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**BOCCE
Pre-Season Webinar**

July 18, 2024

Today's Agenda

- Bocce
- Pre-Season Reminders
- Tracker
- Athlete Performance Training
- Fall Season Competitions
- New Portal
- Questions

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BOCCE

Sport Management Team

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[Laura Davis](#)

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SOPA Website - Sports Offered Page

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Links to all the sport pages Sports Offered

2023 Bocce Preseason Coaches meeting

[Meeting Recording](#)

[Meeting Slides](#)

Coaching Resources

- [Bocce Resources](#) – rules, coaching guides, fact sheets, etc.

Individual Team Assessments

- [Bocce – Finding Your Athletes Skill Scores](#)

Bocce Officials

- [How to Officiate Bocce](#) (Training Video)
- [Bocce – Scorekeeper and Officials Information](#)

Bocce

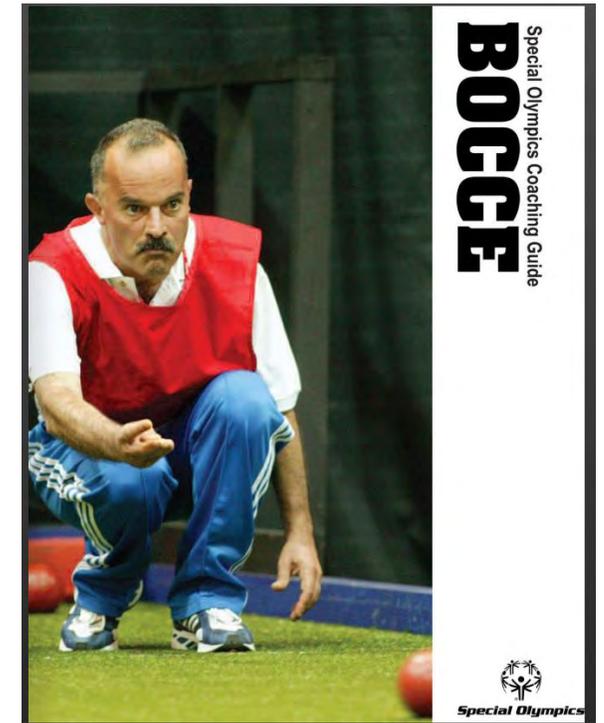
- [Bocce – Scoresheet](#)
- [Bocce – Tracking Athlete Performance](#)
- [Bocce – Guide for Spectators](#)
- [How To Build A Bocce Ramp](#)
- [Bocce Time Outs](#)

Sport Rules and Coaching Guide

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Links to all the
sport pages
[Sports Offered](#)

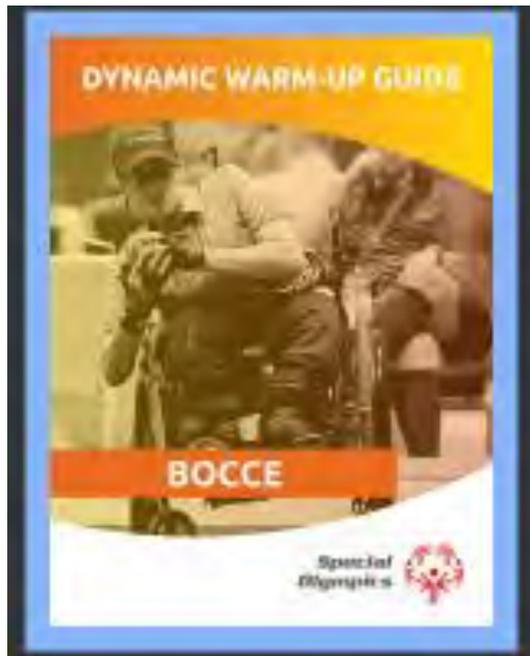


Warm-ups and Cool Downs

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Bocce Warm-Up Guide



Bocce Cool Down Guide





Attire

- Athletic shoes (sneakers)
- Pants or walking shorts
 - No denim pants (jeans)
 - No athletic shorts
- Collared shirt
- You may wear a visor or ball cap preferably with your local program on it if need for sun glare.
- No other hats are permitted.



