

## RULES – UNIFIED CORNHOLE RULES

**Unified Cornhole will be a demonstration sport for 2021, as a demonstration sport, Sport Specific training will not be required, all coaches must have Level 1 training, available online at [www.sook.org](http://www.sook.org)  
Unified Cornhole will become an official sport in 2022.**

- Unified Cornhole will be Open competition divisioned by age.
- Unified Doubles Teams will consist of one Special Olympics Athlete and one Special Olympics Unified Partner.
- Tournament Format will consist of at least 2 games guaranteed.
  
- **Glossary of Terms**
- **Pitch** – Underhand toss of the bag toward the board in play.
- **Frame** – time period when 1 member of each Team pitches their 4 bags.
- **Inning** – period of time it takes for all 4 members to pitch their bags.
- **Top of the Inning** – time period for one member of each Team to pitch their 4 bags toward the board – both pitching toward the same board in alternating pitches.
- **Bottom of the Inning** - time period for the other members of each Team to pitch their 4 bags toward the board – both pitching toward the same board in alternating pitches.
- **Woody** – refers to any Cornhole bag that has been pitched and remains on the Cornhole board playing surface at the conclusion of the frame.
  - *Each Woody is 1 point*
- **Cornhole** – refers to any Cornhole bag that has been pitched and passes through the hole at any time within the frame.
  - *Each Cornhole is 3 points*
- **Foul Bag** – a bag that comes to rest touching the board AND the ground – or a bag that touches the ground before coming to rest on the board - does **not** count as a point.
  
- **Equipment**
  - Cornhole Boards will be 2' wide & 4' long.
  - The hole will be 6" in diameter – centered 9" from the top of the board.
  - A foul line will run 3' wide perpendicular on either side at the front of each platform.
  - The front of the board shall be 3"- 4" from top to bottom.
  - The back of the board shall be approximately 12" from the ground to the highest point of the deck.
  - The bags shall be made from 2 fabric squares 6.25" x 6.25" with a stitched seam on all 4 sides.
  - Each bag shall be filled with approximately 2 cups of feed corn or plastic pellets, and finished bags should be roughly 6 square inches and weigh 14-16 ounces.

## **Unified Cornhole Levels**

- Level 1 – Ages 8 – 11 and Athletes using a Wheelchair  
Courts shall be 18 feet apart from front of the board to the front of opposite board. Oldest player on the team determines the age of the team. Example: an 11 year old athlete and 12 year old partner do not qualify for Level 1. An Athlete utilizing a Wheelchair will only compete against another Athlete utilizing a wheelchair. The Partners will also throw from the 18' mark.
- Level 2 – Ages 12+ - Courts shall be 27 feet apart from front of the board to front of the opposite board.

## **Field of Play**

- Boards are placed 27 feet from front edge to front edge.
- Games are played to 21 or more points.
- Unified Doubles Play – Team A competes against Team B – 2 people per Team.
- Each Unified Doubles team has a team member at opposite boards to play.

## **The Game**

- A flip of the coin will start the game. Winner will pitch first. Loser will choose the lane to play in for the first inning.
- Each team member will play from their same lane for an entire inning, then Teams will switch lanes for the next inning.
- Team members – at opposite boards – alternate pitching their bags until each team member has pitched all 4 of their bags.
- Players must deliver the bag with an underhand release.
- Players have 20 seconds to pitch their bag once their turn comes.
- Players may not step on or over the foul line when pitching.
- An official will keep & record the score for both Teams at the end of each frame.
- The game is over when a Team scores 21 or more points. If 21 is reached but the frame is not over, play will continue until all 4 bags of each Team have been pitched.
- The Team who scored in the previous frame shall pitch first in the next frame. If no Team scored, the Team who pitched first in the previous frame pitches first.

## **Cancellation Scoring**

- The points of one player cancel out the points of their opponent in a frame.
- Using this method of scoring, only one Team can score each frame.
  - Example:
    - Team A scores 1 woody & 2 cornholes during the frame – 7 total points
    - Team B scores 2 woodies & 0 cornholes during the frame – 2 total points
    - 7 points minus 2 points = Team A scores 5 points for that frame.

