given by explaining the process of maintaining both the wheelchair and the sporting equipment, and the various tools and aids that can be useful in training.



"It is important to know that not only the balls but also the right wheelchair can greatly affect the performance of the athlete himself."





BOCCIA BC3 EQUIPMENT AND BASICS TO START

GREG POLYCHRONIDIS
Boccia Paralympian

This topic offers essential guidance for athletes beginning Boccia at the BC3 level. Boccia, a precision sport for individuals with severe physical disabilities, requires specific equipment and training for success.

Key Equipment:

- **Boccia Ramp:** The ramp impacts 10% of the ball's throw, while the ball itself controls 90%. Having a personalized, numbered ramp is crucial for consistent performance.
- **Boccia Balls:** The set must include a variety of soft, medium, and hard balls, each named or numbered, and stored properly in a dedicated case to maintain quality.
- **Pointer:** Depending on the athlete's strength, they may use a stick, head, or mouth pointer to direct the ball.

Training Essentials:

- Learn how to use your equipment (ramp, balls, pointer) and identify each ball's optimal "arrow" point for throwing.
- Consistent practice across various distances is key to improving precision.
- Simulate match play to familiarize yourself with real-game conditions, progressively expanding the range of throw spots.

Role of the Ramp Operator:

- The ramp operator is integral to the athlete's performance, acting as their hands. Precision and fast, efficient communication between athlete and operator are vital, as every millimeter matters.

Training Focus:

- **Distance:** Practice throwing balls at different distances and adapt based on the placement of the jack ball.
- **Match Play:** Play simulated matches to test various strategies, distances, and ball types.
- **Skill Refinement:** Hone techniques like rolling, ricocheting, and strategic ball placement for versatility in competition.

Tactics:

- Ball selection and strategy depend on both the athlete's and the opponent's strength. Combining soft, medium, and hard balls is important for maximizing tactical options.

Overall, importance of precision, teamwork with the ramp operator, and rigorous practice are crucial for great BC3 performance.

"The ramp operator is integral to the athlete's performance, acting as their hands. Precision and fast, efficient communication between athlete and operator are vital."

BC3 RAMP
OPERATOR





6th WEBINAR

ORGANISATION OF THE COMPETITION FROM A TO Z

Specific topic:



SPORT EVENT MANAGEMENT

/ **Mgr. VOJTĚCH KOCŮREK**

Faculty of Sports Studies, Masaryk University

Sports events play a significant role in promoting a healthy lifestyle, fostering community spirit, generating economic benefits, and providing athletes with opportunities to showcase their talents. Events can range from local to international levels, and they may be amateur or professional, including special considerations for disabled sports.

Successful event planning involves setting clear, measurable objectives, identifying and analyzing target groups, and strategically selecting dates and locations to maximize participation. Budgeting is crucial, requiring a balance between revenue and expenses, with funding secured through sponsorships, grants, and registrations. Effective team coordination is emphasized, with clear roles and responsibilities, communication, and flexibility being key components.

The logistical aspects include managing participant registration, ensuring on-site security and healthcare, coordinating transportation and accommodation, and planning for catering needs. Obtaining the necessary permits and complying with local laws are critical to the event's legality and success. Continuous monitoring and adaptability are necessary to handle unexpected challenges during the event.

Creating an attractive branding and marketing strategy is vital for promoting the event. This includes leveraging social media, email campaigns, and press releases, and utilizing influencers to broaden the event's reach. Effective marketing can significantly impact ticket sales and overall participation, with ongoing adjustments made based on feedback and results from previous events.



"Sports events play a significant role in promoting a healthy lifestyle and providing athletes with opportunities to showcase their talents."



PRODUCTION

KAMILA ZOUHAROVÁ
Emilova produkční, z.s.



Topic of production is connected to sports events. There are few main areas that you should be familiar with.

