



PETANQUE ENGLAND SKILLS – WHITE AWARD REQUIREMENTS – Sponsored by Samueljacks Teamwear

The emphasis of this award is placed upon participation. Those taking the Award are likely to have been playing pétanque for about six months. Candidates will need to complete all the listed activities in order to pass. A pass will be awarded to any individual that can prove to the examiner that they can complete the tasks set out competently in a consistent manner.

The Examiner will be a qualified Petanque England coach.

Activities to be completed

1. Demonstrate to the examiner how you hold the boule correctly and how you find the correct size boule for yourself.
2. Demonstrate to the examiner the correct stance to adopt in the throwing circle before delivering a boule.
3. To be able to throw a boule using the correct grip.
4. To throw a boule demonstrating good use of back swing during the throw when pointing at 6m from the inside edge of the throwing circle.
5. To throw a boule demonstrating good use of back swing during the throw when attempting to shoot boule to boule at 6m.
6. To throw a boule to a jack at 8m demonstrating a good stance and steady balance throughout the throw.
7. To be able to throw a boule along a straight line without bringing the throwing arm across the body during the follow-through stage of the throw.
8. To throw a boule demonstrating a good release of the boule.
9. Discuss with the examiner the use of the candidates second arm, i.e. not that used to deliver the boule.

Knowledge

1. To be able to explain to the examiner what is meant by the following terms:-
 - a) Pointing
 - b) Shooting - and
 - c) Explain the importance of safety, what are the dangers inherent in the game of pétanque?
2. To inform the examiner of the answers to the following rules:-
 - a) When the jack is thrown at the start of an end, what is the minimum and maximum distance from the inner edge of the circle that it can travel?
 - b) What is the minimum distance from the end line of a lane that the jack must be, when thrown at the start of an end?
 - c) What is the number of boules each player uses in a game of singles, doubles and triples?
 - d) All candidates should satisfy the examiner that they have learnt the basic throwing technique and that they know the basic rules needed to be able to play a game of pétanque.