

# Bocce Ball

1. Bocce ball is best played on a flat, level playing surface such as dirt, sand, gravel or grass.
2. Divide into two teams of one, two or four players each.
3. Divide the 4 balls for each team equally to each player
4. A player from Team 1 throws the pallino (small ball) across the grass or dirt.
5. The first player from Team 1 then underhand throws one of the boccia (larger ball) to get it as close to the pallino as possible.
6. From then on, the team that does *not* have the ball closest to the pallino has a chance to throw, alternating until one team has used all four balls. At that point, the other side bowls its remaining bocce balls.
7. The team with the closest ball gets one point for each of its balls that are closer to the pallino than the other team's closest ball.
8. If the two teams' closest balls are an equal distance from the pallino, no points are awarded.
9. A frame ends after all eight balls have been thrown and the score has been totaled. The scoring team begins the next frame. If neither team scored, the team that threw the pallino begins the next frame.
10. The winner is the team that first reaches a total score of 16 points.

Remember when underhand tossing. Point your feet the direction you want to throw. Stand with your feet shoulder width apart. Swing your throwing arm back in a straight line from what you want to throw to. Palm up, as your arm is going back step with your opposite foot towards the target. As you move more weight to your front foot swing your throwing arm forwards towards your target. Release the ball or object being tossed and continue your swinging motion towards the target.

If the ball lands in front of the target release a little later or step more into the toss. If you overshoot the target. Release a bit sooner.

## So What If I don't have a Bocce Ball set?

You can use a golf ball as the pallino and tennis balls as the bocce balls. Draw a picture, stripe, or smiley face on the four of them and leave the other four blank. If you don't have golf or tennis balls. Take some old sock, put some sand or dirt in in tie the top and you have a homemade bean bag that can be used as the bocce ball. Find a small rock, paint it or leave it as it is and use that as your pallino.

Click for a Bocce ball (underhand throw video.) <https://safeshare.tv/x/AwFmgztMp4w>