



PRIDE SPORTS USA
CORNHOLE

OFFICIAL RULEBOOK

TABLE OF CONTENTS - Updated Feb 26, 2026

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INTRODUCTION

Pride Sports USA is an adult sports organization consisting of all genders, sexualities, and races ranging from 21–80 years old.

Cornhole is a game consisting of two teams, Cornhole Bags, sweatbands, tube socks, and short shorts :)

Games are played with 2 vs 2 players per game. (4 minimum and 6 maximum players per team) 55 min games.

For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another.

- Fighting is not tolerated.
- There is a zero tolerance for discrimination towards race, gender, sexual orientation or anything for that matter.
- There is also a zero tolerance for unsportsmanlike behavior.

First Rule of Pride Sports USA – Cornhole is to HAVE FUN!

1. PLAYING AREA

- Boards are placed 27 ft from front-edge to front-edge. Venue size may dictate a closer playing area, at the League's discretion.
- Boards are 24 inches (width) by 48 inches (length), with a 6-inch hole centered 9 inches from the back edge.
- Official Pride Sports USA bags are the only bags that may be used during a game.
- Official Pride Sports USA bags are 6 inches by 6 inches with the Pride Sports USA logo.

2. STARTING A MATCH / MATCH PLAY

Starting a Match

- Teams will start the match with Rock, Paper, Scissors to see who throws first. The winner decides who goes first.
- Teams will do another Rock, Paper, Scissors to see who gets which side of the board.

Match Play

Terminology:

- Frame – A set of four (4) tosses between two (2) players; eight (8) tosses total.
- Game – A set of several frames with scores added together to reach 21.

- Match – A set of games within Match Time to 21 points each.

Match Rules:

- Match Time is 55 minutes; no new games started after 50 minutes.
If time runs out, finish that frame (throwing all 8 bags)
- Games are played to 21 points; the first team to reach or pass 21 points wins the game.
- One (1) game point is awarded to the winner of each game.
- The team with the highest number of game points at the end of Match Time wins the match.
Regular season games can end in a tie.
- Teams will alternate tosses with their opponent on each frame.
- Two (2) players from each team play at one time: 2 vs 2.
- Each team will have four (4) bags each per frame to toss.

Minimum Players / Forfeit Rule:

- Teams have a minimum of two (2) players per team for each match to avoid a forfeit.
- If your team only has 2 players on a given day, every 3rd game in the match is an automatic loss, as no one player can play more than 2 games in a row.

Scoring & Reporting:

- Teams are in charge of keeping their own score and reporting the match score to the League Table at the end of the match.

Player Positions:

Player positions – the red and blue dots below represent players on the same team and their position on where they stand. Both players play one board at a time and stay in their designated lane for the whole game (right or left).



Rotation Rule:

- No player may play more than two (2) games in a row, but there is no limit to the number of games a player may play during a match.
- Rule exception: if only 2 players from a team are present on game day, those players play every frame of every game in that match (see also: Two-player Rule).
- Tie-breaker exception – this rule does not apply to tie-breaker matches in Playoffs.

Two-player Rule:

- If one team only has two (2) players present during a match, that two-player team must record a loss for every third (3rd) game played during that match.
- The third game point is awarded to the opposing team.
- This rule does not apply if both teams have only two players present during a match.

3. HOW TO PLAY / SCORING

How to Play

- Players start the game and alternate tossing bags until each player has tossed all of their bags.
- Players must toss the bag with 1 hand and must be an under-hand release.
- Feet must stay behind the line of the front of the board at the time of releasing the bag.
- The player/team who scored in the preceding frame tosses first in the next frame.
- If neither player/team scores, the player/team who tossed first in the preceding frame shall retain first toss in the next frame.
- A bag that comes to rest touching the ground AND the board does not count as a point. The bag will be removed from the board and the frame continues.
- If a bag hits the ground and then rolls onto the board, it does not count. The bag will be removed from the board and the frame continues.
- Obstructions – If a tossed bag hits an object (ceiling, players, lights, fans, or something hanging from the ceiling), the bag will be played from where it lands; no re-throw, and the frame continues.

