BOCCE
At-Home Guidelines for Training & Competition
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Coaches Guide to Training and Competition during Return to Activities: Phase A

As we head into Return to Activities the following requirements will be in place for a program to begin training:

**PHASE A: AT-HOME:**
- All athletes and Unified Partners with active SOPA medicals are eligible to participate in at-home training and competition.
- No in-person competitions will be permitted during the fall 2020 season.
- All State competitions will be done virtually – including Fall Sectionals and Fall Festival.

**Coach Responsibilities:**
- Verify with Local Program leaders that all athletes have current medicals.
- You as a coach must be an active Class A volunteer.
- Conduct weekly training sessions to engage athletes, discuss health and fitness and prepare athletes for competition. (See resources in appendix)
- How to engage athletes.
- Engage athletes who do not have access to technology. (See resources in appendix)
- Provide each athlete with needed equipment if they do not have access to their own.
- Instruct athletes on how to prepare their competition site to participate in virtual competition.
- Adhere to deadlines for competition information.

**Requirements for Phase A (at-home):**
To conduct at-home training and virtual competition, Local Programs must adhere to the following:

- Prepare appropriate resources for safe at-home activities.
- Prepare participants for participation in at-home training and virtual competitions.
- Share resources digitally and when necessary, mailings to activate participants virtually.
- At-home participants with COVID-19 symptoms must refrain from participating in activities and consult with a healthcare professional for further evaluation.
- Ensure that athletes and coaches abide by the Honor Code (appendix).
- At-home athletes are required to work virtually with a Class A coach.
- Ensure athletes have the necessary equipment to conduct at-home training and competition safely.
- Ensure athletes have assistance in recording scores and preparing competition area.
- Adhere to deadlines for competition information.

**Bocce At-Home Training**

**Description**
Athletes will train under the guidelines of SOPA’s Return to Activities Policy. For bocce athletes will be able to train and compete in a modified game (details below). Each athlete must be provided with ONE bocce ball in order to participate.

**Equipment Needed:**
- 1 Bocce ball
- Measuring tape in feet/inches
- Marker to act as the pallina (ideally a similar sized object like a golf ball, tennis ball, orange, apple – be creative)
- Small object like tape or coin to mark spot of the pallina
- Tape, chalk or 2 objects to mark the foul line
- Hard, level surface 20-25 feet long

- Weekly training conducted with coaches and athletes – ideally done with video conferencing (like Zoom, Skype, Google meet), but Conference call is also acceptable for those who may not have access to video conferencing (see resources in appendix).

- Each virtual participant is given one bocce ball. Coach/local program leaders will need to deliver one bocce ball to each athlete.

- Training takes place at home, with coaches using a video conferencing or meeting platform to connect with their team members.

- Participants record scores at home and submit to their coach to be used for virtual competition. Coaches must review the Honor Code with Athletes, be sure they have an understanding of it and verbally commit to follow these policies.
## Sample Training Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10 Min</td>
<td>Warmup/Stretch – get blood pumping</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skill Recap and Follow up</td>
<td>Prior to first training have meetings with the athletes to discuss a drill to work on. See how their development in that skill has come along.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Fitness Work</td>
<td>Fitness Drills may include the Additional Drill examples in the Skills Guide. This can also be a good time to do a pushup challenge or something of that nature with your athletes. Your athletes should be pushing themselves. This should not be comfortable and easy.</td>
</tr>
<tr>
<td>5-10 Min</td>
<td>Nutrition Recap</td>
<td>Discuss the athlete’s nutrition over the time between meetings. Fit 5 is a great turnkey program that can give coaches and athletes nutritional guides.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Drill to Work on Prior to Next Meeting</td>
<td>Identify drills that the athlete can do on their own in the time before the next meeting to improve their skills in anticipation of the upcoming competition. Demonstrate skills and be sure they understand.</td>
</tr>
<tr>
<td>5-10 Min</td>
<td>Fun Activity</td>
<td>Play a game (scavenger hunt, bingo, minute to win it, etc.), let the athletes interact and socialize.</td>
</tr>
</tbody>
</table>

### Business

I like to keep notes on the upcoming training and competition schedule here.