Production vs. Event Management. Production and event management are two distinct yet interrelated disciplines essential for the successful realization of events. Event management focuses primarily on creativity and the coordination of various aspects of an event, ensuring that everything aligns with the overall vision. In contrast, production involves not only creativity but also the technical and material support necessary to bring the event to life. This includes coordination and ensuring the fluency of the event, often handled by individual production managers and technical specialists such as sound engineers, lighting technicians, and on-site production managers.

The Process of Production: Before and During the Event. The production process begins with an initial meeting to discuss the client's or colleagues' visions, expectations, objectives, and budget. Following a brainstorming session, a basic summary and draft of the budget are created. Key pre-production needs are defined, deadlines are set with time reserves, and time management tools like AI, Trello, or ClickUp are utilized. On the day of the event, it's essential to allocate adequate time to arrange the venue, from the biggest elements like stages to the smallest details like signposts. Preparing the event space for the target group is critical, as is sticking to the schedule while remaining ready to improvise if needed.

Feedback and Post-Event Considerations. Production teams are the first to arrive and the last to leave an event, ensuring that everything from the smallest signposts to the largest stages is handled properly. Collecting feedback from clients, colleagues, and participants is essential, as is completing tasks like invoicing. For sport events, careful planning of logistics, safety measures, and facilities is crucial. Accessibility for people with limited mobility is also a key consideration, with attention to ramps, adapted toilets or sign language interpretation. Working with suppliers requires comparing prices, ensuring precise specifications, and maintaining open communication to achieve the best results.



"Production teams are the first to arrive and the last to leave an event, ensuring that everything is handled properly."



emil OPEN

Specific topic:



BOCCIA TOURNAMENTS ON THE EXAMPLE OF ORGANIZING THE BOCCIA TATRA CUP

/ PaedDr. ANNA MAČOVÁ
ZOM Prešov project manager

The topic is devoted to the specifics of organizing boccia tournaments. Based on long experience of the Boccia Tatra Cup international tournament organizer, it explains the specifics of organizing tournaments in paraboccia, but also in integration boccia and summarizes what all needs to be considered when organizing them – from the project intention and topics for the accompanying program, to practical manuals and advice proven by practice, which will help ensure the event smooth running, add benefits to it and which increase the chances of the organizer to get a grant for its implementation.

Tournaments in paraboccia: are intended exclusively for players with the most severe physical disabilities confined to a wheelchair who meet the BISFed criteria for sports classification in one of the BC1 - BC5 categories.

Tournaments in integration boccia: are open to players with any disability and seniors.

Benefits of boccia tournaments for the main target group - people with limited mobility:

- support of physical health – motivation for a healthy, active lifestyle, physical progression,
- support of mental health – self-realization, opportunities to experience the joy of success,
- socialization and integration – travel, getting to know countries and people, exchange of experiences, new friendships.

The most important boccia benefit: it allows people who cannot physically handle any other sport to play sports, it is the ideal tool for their social inclusion.

International boccia tournaments significantly expand the narrow domestic competitive environment and create space for international cooperation and cross-border experience exchange. By doing so, they help boccia players to progress and also expand the space for their socialization.

Added benefits and the inclusion of the main target group in the implementation team support social inclusion and increase the chance to get a grant for the implementation of the event.

"Added benefits and the inclusion of the main target group in the implementation team support social inclusion and increase the chance to get a grant for the implementation of the event."

BOCCIA AS THE IDEAL
MEANS FOR SOCIAL INCLUSION



BOCCIA TATRA CUP
Slovakia



7th WEBINAR

SOCIAL MEDIA, MEDIA AND FUNDRAISING

Specific topic:



SOCIAL MEDIA MARKETING

Mgr. VOJTĚCH KOCŮREK

Faculty of Sports Studies, Masaryk University

The topic of Social Media Marketing focused on how to effectively use social media to achieve marketing and fundraising goals. Social Media Marketing (SMM) is defined as creating and sharing content to engage audiences and drive brand objectives, emphasizing its importance due to its broad reach, cost-effectiveness, and insights into customer behavior.

