



Special  
Olympics  
**Unified  
Sports®**



# Unified Bean Bag Toss

## Overview

Bean Bag Toss (BBT), sometimes known as “Baggo” or “Cornhole”, is a team activity where bean bags are tossed underhand at a target. **Although we suggest following Baggo rules, hosts are free to make modifications as they see fit.**

See the Baggo rules by following this link or reading the information below:  
[www.baggo.com/how-to-play](http://www.baggo.com/how-to-play)

## Unified Sports

All Unified Sports teams are made up of **athletes** and **partners**. Athletes are students with intellectual disabilities and partners are students without intellectual disabilities. Students with physical disabilities will be classified as a partner or athlete depending on whether or not they also have an intellectual disability.



## Teams

Unified BBT can be played with two or four-person teams. A two-person team will consist of one athlete and one partner; a four-person team will consist of two athletes and two partners.

## Tournaments/Jamborees/Events

Are you interested in hosting a Unified BBT event? Contact [shanna@asaa.ca](mailto:shanna@asaa.ca) for more information about the support that is available to you.

## Suggested Rules

- Distance between boards: 20 feet

- Each team plays with four bean bags
- Four-person teams will have two players on side of the court; two-person teams will have one player on each side
- Opponents at one side of the court alternate tosses until all eight bags are thrown, then opponents at the other side of the court will do the same
- The last team to score on the previous round tosses first in the next round
- If interference occurs, the toss can be re-done
- Opponents may call “Foot Foul” if a player is stepping over the playing line
  - Players may not stand in front of the board while a player on the opposite side is throwing
- Players cannot try to block or distract their opponents
- Players must throw underhand

### Scoring

- The winner is the first team to 21 points OR the team that is ahead at the end of the set time limit
- Scoring is determined as follows:
  - Three points for each bag in the hole
  - One point for each bag on the board
  - Total score is determined by the difference in the teams totals
- If a bag is pushed in by another bag it counts as three points for the team whose bag was pushed in
- The game is over if the score reaches 11 to zero

### Example:

After one round of eight bags played: Team A has one bag in the hole (3 points) and Team B has one bag on the board (2 points). The total round score will be one point awarded to Team A.

Tutorials for similar Bean Bag Toss games can be found online, such as in [this](#) video (jump to 2:20 for rules; 3:40 for scoring)