



# Unified Cornhole

## Bulletin

### 2026



**Special  
Olympics**  
Maine



Special Olympics  
**Unified Champion  
Schools®**



# **2026 MPA CO-ED UNIFIED CORNHOLE**

(Updated 8/17/26)

## **UNIFIED CORNHOLE SEASON**

|                    |                                                                                      |
|--------------------|--------------------------------------------------------------------------------------|
| September 8, 2026  | Notice of Intent to Participate ( <a href="#">Click here for notification form</a> ) |
| September 25, 2026 | Due Date of Intent to Participate                                                    |
| September 28, 2026 | First Practice                                                                       |
| October 25, 2026   | Funding Application Deadline #1 ( <a href="#">Click here for application</a> )       |
| October 26, 2026   | First Countable Match                                                                |
| December 16, 2026  | Last Countable Match                                                                 |

## **Minimum/Maximum Game Requirements:**

Minimum number of games: 4

Maximum number of games: 6

## **Official Lineup:**

- One team consists of two players (one Athlete and one Unified Partner).

## **Team Rosters:**

- No specific team cap for whole school roster
  - Each team within a school roster will consist of 2 players - 1 Athlete and 1 Unified Partner
  - \*Recommended, one set of Cornhole boards for every 4 teams

## **Suggested Competition Structure:**

- Double Elimination style game play
  - Intermix different school teams in each division
  - \*Games can be timed in 15-minute increments to allow for more gameplay in a session.

**Authorization:** The MPA Unified Sports Committee shall administer Unified Cornhole and the rules of the American Cornhole Association will govern the sport.

**Uniforms:** Players will dress in a manner which will bring credit to them and the sport of cornhole. It is recommended that all players should wear closed-toe athletic shoes as well as athletic bottoms (pants or shorts – not jenas). Uniform tops must be similar in cut, color, and style for all team members.

- **SONA Unified Sports Uniform Branding:** With the goal of increasing brand recognition of Special Olympics Unified Sports®, a set of [Uniform Guidelines](#) and [supporting resources](#) have been finalized by SONA. These guidelines apply to all Unified Sports teams in the SONA region. These guidelines are also in compliance with the NFHS sport rules as a “commemorative patch”. Uniforms, or a visible area of an under layer, should include the Special Olympics Unified Sports® logo. Logo options can be found on the [Resources page for Marketing and Communications – Special Olympics Brand](#) under Special Olympics Unified Sports® and Play Unified.
  - Order of preference (red as primary, all other colors as alternates; 4-line versions not recommended):

1. Special Olympics Unified Sports circle logo or
2. 2-Line logo or
3. 2-Line logo lozenge or
4. Special Olympics Unified Sports® in text
5. Special Olympics Play Unified logo (white lettered logo is included in blank space)

**Meaningful Involvement:** All players should have meaningful involvement without any type of individual player dominance. Meaningful Involvement is an effort to **optimize participation by all team members** (athletes and partners) based on the principle that **every player should contribute to the success of the team**. The composition of any team must include players with necessary sport-specific skills. Teams should **not include players who dominate play, exclude other teammates from contributing to the success of the team, or present a health and safety risk on the field of play**. By permitting any player to dominate play, other players' roles and opportunities are greatly limited. This violates both the spirit and intent of the Special Olympics Unified Sports rules and philosophy and will be addressed according to the standards set forth by each sport's rules and governing ordinances.

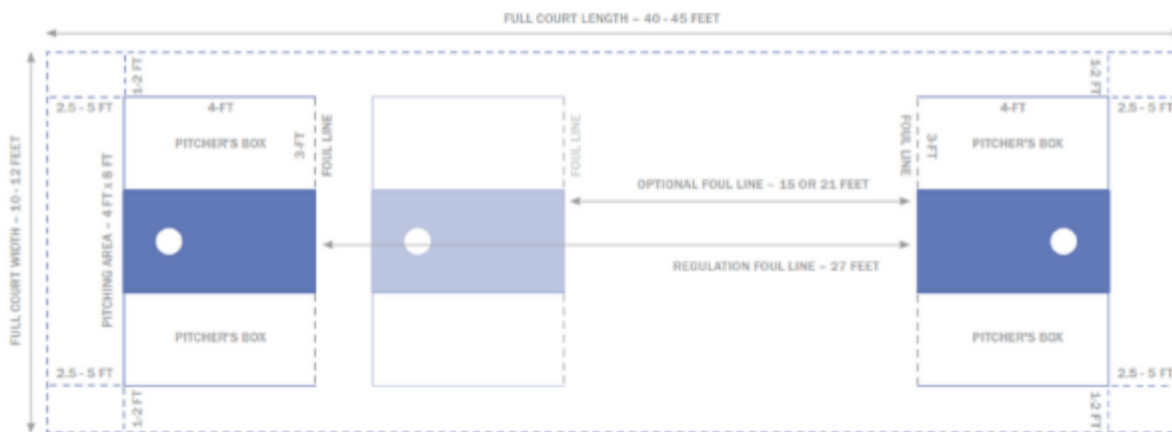
- If an official determines that a player is dominating play, that official shall sanction the player and/or coach. Consequences for non-compliance are either:
  - Specific Player Sanctions (encourage voluntary substitution, warning, technical foul, ejection)
  - Sanctions will include warning the player and/or coach, citing the player or coach with unsportsmanlike conduct or removing the player or coach from the game.
  - Team Consequences (forfeiture of game, disqualification from tournament)