The topic detail the unique strengths of platforms like Facebook, Instagram, Twitter/X, LinkedIn, and YouTube, highlighting the need to choose the right platforms based on target audience and goals. It also stress the importance of high-quality content, consistent posting, and authentic storytelling to connect with audiences.

Finally, in this topic essential tools are discussed and metrics for measuring success, such as scheduling tools and analytics platforms, and emphasized the need for clear objectives and continuous adaptation to improve social media strategies over time.



Scan and watch webinar:



"Each social media platform serves unique purposes and reaches different demographic. Focus on platforms where their target audience is most active and engaged."

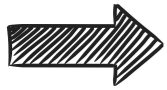
SOCIAL MEDIA





FUNDRAISING

Mgr. RENÁTA BENEŠOVÁ CHLEBKOVÁ
Fundraiser ADRA o.p.s.



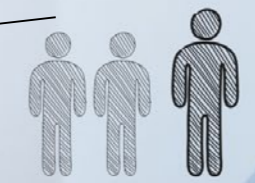
The topic of fundraising focus on the essentials of successful fundraising strategies. It emphasized that everyone in an organization should consider themselves a fundraiser, as the process involves building bridges, fostering cooperation, and maintaining long-term relationships.

Key strategies include understanding who your donors are (governments, foundations, companies, communities, and individuals) and how to attract more donors. This can be achieved by leveraging existing donor networks and engaging with potential new donors through various communication channels. A successful fundraiser is someone with a business mindset, creativity, and organizational skills who is brave enough to ask for money and negotiate effectively.

The topic highlight the importance of offering meaningful cooperation opportunities, such as financial and material donations, company volunteering, and event participation. It also stressed the importance of donor care, which involves staying in touch, showing genuine interest in the donor, and nurturing the relationship beyond just the donation.



"A successful fundraiser has a business mindset, creativity, and organizational skills and is brave enough to ask for money and negotiate effectively."



DONATION



"The ultimate goal is to ensure that para athletes are seen and respected as full-fledged athletes, free from the stigma of disability."

FULL PERFORMANCE
EQUAL **RESPECT**

Specific topic:



PERCEPTION OF PARA ATHLETES

/ **Mgr. VERONIKA MACKOVÁ, PhD.**
Faculty of Social Sciences, Charles University

The "Perception of Para Athletes" topic delves into the evolving views of para sports and athletes, tracing their journey from rehabilitation to becoming a prominent part of the global sports landscape. The Paralympic Games have been pivotal in this transformation, offering a platform that not only showcases athletic excellence but also challenges societal perceptions of disability. The London 2012 Paralympics, in particular, marked a turning point, where concerted efforts were made to engage the public and elevate para sports to a status comparable to their able-bodied counterparts.

In countries like the Czech Republic, perceptions are gradually shifting, with para hockey being one of the few para sports recognized as professional. This change is attributed to successful events like the 2019 World Championships in Ostrava, which managed to present para hockey

However, public perceptions are still mixed. Many viewers express both admiration for the athletes' resilience and a sense of pity, which indicates lingering misconceptions. To further change these views, the document suggests that organizations involved in para sports need to focus on better communication strategies. This includes emphasizing athletic achievements over personal struggles, explaining the classification systems clearly, and enhancing the presentation of sports like Boccia to engage and educate the public more effectively. The ultimate goal is to ensure that para athletes are seen and respected as full-fledged athletes, free from the stigma of disability.



8th WEBINAR

TECHNICAL DELEGATE, REFEREE AND TRENDS IN BOCCIA

Scan and watch webinar:



Specific topic:



WHO IS TECHNICAL DELEGATE

/ **Mgr. MICHALINA KASPROWIAK**
TD - World Boccia, Polish Boccia Association

The role of a Technical Delegate (TD) in Boccia competitions is pivotal to the smooth and successful execution of events. The TD is responsible for ensuring that all aspects of the competition adhere to the strict standards set by World Boccia. This includes a thorough inspection of the venue to confirm its suitability, accessibility, and compliance with safety standards, especially for athletes with disabilities. The TD must approve all event-related plans, from competition schedules to branding and logistics, ensuring everything aligns with the established guidelines.

