



## ALL YOU NEED TO KNOW ABOUT THE RAINBOW CUP 2020

Welcome to our first virtual bocchia competition!

The Rainbow Cup is open to everyone; from experienced bocchia players, to those of us who have never played bocchia before, along with mums, dads, grandparents, friends, carers and volunteers. Please 'spread the word' and encourage anyone you know to join in the fun!

It is really easy for anyone to take part, with a new game weekly.

The competition will start on Monday 11 May and will initially run for 4 weeks.

Here are step-by-step details on how to take part:

1. Each Monday a game and 'how to' videos will be published on our social media, which links into our 'Movement Monday' posts.
2. Watch the videos to see how the game may be completed with bocchia equipment, along with adaptations using a variety of household items to replicate the activity - we would love to see your adaptations too, so please share them with us using the tags **#TheBocciaRainbowCup** **#StayInWorkOut** and **#BocciaAtHome**
3. Choose whether you want to make the game more or less difficult.
4. You will then have a few days to practice the game, before completing the task and submitting your scores before Friday.
5. Please click [here](#) to submit your scores.
6. Remember to check how you've done! The scores will be collated and results of the Top 20, across all categories, will be published on social media. All scores in each category will be displayed on our website at <https://www.bocciaengland.org.uk/the-rainbow-cup-2020> Scores will be updated weekly, with a running total from each week to show overall leaders.

**Please be aware that we will be publishing the names of each player who has entered, along with their score, so please let us know via [competition@bocciaengland.org.uk](mailto:competition@bocciaengland.org.uk) before 11 May if you do not wish for your name to be displayed.**

We hope you enjoy practising the various activities and skills in this competition and look forward to seeing your videos and scores each week!

#TheBocciaRainbowCup

#StayInWorkOut

#BocciaAtHome



## THE RAINBOW CUP 2020 – FAQs

**I am an experienced boccia player and the week's game looks quite easy for me.**

*Adaptations are encouraged for all players, so please feel free to think of ways to make the task harder, to test yourself. Please also share your different versions with us, via social media.*

**I have never seen or played boccia, so how can I play?**

*Absolutely! Each game has an easy set of instructions to follow.*

**I play boccia at my local Club and my parents would like to take part in this too – is this possible?**

*We would love your parents to join in, along with anyone else you can think of! When you register at the link given in the week's game, you will be asked to choose a category to compete in. You should choose the 'Player' option and your parents can choose the 'Parents/Carer/Assistant' category.*

**So, if I am entered in a 'Player' category and my parents are in the 'Parents/Carer/Assistant' category, how will I compete against them?**

*Each week, we will publish a league table, showing results of all players. We will also publish separate league tables, showing scores in each category.*

**Am I allowed to compete against my friends?**

*Yes – although The Rainbow Cup is designed for individuals, we will be publishing scores each week, so you will be able to look out for your friends' scores to check and try to beat.*

**I want to enter The Rainbow Cup, but don't want my name published online – am I still able to play?**

*Yes, please email [competition@bocciaengland.org.uk](mailto:competition@bocciaengland.org.uk) to advise us if you wish your scores to remain anonymous. We must receive this before the start of the competition on 11 May.*

**Is there a cost to enter?**

*No, The Rainbow Cup is free to enter.*

**Are there prizes for the winners?**

*A memento will be awarded to the winning player in each category.*

**Can I share this on my social media?**

*Yes please – The Rainbow Cup is open to everyone, so please share and use the tags #TheBocciaRainbowCup #StayInWorkOut and #BocciaAtHome on any social media posts. This will help to share our virtual competition as widely as possible.*

Please email [competition@bocciaengland.org.uk](mailto:competition@bocciaengland.org.uk) if you have any questions.

Good luck and enjoy!

#TheBocciaRainbowCup

#StayInWorkOut

#BocciaAtHome