**Unified Sports Player Development Model:** MPA Co-Ed Unified Cornhole follows the Unified Sports Player Development Model.

- Teammates of high ability serve as mentors to assist players of lower ability in skill development
- Lower ability teammates are still learning and perfecting the necessary sports skills and understanding of the game play rules
- Rules modifications are made to define player's roles and prevent higher ability players from dominating the game

### **Equipment/Court:**

- Equipment
  - A cornhole court shall be a level rectangular area 10-12 feet wide and a minimum of 40-45 feet long. The court consists of two cornhole boards, designated pitcher's boxes, and foul lines. A minimum vertical clearance of 12 feet is recommended for indoor or sheltered cornhole courts.
  - The pitcher's box is a rectangle 4ft by 3ft at each end of the court, parallel with and on both sides of the boards. Each player must remain in the pitcher's box while pitching a cornhole bag.
  - The foul lines are lines parallel to the front of each cornhole board. The foul line distance for official gameplay is 27 feet. However, local programs may choose to offer a 15-ft. or 21- ft. throwing distance, according to an athlete's skill assessment.
  - To eliminate distraction and safely separate activity, cornhole courts adjacent to each other shall be a minimum of 10 feet apart. A greater distance of at least 12 feet is preferable.



*A standard court layout with extra spacing dimensions*

- Equipment Standards
  - For Special Olympics Cornhole competitions, it is strongly encouraged that Programs follow the American Cornhole Association (ACA) guidance related to bags and boards:
    1. Cornhole Boards: Standard cornhole boards are 2-ft. x 4-ft. The hole is positioned 9-in. from the top of the board, with a 6-in diameter.
    2. Cornhole Bags: Each team has four cornhole bags of contrasting colors. Cornhole bags should be 6-in x 6-in. and weigh approximately 1 pound.

The Synergy Touring Professional Bags will be the official bag used during competitions above the Program level (i.e. USA Games), unless stated otherwise. To assist with consistency, Programs are encouraged to utilize Synergy Touring Professional Cornhole bags. It is the Programs' discretions to determine if the opposing sides of the bags are "smooth" or "sticky". The "stickiness" of the bag will change over time, meaning newer bags will be more "sticky" than bags that have been used.

Although bags made from duck cloth canvas filled with plastic pellet resin will most likely not be used during competitions above the Program level, these bags are still acceptable at the local level.

Cornhole boards should have sufficient weight to prevent bounce from thrown bags with a smooth top/throwing surface. Boards can be made from different forms of wood and should have a minimum of ½-inch playing surface.

For competition events overseen by ACA, in which Special Olympics participants are competing, as well as SONA National/Regional events (which will follow Special Olympics and ACA rules), specific guidance will be provided regarding the parameters for both cornhole bags and boards

## **Scoring:**

- **Cancellation Scoring**
  - In cancellation scoring, the points of one player cancel out the points of their opponent. Cancellation scoring will only take place at the end of each inning. Using this method, only one team can score in each inning.
  - Bag In-The-Count (Woody): Any bag which comes to rest anywhere on top of the board. Each is worth one (1) point.
  - Bag In-The-Hole (Cornhole): Any bag which is thrown through the hole or knocked through the hole by another bag. Each is worth three (3) points.
  - Foul Bags: Refers to any bag that was designated a foul bag as the result of a rules violation. Each is worth zero (0) points.

- Dead Bags: Refers to any bag that contacted the court or the ground before coming to rest on the board or any bag that struck a previously defined object such as a tree limb, wire, indoor court ceiling, etc. Each is worth zero (0) points.
- **Winning the Game**
  - The first team to score (or exceed) 21 points or to be leading when the time limit is reached will be declared the winner.

**Unified Cornhole – Recommendations Special Notes:**

- Recommended, one set of Cornhole boards for every 4 teams.
- If your school has a Tech program, they might be able to have students build boards for materials cost.
- [How to play Cornhole](#)
- [How to throw a Cornhole bag](#)
- [5 Fundamentals of Cornhole](#)
- [Cornhole for beginners](#)
- Teams should have adequate supervision in both locker rooms.
- Coaches and officials should meet prior to the start of the game to exchange line-ups and player development and individual needs of athletes