It is great to have notes on pertinent information for the athletes and coaches.

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### Recommended Warmups
- Hip circles
- Arm circles
- Jumping jacks
- High Knees
- Butt kicks
- Side to Side jumps
- Moving lunges

### Recommended Cool Downs
- Reach for the sky
- Side stretches
- V Sits
- Modified hurdles

### Additional Drill Examples
- Plyometric drills
  - Wall sits
  - Air squats
  - Burpees
  - Jump rope
  - Plank
Bocce At-Home Competition

Equipment Needed:
- 1 Bocce ball
- Measuring tape in feet/inches
- Marker to act as the pallina (ideally a similar sized object like a golf ball, tennis ball, orange, apple – be creative)
- Small object like tape or coin to mark spot of the pallina
- Tape, chalk or 2 objects to mark the foul line
- Level surface 35-40 feet long (grass, carpet, etc)

Virtual Competition Entry Information:
- Qualifying scores will be due to SOPA two (2) weeks prior to sectionals and three (3) weeks prior to State level competitions – coaches should collect this information during practice the week prior and submit to the local program Sport and Competition Coordinator/Regional Sport Director. These will be used for divisioning.
- Final scores will be due to SOPA by the Monday before an event – coaches should collect this information during practice the week prior and submit to the local program Sport and Competition Director/Regional Sport Director. These will be used for final awards.
- In adherence with Honor Code, the same playing surface must be used for divisioning and final score submission.
- There is a data collection form at the end of this guide that will help to compile the information. Athletes will submit scores to coaches.

Events Offered:
- Singles
  - Athlete will play 4 frames
  - One ball will be rolled and measured – 4 times to equal one frame
  - To complete the competition entry the athlete will roll the ball and measure a total of 16 times.
- Doubles
  - Each athlete will play 2 frames
  - One ball will be rolled and measured – 4 times to equal one frame
  - Athlete A’s and Athlete B’s frames will be combined to equal a full 4 frame match
- Unified Doubles
  - The athlete and Unified partner will each play 2 frames
  - One ball will be rolled and measured – 4 times to equal one frame
  - The athlete and Unified partner’s frames will be combined to equal a full 4 frame match
At-Home Competition Set-Up:

- **Surface**: Find a level surface with good conditions to roll the bocce ball (grass, carpet, etc.)
  - The playing area can be indoors or outdoors.
  - You will need 35-40 feet of space

- **Foul line**: Mark a foul line on the floor (can be done with chalk, tape, markers, etc.)

- **Pallina**: Place a small object similar in size to a pallina on the floor 30 feet from the foul line (mark this spot something under the ball in case it moves).
  - Pallina does not need to be a ball, but it is preferable.
  - Ideas for a pallina can include a golf ball, tennis ball, apple, orange, etc.
  - The pallina must be positioned at least three feet in any direction from a wall or any barrier.

Conducting At-Home Competition:

- The participant rolls the bocce ball with the intent of trying to place it as close as possible to the object representing the pallina. The participant with help from another person (if possible) records the distance by measuring from the front middle (or center) of the bocce ball to the side middle (or center – not top) of the pallina. This measurement technique differs from the standard approach of placing the measuring tape over the center of the pallina because the object sizes will be different.
  - If you need to measure by yourself and the balls are too far apart, tape the zero end of the measuring tape to the ground at the point where the front of the bocce ball is located and pull towards the side middle (or center) of the pallina to take the measurement.

  ![Diagram](Diagram.png)

  **Bocce – start measuring here, at the front, middle (or center) of the ball**

  **Pallina – end measuring here, at the side, middle (or center)**

- Measure in **inches (not feet and inches)**, 1 foot = 12 inches, 2 feet = 24 inches. Measure to the closest quarter of an inch (indicate as .25, .5 or .75). Example of measurements could be: 3.25 = 3 and one-quarter inches; 3.50 = 3 and a half inches; 3.75 = 3 and three-quarter inches
To record Qualifying scores:

- Roll bocce to pallina 30 feet from the foul line.
- If the pallina moves move it back to its original location (this should be marked on the ground)
- Measure in inches from bocce to pallina, as described above
- Complete 4 times, for a total of 4 measurements (scores), submit these to your coach.

