



# BEAN BAG STUDY GUIDE

**Cornhole (kôrn - hōl)** - **Corn hole** or Corn Toss is similar to horseshoes except you use wooden boxes called corn hole platforms or boards and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the corn hole boards or platforms until a contestant reaches the score of 21 points.  
(Cornhole.com)

Corn hole derived from the Midwest and is popular with people of all ages. Beanbags, corn hole and baggo are common names associated with the tossing of beanbags. This activity is a game of fun and skill, not of strength.

## Equipment:

- 2 boards or platforms, 33 feet apart hole to hole, 27 ft. front of board
- 8 bean bags per board, each team has different color or style
- Players

## Rules:

- The bean bag must ALWAYS be tossed UNDERHAND
- The game can be played with 2 or 4 players
  - 2 players: stand on the same side of the board
  - 4 players: stand opposite as partner, and may throw from either side of the box
- Each player throws from behind the front of the boxes. Crossing the front of the box is known as a fault and the throw will not count
  - Players stand along side of the boxes, either with stationary feet or in a stance
- Each team alternates shots, beginning with the team that had the last score
  - If neither team scored during a round, the team that scored the previous round would go first
  - Each round is also known as an inning
- Players have 20 seconds to throw the bean bag

## Scoring:

- Bag in the hole: Bean bag goes in the hole
- Bag in the count: a bean bag that lands on the board
- Games are played up to 21, winning by 2
  - Scoring is by cancellation method

## Types of throws

**The Basic Fold** This seems to be the most popular throw among corn hole enthusiasts in our neck of the woods. Basically you flatten the bag and fill out. Then you just fold the bag right in half with an even amount of fill in each half.

**The Double Fold** With this fold, you hold the bag by one corner. Next you fold the corner without any fill over the corner holding the entire fill. Then you fold the bag in half with the other two corners.

**The Pancake** With this throw the bag is flattened completely. It can then be thrown under hand while resting flat on your hand. The most popular way to throw the pancake is by spinning it like a Frisbee towards the hole while keeping it as flat as possible.

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**The Sling** To throw the Sling, you hold the bag by one corner with you index finger and thumb. You then sling (as the name suggests) the bag to the hole giving the bag backspin.

**The Fling** This throw is similar to The Sling. However, you hold this bag by one edge rather than a corner. You then pitch the bag underhand giving the bag backspin.

Etiquette:

- ↪ Do encourage your team mate or opposing team
- ↪ Do not walk in the middle of the playing area
- ↪ Throw the bean bag underhand at all times
- ↪ Do not heckle the opposing team or anyone playing bags

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Corn Hole Facts:

- ↪ Cincinnati is the true origin of the game and really became popular in 1999.
- ↪ Beanbags are used in therapy for Alzheimer's and dementia patients.
- ↪ Many American scholars confirm that a game of very similar nature was played amongst Native Americans in Midwest America, who filled pigs' bladders with dried beans and competitively tossed them for entertainment
- ↪ Bags is popular at family parties, colleges and at tailgating events
- ↪ This is a GREAT alternative to video games since ANYONE can play bean bags