A Technical Delegate must possess a deep understanding of Boccia rules and regulations, alongside extensive experience in organizing competitions. They must also be able to think quickly and adapt to unexpected situations, making critical decisions that affect the flow of the event. The TD's role extends beyond the competition itself, as they are also responsible for compiling a comprehensive post-event report to help improve future Boccia competitions. Their oversight ensures that every aspect of the event, from the opening ceremonies to the final match, meets the highest standards of quality and fairness.





REFERREE PATHWAY

Mgr. MARTINA KINČEŠOVÁ
Slovak National Head Referee

The development and maintenance of referees in Boccia are essential for the sport's integrity and smooth operation. Finding and educating referees is a continuous process that requires a proactive approach. Referees can be recruited from various sources, such as friends and family of players, volunteers from previous competitions, or students from universities and high schools. Building a diverse and committed group of referees is crucial, as they play a vital role in the fair and consistent enforcement of Boccia rules.

Education for new referees involves a combination of theoretical knowledge and practical experience. Training programs typically include online sessions that cover rules and regulations, followed by practical workshops where referees can apply what they've learned in real-game scenarios. Maintaining an engaged referee community is equally important, with ongoing education, regular updates, and opportunities for referees to participate in events. Building strong relationships within this community helps retain referees and encourages their growth, ensuring they remain active and motivated to contribute to the sport. The pathway for referees includes clear criteria for advancement, fostering a professional environment where referees can develop their skills and move up to higher levels of responsibility within the sport.



"The development and maintenance of referees in Boccia are essential for the sport's integrity and smooth operation."





"The vision for the future of Boccia is to ensure it remains the fastest-growing Paralympic sport, with a focus on inclusivity and accessibility for all athletes."



Specific topic:



BOCCIA HISTORY, CURRENT TRENDS AND FUTURE

Mgr. GREG POLYCHRONIDIS
Boccia Paralympian

The evolution of Boccia from its inception at the 1984 Paralympics to its current status as a major Paralympic sport is marked by significant milestones and continuous growth. Initially introduced for athletes with cerebral palsy, Boccia has expanded over the years to include various classifications and categories, such as the BC1-BC4 categories, which cater to different types of disabilities. The sport has undergone important rule changes, like the 2004 decision allowing athletes to use their own balls, which greatly impacted the game's accessibility and competitiveness.

Current trends in Boccia focus on increasing the sport's global visibility and appeal. Efforts are being made to streamline the game by reducing unnecessary procedures and enhancing its presentation to make it more attractive to audiences. Social media campaigns and international competitions play a key role in promoting Boccia, with the ultimate goal of raising its profile to a level where it could be included in the Olympic Games alongside the Paralympics. The vision for the future of Boccia is to ensure it remains the fastest-growing Paralympic sport, with a focus on inclusivity and accessibility for all athletes.

ACCESSIBILITY FOR ALL ATHLETES

INCLUSIVITY



MEETING Prešov

Scan and watch video:



An essential part of the BLN project was three joint meetings with representatives of partner organisations.

When the project was created, we first met during the Christmas time in Prešov, where the parent partner organisation ZOM Prešov is based. The main aim of this meeting was to get to know the partners and to deepen the common idea of cooperation. Each partner had prepared a presentation about their activities, the situation in their country and their experiences. A sub-objective of the meeting was the handover of boccia equipment, which was purchased from the project funds and its purpose and goal is to bring the opportunity to try this sport to those who can not reach it financially, to present the sport through the equipment at public events and all this with the aim of joint development of inclusive environment of the sport in each country. The last sub-objective was to map the development of boccia in the partner countries in order to effectively set the content and practical part of the BLN project for the future.

SLOVAKIA

WORKSHOP 1 | Brno

Scan and watch video:



emilova
Sportovní Z.S.