Scoring

Terminology:

- Woody refers to any cornhole bag that has been tossed and remains on the cornhole board playing surface at the conclusion of the frame. Each Woody is one (1) point.
- Cornhole refers to any cornhole bag that has been tossed and passes through the cornhole board hole at any time within the frame. Each Cornhole is three (3) points.

Cancellation Scoring

- The Pride Sports USA approved method of scoring for Cornhole is “cancellation” scoring.
- In cancellation scoring, the points of one player cancel out the points of their opponent.
- Using this method, only one player/team can score in each frame.

Example: If at the end of the frame the Red team has 3 and the Blue team has 2, the Red team will add 1 point to the score.

Time Expiration:

- If Match Time expires while a game is in play, the team with the higher score in that game will win that game. No new games can start after 50 mins has passed.

If time runs out in the middle of a frame, finish that frame (throwing all 8 bags)

Tie Breaker (Playoffs Bracket Play):

- During playoff bracket play, a match may not end in a tie.
- If a tie occurs at the end of the match, the match timer is reset to 10 minutes and a new game is started.
- The game is played to 11; the first team to reach or pass 11 points wins.
- The Rotation Rule is suspended; teams may choose any player to toss during the tie breaker game.
- Both teams can put out their best two players for the tie breaker game even if they played 2 games in a row already.

4. PLAYER SUBSTITUTIONS

Player Substitutions (Subs):

- In Pride Sports USA, a sub is a player that is not a registered league member for the current season.
- Each team is allowed to add subs if they are short on a given week.

- For Pride Sports USA Cornhole, this is a total of 2 subs maximum during any regular season game.
- No subs are allowed if your team has 3 or more teammates in attendance.
- Subs must register, sign a waiver, and pay the registration fee online at PrideSportsUSA.com/subs
- Subs must create their own account. No one else can do it for them as a waiver is involved.
- No subs allowed in playoff games.
- Teams are not allowed to use players from another team for any games.

Forfeit + Scrimmage Rule:

- If a team takes the forfeit because they don't have enough players, they can then ask players from other teams to join the SCRIMMAGE GAME that will be played in place of the regular season game.
- The game will count as a forfeit, but we still want the players that showed up to play and have fun.
- The score will be reported as 5-0.

5. UNIFORMS

All players must have on their Pride Sports USA uniform from that current season to participate in their games. The given uniforms from Pride Sports USA must be the team's official uniform for all the season games.

Failure to do so will result in a forfeit. If a player does not have on their uniform, the player cannot play and no refunds for the games missed will be given.

Only substitute players may play without a uniform, but must wear a solid black shirt with no logos shown. (See Rule 4: Subs)

Accepted Uniform Alterations

- The only alterations that can be made to the uniform is cutting the sleeves, neck line (if no sponsors are printed on the sleeve), and belly of the shirt, making it a crop top.
- The Pride Sports USA logo, and sponsors/anything printed on the back must not be touched.
- Players may NOT print on or alter anything else on the uniform.
- If a player prints on their jersey, they will have to pay to replace it.

PrideSportsUSA.com/store

6. NATIONAL TOURNAMENTS

Join the fun at one of National Tournaments!! PrideSportsUSA.com/Tournaments

PRIDE SPORTS USA, LLC - CODE OF CONDUCT

1. **Purpose and Values.** For purposes of this Code of Conduct (the “Code”), “Pride Sports” means Pride Sports USA, LLC, and “League” means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League’s inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. **Harassment and Discrimination.** Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person’s ability to participate in or enjoy League activities.
- b. **Bullying and Intimidation.** Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. **Violence and Threats.** Physical violence, attempted violence, or threats of violence toward any person.
- d. **Unsafe or Disruptive Behavior.** Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. **Alcohol and Drugs.** Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League’s inclusive and community-focused environment.
- f. **Social Media and Public Conduct.** Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League’s values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

6. **Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventative action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports’ determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

7. **Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

8. **Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

9. **Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

10. **Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

11. **Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.