Events Offered

- Doubles
 - Unified Doubles
-
- All sectional and state games will be played with our new inflatable courts with indoor/outdoor carpet or astroturf.





Skill Assessments

- Skill assessments are used for divisioning, this is not a skills competition. We do not offer individual skills only doubles and unified doubles
- Skill assessments must be completed on all athletes and partners attend competition
- Assessments must be measure in centimeters
- Each athlete must have their own assessment score when entering a score on the rating sheet of your attendance tracker
- DO not add together the teammates score, this will put your athletes in the wrong division



Game - Reminders

- Pallina must land **after** the 30 ft line and **before** the 50 ft to be in play
- If the pallina lands within 1 foot of the side rail, the official will place their foot in the court and move the pallina out from the side of the railing to in front of their sneaker
- The player who roles the pallina must roll the first bocce ball
- Each team member may only roll 2 bocce balls



Game Reminders

- Any ball that hits the backboard – remains in play, including the pallina
- We play from one end of the court only
- If at the end of the frame, the pallina and a bocce ball are touching (kissing) - NO extra points are given



2 Handed Rolls

Yes, you can roll 2 handed **BUT**
The ball must be released below the waist, or it is a foul

Other legal ways to roll a ball:

- Standing
- Sitting in a chair/wheelchair with or without a ramp
- Kneeling on one knee and pushing the ball instead of rolling it
- Kneeling on one knee and roll it
- Using a walker

All balls must release from below the waist





Game Time

- Sectionals will have a 20-minute time limit
- States
 - Pool play – 20-minute time limit
 - Medal Rounds – 30- minute time limit
- Coaches will be notified when the play time is halfway through. 10 minutes for a 20-minute game and 15 minutes for a 30 – minute game



2 - Minute Warning

At the 2 minutes warning – all games still in play will finish that frame – **No extra fame will be played.**

A frame is considered started when the pallina leaves the athletes hand for the first time – even if it does not land in the play area.



Ties

During a frame -

- The team causing the tie, roles again and tries to break the tie

At the end of the frame -

- The frame is null, and void and we replay the frame
- The team who had possession of the pallina at the start of the frame starts the new frame
- No Points awarded for that frame

At the end of the Game –

- Games cannot end in ties.
- One additional frame is played to determine the winner.



Time Outs

- Each team is allowed 1 time out per game
- The coach signals for the time out
- Once recognized by the official, the coach goes to the athletes
- Both teams may talk to the athletes at a called time out
- Time outs may be called anytime during the game

