



Unified Cornhole Rulebook



Unified Cornhole

Teams and Uniforms

A Unified Cornhole team consists of the following:

- A Unified Athlete - a student athlete with an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.
- A Unified Partner - a student athlete without an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.

Each team consists of 2 players – one Unified athlete and one Unified partner.

(You can adapt this if needed to a 4 player team - two athletes and two partners)

All teams must supply their own uniforms. A team may borrow sport uniforms from their school, or wear a matching t-shirt; numbers are not required.

All participants must wear appropriate footwear. There is no maximum number of teams that schools can enter.

Scoring

Scoring is determined as follows:

- Three points are awarded for each bag in the hole.
 - If a bag is pushed in by another bag, it counts as 3 points.
- One point is awarded for each bag on the board.
 - Total round score is then determined by the difference in the team totals.
(Example: If Team A has two bags on the board, and Team B has one bag on the board and one in the hole, Team B would score 2 points. This is called cancellation scoring)
 - If a bag touches the ground or is tossed out of turn, it doesn't count.
- In a traditional game the game is over if the score reaches 21
- For Unified Sports, the games usually continue for the duration of the time allocated to play. This is so the opportunity for all players to play is equal.

Scoring Adaptations:

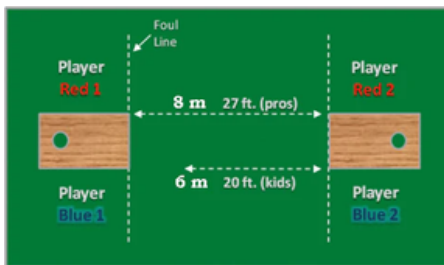
- Instead of following traditional cancellation scoring teams can add point as they go. If following this scoring method, in the example above Team A would score 2 points and Team B would score 4.

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The Game

Cornhole can be played in a variety of ways to make the experience and enjoyment accessible for everyone. There are two variations that are encouraged when playing the sport:

- **Traditional:** Typically, teammates would start on opposite ends throwing from behind the board with the goal of getting the bean bag in the hole.



Unified Distance: 20ft
Further Adapted: 10-15ft

- **Adaptive Focused:** Depending on your athletes needs, players would start their throw from a position they feel most comfortable. Partners are open to assist the athlete's throw with verbal and and/or visual cues. This variation of the game does not have to be played traditionally but rather accessible for everyone to enjoy and experience.
- In some tournaments it's best to play with only one board per game and have all 4 players (teammates and opponents) stand together at a space 15-20ft from the board. This supports all players and builds friendly comradery amongst the teams.

Additional Rules

- Distance from board: 20 feet apart (distance modifications can be made)
- Each team plays with four bean bags.
 - Opponents alternate tosses until all eight bags are thrown.
 - The last team to score on the previous round tosses first.
- The players may not stand in front of the front edge of their opponent's board.
- Players should not try to block or distract their opponents.
- Players must throw underhand.
- Games last roughly 10-12 minutes depending on game organizers.