The second joint meeting was in the form of a workshop, which took place in the home town of the project creator - Emilova sportovní in Brno. Thanks to the workshop we had rented a sports hall where both practical and educational development program took place all weekend. Three lecturers who are experts in the sport of boccia were available for the meeting. Radek Procházka and Samuel Andrejčík - both medalists from the Paralympic Games in boccia, who were in charge of the practical part of the workshops, where they showed physiotherapeutic and psychological exercises related to the sport, demonstrations of matches and analysis of individual topics. The last lecturer was Ondrej Bašták, who has been developing sports equipment for boccia for many years and has also been involved in coaching for many years. Ondrej provided valuable information regarding the suitability of technical equipment for individual athletes and gave all beginners and advanced athletes an insight into the technical part of the sport so that the participants were able to interpret the acquired knowledge further in their activities.

CZECH REPUBLIC





WORKSHOP 2 | Liptovský Ján

Scan and watch website:



The last joint meeting again in workshop format took place in Liptovský Ján, Slovakia. The location was chosen because of the best transport accessibility for all partners. The workshop was focused on the issues of organizing tournaments, fundraising, promotion, marketing and attracting new human resources to the sport of bocchia. The workshop was led by two experienced experts - Anna Mačová, who has long been co-organizing one of the largest open international bocchia tournaments in the wider region of Central Europe called Bocchia Tatra Cup. She practically presented the whole process of organizing the tournament, how to effectively raise financial resources and cooperation for the development of the sport and organizing tournaments. In cooperation with her, a second expert, Samuel Andrejčík, who as a long-time athlete with a disability, presented individual pitfalls that can occur for disabled athletes at events and how to avoid problems from the position of the organizer. The workshop was also complemented by a representative of the Emil's Sports Organisation, Vojtěch Kocůrek, who introduced all participants to the issues related to online marketing and, above all, presented a number of practical ways to achieve the desired results in the online promotion of disability sport. Thus, the issues of the workshop were primarily theoretically based, enriched with rich discussion and the participants took away a number of new and important insights for the development of this environment.

SLOVAKIA

The project activities:

- international meeting of project partners
- 8 webinars + 2 workshops + Guidebook

↪ Sport of boccia development



CONCLUSION

Our goal and desire was to create an interactive publication that comprehensively maps the mission of the BLN project as a whole. The Guidebook relies closely on webinars, which you can access at any time via qr code to gain full knowledge on the topics we covered. Our aim was to create a document with the cooperation of all participating countries that will serve as a cross-sectional guide for all stakeholders - coaches, organizers, the athletes themselves but also educators or parents. We believe that the publication is a key first step not only to achieve a higher quality of this sporting environment, but especially a source of information and inspiration for those working with young people with disabilities, developing their relationship to sport and integrating them into society. We also believe that with the knowledge gained from the project we will be able to increase the membership base in the countries concerned, not only in Paralympic sport but also in the integrative format on which we place equal emphasis. The first results have already come in and we are convinced that they will not be the only ones.

Finally, we would like to thank the partners from each country who have contributed with their knowledge and experience to the understanding of the whole issue on a European scale. We would like everyone to find in this publication the inspiration they were looking for, to gain useful information regarding the sporting environment of boccia and to advance their knowledge to a level that will enable them to pursue further development in this environment.

A big thank you to all the experts who, through webinars and workshops, explained the topics we have set out as central to understanding the whole subject. We hope that the individual chapters of this publication will help you too, to gain much needed inspiration.

BOCCIA

EDUCATION • PUBLICITY • DEVELOPING



MEETING
PREŠOV



PHOTO ATTACHMENT

THIS IS HOW IT WENT...



WORKSHOP
BRNO





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PARTNERS OF THE PROJECT

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ZOM Prešov / Slovakia

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BKOSI Pulac Rijeka / Croatia

Magyar para boccia szovetseg / Hungary

Association of Persons with Physical Disabilities Their Families and Friends Prometheus / Poland



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