

SASKATCHEWAN CORNHOLE ASSOCIATION

Education Manual



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About Cornhole

Cornhole, a game that originated as a casual lawn pastime, has evolved into a beloved sport across North America. Often compared to horseshoes, cornhole involves players or teams, either in singles or doubles format, tossing fabric sacks filled with corn kernels or beans toward a raised, inclined board positioned 27 feet away. The game is enjoyed in backyards, parks, and competitive arenas, appealing to players of all ages and skill levels.

The cornhole boards serve as the primary target for the players. Each player takes turns throwing their sacks, aiming to either land them on the board for points or get them through the hole for a higher score. The competitive nature of the game is amplified by the objective of being the first to reach or exceed a score of 21 points, adding a strategic element as players decide how aggressively to play.

In addition to its grassroots popularity, cornhole has gained significant traction in organized play, with leagues and tournaments popping up across the continent. One notable highlight in the cornhole community is the establishment of the first stand-alone cornhole building in Canada, located in Regina, Saskatchewan. This facility not only showcases the growing interest in the sport but also boasts the largest cornhole club in the country. It serves as a hub for enthusiasts, offering a space for both casual play and competitive events, further solidifying cornhole's status as a sport that brings people together in a fun and engaging way.



Scoring

- A cornhole bag that goes through the hole is worth 3 points.
- A cornhole bag that lands on the board and stays there is worth 1 point.
- A cornhole bag that lands on the ground or bounces onto the board is worth 0 points.
- Cancellation Scoring: Only one team can score points per inning. The team with the higher score cancels out the points of the opposing team in that inning.
- Points Calculation: The team with the higher score in an inning earns the difference in points. For example, if Team A scores 5 points and Team B scores 2 points in an inning, Team A earns 3 points for that inning.
- Winning the Game: The first player or team to reach or exceed 21 points at the conclusion of an inning is the winner.

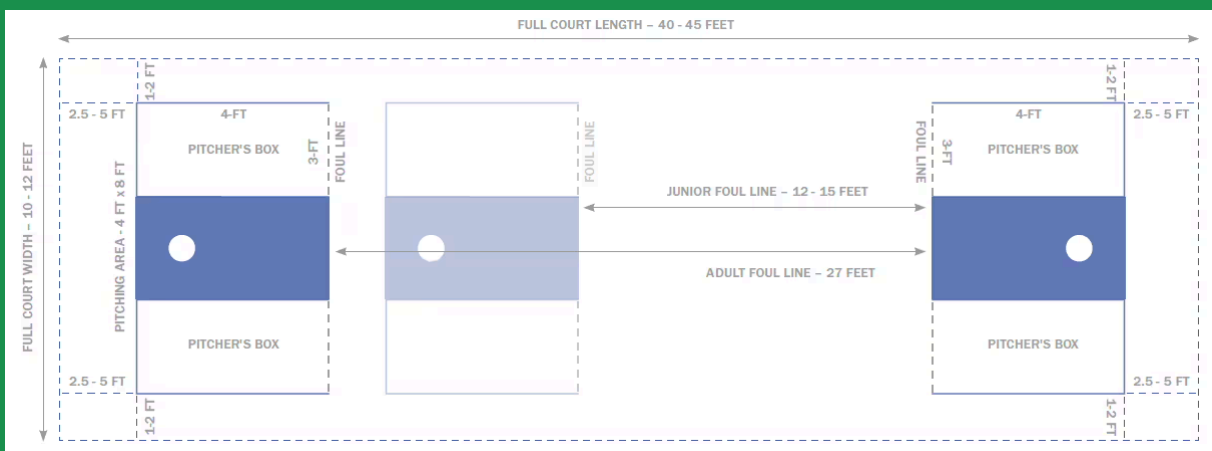


Court Layout

Setting up a cornhole court requires attention to specific dimensions for a fair game. The court should be a level rectangular area, typically 10–12 feet wide and 40–45 feet long. Two cornhole boards are placed at opposite ends, with pitcher's boxes (4 feet by 3 feet) running parallel to the boards on each side.

Foul lines are crucial for game integrity. For adults, the foul line is 27 feet from the front of each board. For juniors (12 and under), it ranges from 12–15 feet, which can also be used by seniors or people with physical disabilities if agreed upon. These lines must be parallel to the opposing board's front, following American Cornhole Association guidelines.

Indoor courts require at least 12 feet of vertical clearance to avoid obstructions. When setting up multiple courts, maintain a minimum of 10 feet of separation, with 12 feet preferred for optimal play. These specifications ensure a standardized setup for fair competition and enjoyment.





Rules

Teams – 1v1 (singles) or 2v2 (doubles).