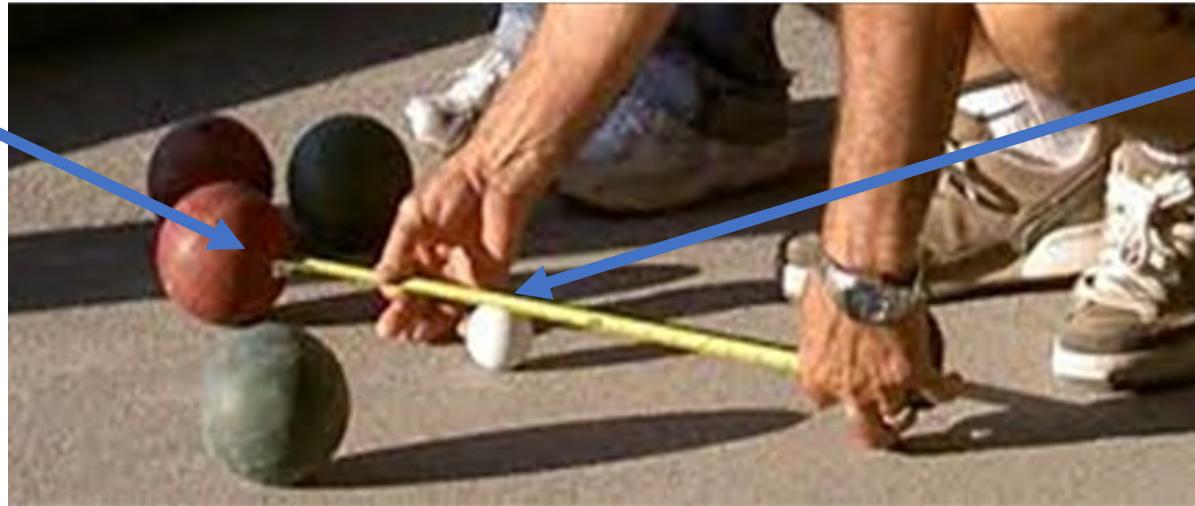


Measuring

Using a measuring tape -

1. Place the tape measure over the top center of the pallina and pull the zero end of the tape is at the side center of the bocce ball
2. Read the measurement at the top center of the pallina

Side Center



Top Center



Safety – Outdoor Training

Along with Air Quality ([AirNow.gov](https://www.airnow.gov)) & Heat levels make sure you check the following:

- ✓ Know the address of the location you are training
- ✓ Remind athletes to have water bottles with them and have water coolers available for refills
- ✓ Walk the venue prior to practice to ensure there is no glass or trash on the courts
- ✓ If practicing outside: Sunscreen, bug spray, and visors!
- ✓ Predetermined safety zone! Where is it, make sure everyone is aware



Thunder & Lightning

Every time you see lightening or hear thunder:

Stop practice and seek shelter for 30 minutes.

Remember this is every time you see lightening or hear thunder





Trainings

Virtual Bocce Trainings

Skills:

- Saturday, August 3rd at noon - 3:00 pm
- Tuesday, August 20th at 6:00 pm - 9:00 pm

Officials Training:

- Sunday, August 25th at 6:00 pm - 8:00 pm





Invitationals

Bocce Bash

- Sunday, October 27, 2004
- Bloomsburg University
- Hosted by Team Columbia/Montour
- Information will be out late August/early September
- If you are not on the mailing list for Bocce Bash and would like to be – contact DAnd38023@aol.com





Last But Certainly Not least

Coaches should not be telling the players what to do
when it is their turn!

This includes verbal directions, pointing by hand or an
item, and sign language

You have worked hard all season to train the players, no
sit back, cheer, and enjoy. Let the players show
you what they can do.

PRE-SEASON REMINDERS



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Season at a Glance



SEASONS AT A GLANCE



	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	September 1 - October 1	November 1 - December 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	October 15 - November 15	December 15 - March 1
Season Length	August 9 - November 3	December 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 13	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Golf, Gymnastics, Softball, Swimming, Tennis

- **Sign-ups Athletes and Volunteers ended - July 15th**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins August 9th
 - Seasonal Eligibility/Age Group Exemption deadline – August 23

Sports Season Prep

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Important Fall Dates:

- **Fall Season Calendar:** [Central](#), [East](#), [West](#)
 - Since due dates are different for each Sectional, there is one calendar per section of the state.
 - Found on SOPA website under sports then competition
- **Eligibility Deadline: August 23**
- **Season Dates:** August – November

Air Quality

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If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete & Volunteer Eligibility

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Athlete Requirements: Medical on file WITH signature + expiration dates

- Athlete Medical / Registration Form & Health History under Certifications.
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Class A Trainings + Background Check on file

- Background Results under Background Checks, Valid for 5 years.
- General Orientation under Training, Valid for life.
- Protective Behaviors, under Training, Valid for 3 years.
- Concussion Training, under Training, Valid for 3 years.

Qualifiers

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- **All Fall sport athletes MUST** attend their respective Sectional event to be considered for Fall Fest.
- Games Advancement slots per Sectional will be dependent on total number of slots at Fall Fest and % of interest in advancing from each Sectional. These will be shared on September 20th

FALL

- Bocce
- LDR/W
- Flag Football: Team & skills
- Powerlifting
- Soccer: 5v5, 7v7, skills
- Volleyball: Team & skills

Allocations

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- Fall Initial allocations will be shared in weekly email this week
- Fall Allocations can be found: [SOPA State Games Paperwork Webpage](#)
- Please remember that the Coaches can request additional allocations via the LOI column on their tracker.