To record Final Scores:

- Roll bocce to pallina 30 feet from the foul line.
- If the pallina moves move it back to its original location (this should be marked on the ground)
- Measure in inches from bocce to pallina, as described above
- The participant uses the score recording form within this document (or another recording tool – paper/pen, computer) to write down the measurement in inches for Game 1 = Frames 1-4 and then proceeds to do the same for the remainder of their games.
- For singles an individual will roll a total of 4 frames per game; for Doubles/Unified Doubles each participant will roll 2 frames per game.

Most measuring tapes look like this:

The longest lines next to the numbers are inches (noted as a whole number = 2)

The long line between the inch numbers are half inches (noted as .5)

The long line between the inch and half are the quarter inch (noted as either .25 or .75)
• All of the measurements are submitted to the coach.

• As a reminder recording of your scores must follow the SOPA Athlete Honor Code for virtual competition, listed in the Appendix. You must determine when you are done training and will begin your competition set of frames. Record scores honestly.
BOCCE - VIRTUAL COMPETITION
Singles - At-Home data collection form

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>ATHLETE:</th>
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<tbody>
<tr>
<td>EVENT:</td>
<td>EVENT:</td>
</tr>
<tr>
<td>DATE COMPLETED:</td>
<td>DATE COMPLETED:</td>
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<table>
<thead>
<tr>
<th>GAME 1</th>
<th>FRAME 1</th>
<th>FRAME 2</th>
<th>FRAME 3</th>
<th>FRAME 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball 1</td>
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<td>Ball 2</td>
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<td>Ball 3</td>
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<tr>
<td>Ball 4</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>GAME 2</th>
<th>FRAME 1</th>
<th>FRAME 2</th>
<th>FRAME 3</th>
<th>FRAME 4</th>
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<tr>
<th>GAME 3</th>
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<td>Ball 4</td>
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</tbody>
</table>

Measure in inches, to the quarter inch - indicated as .25; half inch .5; three-quarter inch .75

Examples of measurements would be:
2 and a half inches = 2.5;
one foot, 4 and three-quarter inches = one foot = 12 inches + 4 inches = 16 inches + 3/4 inch, so total is = 16.75
(Most measuring tape count total inches, so you should not need to do this math)

See At-Home Bocce guide for more details and examples of measuring
**BOCCE - VIRTUAL COMPETITION**
**Doubles/Unified Doubles - At-Home data collection form**

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>EVENT:</th>
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<td></td>
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</table>

**ATHLETE 1:**

**ATHLETE 2/UNIFIED PARTNER (UP):**

<table>
<thead>
<tr>
<th>FRAME 1</th>
<th>FRAME 2</th>
<th>FRAME 3</th>
<th>FRAME 4</th>
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Examples of measurements would be:
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- one foot, 4 and three-quarter inches = one foot = 12 inches + 4 inches = 16 inches + 3/4 inch, so total is = 16.75
  (Most measuring tape count total inches, so you should not need to do this math)

See At-Home Bocce guide for more details and examples of measuring
All Special Olympics athletes want to compete fairly and know everyone is following the same rules. This is always important, but even more so now that many athletes are not competing in-person. For athletes who decide to participate virtually at-home, Special Olympics Pennsylvania (SOPA) has created the following Honor Code.

The Honor Code is a tool to let all athletes understand how to fairly compete virtually in Special Olympics Pennsylvania (SOPA). Fair and meaningful opportunities are the most important parts of SOPA competitions. Athletes and coaches must follow this Honor Code to make sure everyone can have a fair and meaningful experience in virtual competitions.