- Players toss their bags in an underhand motion from the pitcher's box located next to each side of the board.
- Turns are alternated, with each player throwing their cornhole bags toward the opposite board.
- After both teams have pitched four bags, they tally their scores and continue pitching to the opposing board.
- The team that scored points in the previous inning goes first in the next round, while if the score was tied, the team that went first last continues to do so.
- Before the game starts, a coin toss determines the playing lanes and the order of play.
- The winning team of the coin flip gets to choose either their throwing lane or the order in the first inning, while the other team selects the remaining option.

Game Play:

- An inning concludes after both players alternate pitching from one board and have thrown all eight bags (four each). Players remain in their designated lanes throughout the game.
- The game begins at the headboard, with players alternating pitches until they have thrown all four of their bags.
- Afterward, players move to the end of their lane, tally their scores, and resume pitching back to the opposite board.



Rules

Singles (1v1) Cornhole Matches:

- In singles matches, two players compete against each other until one emerges as the winner.
- Both players remain in their designated lanes for the duration of the game.
- Players start at the headboard, alternating pitches until all four bags are thrown.
- They then walk to the end of their lane to score before pitching back to the other board.

Doubles (2v2) Cornhole Matches:

- In doubles matches, two teams of two players each compete until one team wins.
- Each team stays in their designated lane throughout the game.
- Players align directly across from their teammate in the same lane and alternate pitching bags from the headboard until all four bags are thrown.
- Players at the footboard will score and then resume pitching back to the opposing board.

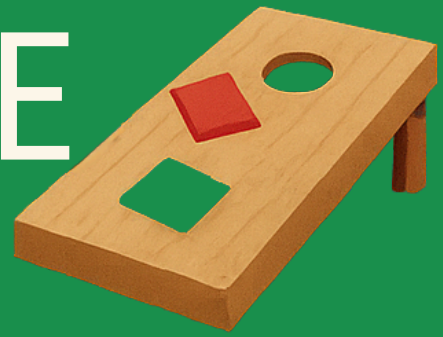


Performance Cues

1. **Stance and Grip:** Position your non-dominant foot in front of your dominant foot for better stability. Grip the cornhole bag with your dominant hand, placing your thumb on top and your four fingers underneath, with the edge of the bag tucked into your palm for a secure hold.
2. **Focus and Aim:** Direct your gaze at the center of the target board. Visualize the arc and trajectory required to successfully land the bag on or near the hole.
3. **Arm Motion:** Begin with your arm extended back in a smooth, pendulum-like swing. As you move your arm forward, ensure a steady and controlled motion, keeping your arm aligned straight towards the target.
4. **Release:** At the peak of your swing (about chest level), release the bag while maintaining your hand's follow-through towards the target. Your palm should face upwards as the bag departs from your hand.
5. **Follow Through:** Finish the motion with a complete follow-through, allowing your arm to extend naturally towards the target to help guide the bag's path.

CORNHOLE

AND SASKATCHEWAN PHYSICAL EDUCATION OUTCOMES



Grades 2-5

PE2.1, PE3.1, PE4.1, PE5.1: Apply locomotor, non-locomotor, and manipulative skills in a variety of activities.

- Cornhole promotes object manipulation (throwing beanbags), hand-eye coordination, and spatial awareness.

PE2.6, PE3.6, PE4.6, PE5.6: Demonstrate fair play, leadership, and positive interactions.

- Students take turns, cheer for peers, and practice honesty in scorekeeping.

PE2.4, PE3.4: Apply tactics and strategies in physical activities.

- Learners adjust throws based on distance, angle, and opponent's position.

Grades 10-12

W10.1, PE20.1, PE30.1: Demonstrate proficiency in manipulative skills in individual and dual activities.

- Cornhole serves as a platform for demonstrating precision, consistency, and strategic placement.

W10.2: Evaluate positive relationships

- Promotes communication, teamwork, and sportsmanship

W10.4: Demonstrate safe and respectful behaviour

- Safe equipment use and appropriate space sharing

Grades 6-9

PE6.1, PE7.1, PE8.1, PE9.1: Refine object manipulation and movement skills.

- Students focus on technique refinement (grip, stance, release) for improved accuracy.

PE6.5, PE7.5, PE8.5, PE9.5: Demonstrate personal and social responsibility.

- Cornhole fosters respectful competition, self-control, and positive feedback.

PE6.6, PE7.6, PE8.6, PE9.6: Understand and apply strategies for success.

- Students plan throws based on game situation, including offensive and defensive strategies (e.g., blocking holes).

PE20.5, PE30.5: Analyze personal performance and set goals for improvement.

- Students track scores, analyze success rates, and adjust techniques for better outcomes.

PE20.6, PE30.6: Promote leadership, collaboration, and ethical conduct.

