



**Alberta School's Athletic Association**

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## Unified Virtual Bean Bag Toss

November 17th- December 8th 2023



- Rules:
  - Teams are made up of one athlete (student with an intellectual disability) and one partner (student without an intellectual disability)
  - Students may submit more than one video in the hopes of getting the highest score they can
  - All videos are to be submitted to [emily@asaa.ca](mailto:emily@asaa.ca). Submitted videos may be shared in publications by ASAA or Special Olympics Alberta. If you need an exemption from this contact [emily@asaa.ca](mailto:emily@asaa.ca)
  - A school may submit as many teams as they would like
  - Members of a team must be from the same school in grades 9-12
  - **\*\*\*To take part in the competitive division you must compete on a hard top bean bag toss board (any canvas or soft material boards will compete in the DIY division)\*\*\***
- Set Up
  - Competitive Division:
    - Must stand at least 10 feet away from your Bean Bag Toss board.
    - Set a timer for 30 seconds
    - Both players on your team have 30 seconds each to get as many points as they can. Record both your attempts
  - DIY Division:
    - Must stand at least 10 feet away from your game (ex/ Trash can and pieces of paper, empty basket and rolled up socks, etc.)
    - Set a timer for 30 seconds: Both players on your team have 30 seconds each to get as many points as they can. Record both your attempts
- How to Play:

- The goal of this challenge is to sink as many bean bags (or DIY objects) as you can in 30 seconds (both members of the team get 30 seconds)
- Send your videos to [emily@asaa.ca](mailto:emily@asaa.ca) by December 8th. You can send in multiple attempts in hopes of getting as many points as you can.
- Questions:
  - If you have any questions or need more information please contact Emily Lines via email - [emily@asaa.ca](mailto:emily@asaa.ca)