SOPA demonstrates a spirit of mutual trust and honesty. As an athlete I promise:

- I will only use one attempt to record my competition score, which is the same as when I compete in-person. Using more than one attempt to try and submit a better score is illegal and violates the rules of virtual competition.
- I will follow the competition rules for my sport.
- I will use the same course, field, court, and equipment for all parts of the virtual competitions.
- I will give my exact recorded time, distance, or score to my coach.
- I will follow all virtual competition rules provided by Special Olympics Pennsylvania.
- I will meet all deadlines to turn in my scores.
- I will give my best effort in training to try to achieve my best competition performance.

This Honor Code and the SOPA Code of Conduct outline how an athlete should train and compete in a virtual setting.

The “Virtual Competition Review Committee” will make sure athletes and coaches follow the rules of the Honor Code. The committee will consist of SOPA Staff and members of Local Programs, and will not tolerate any violation of the Honor Code.
The purpose of this Honor Code is to communicate the meaning and importance of athletic integrity to all members of the Special Olympics Pennsylvania (SOPA) community and to articulate and support the interest of the athletes and coaches in maintaining the highest standards of conduct in virtual competition.

SOPA embodies a spirit of mutual trust and honesty. As a coach I promise to:

- Give athletes one attempt to record their competition score as is done in-person. Providing multiple attempts to try and submit a higher score is illegal and violates the integrity of virtual competition.
- Follow and enforce the competition rules for each sport which includes calling any illegal attempt or violation.
- Have my athletes use the same course, field, court, and equipment for divisioning, as well as all virtual competitions.
- Submit the exact time, distance, score, or other performance measurement for each athlete for divisioning and all competitions.
- Follow all virtual competition guidelines and standards provided by Special Olympics Pennsylvania.
- Meet all deadlines for submission of scores.
- Ensure the athletes I coach have the proper equipment and practice facilities which provide them with the best opportunities to succeed.

This Honor Code summarizes the expected standards of conduct in virtual athletic competitions. The Honor Code is an addendum to the existing SOPA Code of Conduct to ensure equality in competition during any time in person competitions cannot be offered.

The Honor Board is the organizational body charged with enforcement of the Honor Code. The Honor Board will consist of state level Competition Staff and select members of Local Programs, and will not tolerate any violation of the Honor Code.
This is a moment of high anxiety, grief, and trauma for many of our athletes. As a coach, you have the opportunity to support your athletes through this difficult time through your support and love for our athletes. Below are guidelines and suggestions for ways to interact and engage our athletes over your preferred video conferencing tool.

Schedule out your meetings
- Just like your in person training, plan out the virtual training with your athletes. There is a sample Phase A plan in the Sport Specific Guidebooks, please adapt that sample to fit your needs.
- Acknowledge each athlete when they log on, address them by name and make sure they know you are glad to see them.
- Ask questions that acknowledge the situation, while also providing a sense of hope and something to look forward to.

Establish team support
- Set normal expectations for each of the virtual training: no phones or other devices that could distract the athlete or group, when someone is talking be are actively listening, develop responses from the group to positively support their teammates.
- When an athlete says something positive or encouraging to a teammate, pause to highlight that behavior.

Celebrate every little thing
- Just like when you are in person, you want your athletes cheering each other on.
- When meeting remotely, try to include activities that engage the athletes and set them up for success (garbage can basketball, soccer dribbling, pushups, etc.).
- Many of our athletes are dealing with challenges away from Special Olympics. Discuss those challenges at your meetings and be proud of how they are working through those challenges.

Focus on the skills
- Training the athletes through this virtual experience will take some creativity. In your meetings, adjust your camera so the athletes can watch you model a skill or drill. You can also have the athletes lead a skill or drill during training as well.
- Keep up their (and your) fitness. Lead your athletes through some basic exercises that they can do at home. You can set goals to reach from meeting to meeting, like 10 pushups without stopping, so the athletes can work toward that goal outside of your meeting time.
ENGAGE ATHLETES IN A VIRTUAL SETTING

Set the example
- Be a role model for how you want your athletes to interact. Be mindful that social cues can be read differently on a virtual platform.
- Do the activities with them. Don’t be afraid to fail in front of your athletes. It is great to show your athletes that it is ok to struggle as long as you are improving.
- Talk to your athletes about how you manage your time. Be honest about how these times can be challenging, it’s ok to feel flat, lethargic, and unmotivated from time to time - but focus on the time you have together to be high energy and productive.