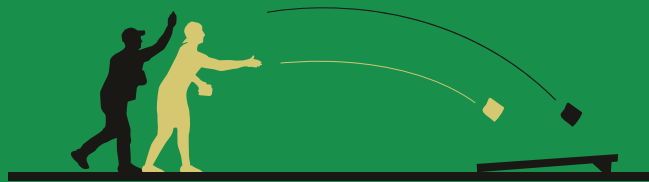
- Organizing and refereeing Cornhole games develops leadership and conflict resolution skills.

PE20.7, PE30.7: Value activity for lifelong well-being.

- Cornhole is an accessible, inclusive game that encourages lifelong participation and social interaction.

Adaptations

Cornhole is a unique sport that stands out for its inclusivity and accessibility, welcoming players of all genders, ages, and abilities. Unlike many other sports that may require specific physical attributes or skills, cornhole can be enjoyed by everyone. The simplicity of the game makes it easy to learn and fun to play. One of the great aspects of cornhole is its adaptability; the distance between the boards can be adjusted from 12 to 15 feet, accommodating different skill levels and physical capabilities. Whether played at a backyard barbecue, community event, or competitive tournament, cornhole fosters a sense of community and camaraderie, making it a beloved pastime for many.



Construction and Carpentry 10:

Module 11A



Lesson Plan: Building Cornhole Boards

Grade Level: 10

Subject: Construction and Carpentry

Duration: 2 class periods, 90 minutes each

Learning Outcome: Demonstrate basic woodworking skills to complete a simple project.

Materials Needed:

- Plywood (3/4 inches thick)
- Side braces (x2): 46 inches x 3 1/2 inches
- Inside braces (x3): 20 1/2 inches x 3 1/2 inches
- Legs (x4): 12 inches x 3 1/2 inches (2 per side, sandwiched together)
- Electric drill with a 6-inch hole saw
- Jigsaw and compass
- Pocket screws
- Screwdriver
- Measuring tape
- Safety goggles
- Sandpaper
- Wood stain (optional)

Safety Precautions:

- Always wear safety goggles when using power tools.
- Ensure all students understand the correct handling of tools.



Day 1: Introduction and Construction of Frame

- Introduction (15 minutes):
 - Discuss the project objective: building cornhole boards.
 - Review safety procedures and proper use of tools.
 - Provide an overview of the materials and their dimensions.
- Frame Construction (75 minutes):
 - Demonstrate how to measure and cut the side and inside braces.
 - Show the correct technique for assembling the frame using pocket screws.
 - Ensure students evenly space screws every 6 inches, adding more for stability if needed.
 - Assist students as they construct the frame, ensuring accuracy and safety.

Day 2: Completing the Cornhole Board

- Cutting the Hole (30 minutes):
 - Demonstrate how to measure and mark the position for the hole: 9 inches from the top and 12 inches from the side.
 - Show how to use a 6-inch hole saw attached to an electric drill or a jigsaw and compass for cutting the hole.
 - Supervise students as they cut the hole, providing assistance as needed.
- Attaching Legs and Final Assembly (30 minutes):
 - Guide students in attaching the legs to the frame securely.
 - Check each board for stability and ensure all screws are tightened properly.

Day 3: Finishing Touches

- Demonstrate sanding techniques to smooth edges and surfaces.
- Discuss optional finishing techniques, such as painting or staining, to personalize the boards.

Assessment:

- Evaluate students based on their ability to follow instructions, use tools safely, and complete the project accurately.
- Encourage creativity in the finishing touches for extra credit.



Other Terms

- **Frame** – A single round or turn during which a player and opponent each throw 4 bags.
- **Wash** – When each team has scored exactly the same number of points in an inning, thereby “washing out” all points scored in the inning.
- **Honors** – The name for the team that scored last or throws first.
- **Slide shot** – One of the most basic shots in cornhole is the slide shot. This is when the bag lands on the bottom 2/3rd of the board and slides up and into the hole.
- **Blocker** – A blocker is when the bag is placed so that it obstructs your opponent’s path to the hole. A successful blocker forces your opponent into taking more difficult shots.
- **Backstop** – A bag that lands past the hole but remains on the board creating a backboard for a slider to knock into without going off the board.
- **Push Bag** – When a bag takes in 2 or more bags of either the throwers bag or the opposing players bags. This shot is similar to a slide shot, but pushes the blocker bag, as well as the thrown bag, into the hole.
- **Bully bag** – If your opponent has thrown a bag and it is slightly towards either side of the hole, you can execute a bully shot. This is when you can throw a sliding shot that pushes or “bullies” your opponent’s bag out of the danger zone and in a less direct path to the hole.
- **Role Bag** – When a bags is tossed and rolls over a blocking bag and falls into the hole.
- **Airmail** – A bag that does not slide or bounce on the board but goes directly into the hole, usually over an opponent’s blocker bag.
- **Four bagger** – A sequence of a player making all four bags in the hole during a frame. There is a tradition in some areas where any social player who puts all four bags in the hole on a single turn gets to sign the board, often with some type of ceremony and recognition.

THANK YOU