Be Prepared for the Season!

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- Get everyone eligible.
- Understand and be aware of Air Quality and Heat Risk.
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route.
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Athlete as Coach

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- Athletes can participate in sports in more ways than just an athlete.
- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.
- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.
- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: [Athlete as Coach Webinar](#)
- All interested Athletes as Coaches must fill out the Athletes as Coaches [request form](#) with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.
- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements



Coach requirements for training and competition:

Team Sports:

- Must have at least one (1) certified coach per team

Individual Sports and Team Individual Skills:

- Must have at least one (1) certified coach per 25 athletes.

Example: If you have 26 bocce athletes, you will need 2 certified coaches.



TRACKER



ROSTER STATUS	ACTIVE ▾	Team Name			Training Site			Sport	
Traditional/Unified	▾	Training Site Lead Name			Email			Cell Phone	
Meets 4:1 Ratio	YES	# Athletes	9	# Unified Partners	0	# General Volunteer	0		
# Head Coaches	1	# Assistant Coaches	2	# Total Head/Asst Coaches	3	# Certified Coaches	2		

TRACKER COMPLETION INSTRUCTIONS:
Team Roster, Attendance & Competition Participation



Tracker:
 This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:
 Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director - they will be happy to update the form.**

Tracker - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name		Training Site		Sport	
Traditional/Unified		Training Site Lead Name		Email		Cell Phone	
Meets 4:1 Ratio	#DIV/0!	# Athletes	0	# Unified Partners	0	# General Volunteer	0
# Head Coaches	0	# Assistant Coaches	0	# Total Head/Asst Coaches	0	# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS:

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Athlete / Volunteer Tab:

Columns A-J will populate automatically from the SIGN-UP form

Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.

- * **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. RAMs will update Eligibility every Monday until the Seasonal Eligibility deadline.
- * **YELLOW** - indicates that the a participants has a Required item(s) that will expiring during the current season. These Required item(s) (listed in Column J) **MUST** be renewed in advance of expiration date in order to remain eligible to participate as an athlete, unified partner, coach or supervise athletes within 1:4
- * **ORANGE** - this person is considered a (Class B) General Volunteer and **CANNOT** supervise athletes within 1:4
- * **GREEN** - This indicates the participant has met all Requirements and is eligible to participate as an athlete, unified partner, assistant coach or head coach.

LOI Data: Columns K, L, M will collect Letter of Intent data for events. If athletes are interested in going to events it should be indicated with an "X" by the deadline listed. After this time people cannot be added.

USA Games Interest: Please mark YES if an athlete is interested in USA Games, any blank cells or "No" cells will not be considered for USA Games drawing.

Form Instructions

Tracker - Athlete/Volunteer Tab

Eligibility, LOI, Attendance

Eligibility - Red
 LOI - Yellow
 USA Games – Green
 Attendance – Blue

A, B, C are frozen
 and will remain as you
 scroll over

A	B	C	D	E	F	G	H	I	J	K
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>	This will be used for attend an
PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition
					124					
					124					
					124					

Specific Column instructions can be found in first 2 rows

A	B	C	I	J	K	L	M	N	O	P	Q
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY		ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>	This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"				At end of the season Head Coach will need		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport	Athlete Trained for 8 weeks	8/	8/

RSDs will sort by participant type then alphabetical on a weekly basis through end of August (roster should not change after this time)

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from July 19th-Aug 23 by your Regional Team. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- The deadline to make sure athletes and volunteers meet eligibility requirements for the Fall is August 23rd**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.

ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4		<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>
RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	
eligible		
not eligible	Missing PB	
not eligible	Missing Medical	
expiring	BR 10/1/2024, PB 10/5/2024	
Eligible BUT CAN NOT supervise athlete		

Tracker - Athlete/Volunteer Tab (cont)

Attendance

	A	B	C	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY	At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice. Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an "X" in each box														
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	Athlete Trained for 8 weeks	8/	8/	8/	8/									
3																	
4																	
5																	

At end of the season Head Coach will

Athlete Trained for 8 weeks

8/

8/

YES

NO

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker - SPORT Roster Tab

Event Commitment and Registration

	A	B	C	D	E	F	G	H	I	J	K	L	
1	Instructions: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			Tip for DropDown selection cells: You can copy (Ctrl - C) and paste (Ctrl - V) the role in dropdown OR you once you select a role, the cell is outlined in a blue box with a small circle in lower right hand corner, you can click and pull that role down - this would be a quick way to select Athlete role for all athletes. If a person is not going you can highlight that cell with the blue box and then hit delete and it will remove the role.			EVENT ROSTER			EVENT REGISTRATION			
2							DEADLINE			DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9		DEADLINE: September 30	
3	Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	
4						124							
5						124							
6						124							
7						124							
8						124							

Tracker - SPORT Roster Tab (cont)

Event Registration - Bocce

<p align="center">BOCCE</p> <p align="center">Event: Select Traditional/Unified for each athlete and coach</p> <p align="center">Team Name: Each Team should have a unique name that begins with the County/School (i.e. Berks Smith/Jones)</p> <p align="center">Skills Total Assessment Scores - good players should have low scores 300 or less and lower skilled players 1700+; be sure to measure in CENTIMETERS</p> <p align="center">Please be sure the times are updated in this document by</p> <p align="center">EVENT REGISTRATION DEADLINE:</p> <p align="center">EFS - Sept 19</p> <p align="center">Fall Fest - October 10</p>						
Event	Team Name	30-foot line (total of 3 closest balls)	40-foot spot (total of 3 closest balls)	50-foot line (total of 3 closest balls)	Skill Assessment Score	COACH CERTIFIED IN THIS SPORT?
▼					0	
▼					0	
▼					0	
▼					0	

Event	Team Name
<ul style="list-style-type: none"> Doubles Traditional Doubles Unified Alternate NOT COMPETING 	
▼	
▼	
▼	
▼	

Tracker - Athlete/Volunteer Tab

Event LOI

Update:

- The LOI portion of the Tracker will now only be used for your coaches to mark who they are bringing to sectionals.
- As in the past an LOI will be used for all sectional events.

This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"		
LOI - Interest in Attending Local/Inuit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE! EFS - Aug 24, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE! Sept 26

ATHLETE PERFORMANCE TRAINING

- If you are looking to volunteer or learn more, please reach out to [Charla Stein, Healthy Communities Coordinator](#), 610-630-9450 ext. 254.

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FALL SEASON COMPETITIONS

Local, Invitational, Regional Competitions

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- We would like to develop a comprehensive **SOPA Competition Calendar**, but we need your HELP!
- We want to better capture ALL the AMAZING work that you and our volunteers are doing within the community
- We also want to create as many opportunities as possible, having a better understanding of when and where events are already occurring will help the Regional Teams to plan out a season

We are asking event leads to fill out this quick form to let us know when you have competitions planned.

[SOPA Competition Calendar Submission Form](#)

Fall Sectionals

Central Fall Sectional:

- Juniata College
September 22

Western Fall Sectional:

- Slippery Rock University
September 29

Eastern Fall Sectional

- DeSales University
October 6



Fall Fest: Nov. 1 - 3

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Villanova University

Important Dates:

- Reg Info: Will be out by 9/6
- LOI: Due 9/26
- Final Allocations: 9/27
- Rosters: Due 10/1
- Google links sent: 10/3
- Registration: Due 10/10
- Scratch/Activation: Due 10/24



2026 USA Games

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- **Quota timeline**
 - SOPA will receive in mid-August
- **Athlete communication**
 - We will share the list of qualified individuals (1st place finish in quota sport) with RSDs and Team Leaders for review
 - Athletes will be emailed and asked to complete Pre-Selection questionnaire to be entered into the Selection Process
- **Additional Staff Roles applications**
 - SOPA will be looking for staff, athletes or volunteers to fill a few roles on our PA Management Team – these opportunities will be shared in August via weekly email
- **Coach/Medical staff applications**
 - Sept 1 – October 1



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MINNESOTA 2026

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THANK YOU