Be Coachable
- Talk to other coaches about what they are doing to engage their athletes.
- The best coaches are the best thieves, use other people’s ideas to engage the team.
- Learn about other platforms that you can interact with your athletes on. See what they are using, research those platforms, and use them if you believe it is an appropriate format.
## Options for Two-Way Video Chat

<table>
<thead>
<tr>
<th>Platform</th>
<th>Cost</th>
<th>Participants Allowed</th>
<th>Time Limit</th>
<th>Option to Record</th>
<th># of People on Grid View</th>
<th>Breakout Rooms</th>
<th>Join Without Account</th>
<th>Setup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zoom</td>
<td>Free (Basic Plan)</td>
<td>100</td>
<td>40 min. (unless and Edu account)</td>
<td>Yes</td>
<td>Up to 49</td>
<td>Yes</td>
<td>Yes</td>
<td><a href="#">Link</a></td>
</tr>
<tr>
<td>Skype</td>
<td>Free (up to 100 hr/month)</td>
<td>50</td>
<td>4 hrs.</td>
<td>Yes</td>
<td>Up to 25</td>
<td>No</td>
<td>Yes</td>
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</tr>
<tr>
<td>Facebook Messenger</td>
<td>Free</td>
<td>50</td>
<td>No Limit</td>
<td>Yes</td>
<td>Up to 8</td>
<td>Yes</td>
<td>No</td>
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</tr>
<tr>
<td>Microsoft Teams</td>
<td>Free (Basic Plan)</td>
<td>20</td>
<td>No Limit</td>
<td>For a fee</td>
<td>Up to 9</td>
<td>No</td>
<td>Yes</td>
<td><a href="#">Link 1</a> <a href="#">Link 2</a></td>
</tr>
</tbody>
</table>

### Pros

- **Zoom**
  - Popular. Many already use
  - Good mobile platform
  - Easy to use. Many on Facebook
  - Many using for work

### Cons

- Poor security: must use passwords
- Desktop version not as strong
- Facebook account required
- Not as easy if not familiar with Microsoft

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**ZOOM**

**SKYPE**

**FACEBOOK MESSENGER**

**MICROSOFT TEAMS**
“HOW TO”
ENGAGE ATHLETES WITHOUT COMPUTER/INTERNET

We understand that not all athletes have access to a computer or internet, therefore we created this guidance to support coaches in engaging their athletes.

ATHLETES WITHOUT CELL PHONES

Mail Printed Resources
- Create training plans that can be printed and mailed
- Print and mail competition instructions from Sports Specific Guidance
- Work with assistant coaches and Unified partners to print and mail

Home Phone calls
- Contact athletes as often as you can
- Communicate instructions and weekly expectations to athletes

Socially Distant Visits
- Work with assistant coaches and Unified partners to print and deliver to athletes
- Work with athletes and caregivers to have a central packet pick-up location
- Ensure all are utilizing proper PPE and following social distance guidelines (minimal of 6”) when delivering
- No materials should be re-shared or exchanged

ATHLETES WITH CELL PHONES

Cell Phone Calls
- Call athletes with weekly practice plan and expectations
- Be cognizant of athletes phone plans so they do not incur additional charges
- Utilize assistant coaches and Unified partners to make phone calls
- Use conference call function on cell phone to connect multiple athletes on one call

Conference Calls
- Utilize a free conference call line so athletes can call in during training session
  - FreeConferenceCall.com
  - Google Meet
  - Zoom
Social Media Platforms
- Use social media platforms like WhatsApp, Facebook or Google
- WhatsApp uses less data than Facebook or Google
- Create a Closed Facebook Group for your team

Text Messaging
- Use SMS to send training plans
- Use plain text instead of attachments when emailing. Plain text is easier to access and requires less data (therefore, less money), so consolidating content into the email body using plain text rather than attaching a .pdf is preferable