



Special
Olympics
**Unified
Sports®**

VIRTUAL UNIFIED BEAN BAG TOSS 2021

**NOVEMBER 22ND -
DECEMBER 10TH**

Rules:

- 1) Participants must follow all guidelines and restrictions put forward by AHS, GoA, and their School Jurisdiction**
- 2) Teams do not need to be at the school to participate**
- 3) Teams are made up of one athlete (student with intellectual disability) and one partner (student without intellectual disability)**
- 3) Students may submit more than one video in the hopes of getting the highest score they can**
- 4) All videos are to be submitted to 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**
- 5) A school may submit as many teams as they would like**
- 6) Members of a team must be from the same school in grades 9-12**

Setting The Challenge Up

Competitive Division- Set up your bean bag toss board: Must stand at least 12 feet away from your board

DIY Division- Set up your DIY game: Must stand at least 12 feet away from your game (ex/ Trash can and pieces of paper, empty basket and rolled up socks, etc.)

Both Divisions: Set a timer for 30 seconds: Both players on your team have 30 seconds 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 by December 10th. You can send in multiple attempts in hopes of getting as many points as you can.

Championships for the Competitive Division will be held the week following Christmas Break (more details to be released as the challenge is running)

Winners

The winning team of the DIY Division will be announced the week after competition with prizes sent out shortly after

The top scoring teams from each zone in the Competitive Division will have the opportunity to compete in a Championship the week following Christmas Break. More details to follow



For more information or any questions contact Emily
@ emily@asaa.ca