



North Metro Adult Bean Bag Toss League Rules

These rules may be modified and/or added to at any time at the discretion of the League Coordinators.

Player Identity & Eligibility

All North Metro Adult Sport Leagues recognize the transgender population among its participants and encourage all eligible people to participate in our programs based on their expressed gender identities. The identity to which a player sincerely holds will be the gender recognized for the purpose of league eligibility, gender minimums, and limits. All eligible players must be on the roster and have signed the team waiver form. Players must be 18 years or older as of the first match night.

Sporting Integrity

Our cities are striving to provide a worthwhile adult athletic program for all participants involved. Although the element of competition plays a major role in athletics, the game should always maintain its recreational and social values. Therefore, it is necessary for each participant to be responsible for the promotion of good sporting integrity and fair play.

North Metro Adult Sport Leagues have instituted and will enforce the following policies for player conduct:

- No player, coach or manager shall physically touch or verbally abuse a staff person in any manner. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
- The use of profanity and personal baiting by player[s], manager[s], or spectator[s] will not be tolerated and is sufficient grounds for ejection from the premises. Managers will be held responsible for the behavior of their spectators.
 - The following steps will be taken for 1st, 2nd, & Final offenses:
 - **1st Offense:** Player[s] and/or manager[s] of the offending team will be given an official warning by either the North Metro Staff or League Coordinators.
 - **2nd Offense:** For player[s] and/ manager[s], they will be ejected from the match and will be suspended from participation in at least their next two scheduled matches. For spectator[s], they will be banned from attending any further matches for the remainder of the season.
 - **3rd & Final Offense:** Player[s] and/or manager[s] will receive an indefinite suspension - League Coordinator's Discretion - from all indoor volleyball leagues. A team found to be using a player under suspension will automatically forfeit that match.
- Any physical altercation by players or managers is not permitted.
- Players are held responsible for their actions on property before, during, and after gameplay.
- Alcohol and Tobacco use is **PROHIBITED** on all park property, including in the playing or bench area.
 - **EFFECT: Immediate removal from the match and building.**

Any team that continually exhibits poor sportsmanship may be removed from the league at any time with no refund given.

ADMINISTRATIVE RULES

Team Format

- All teams play 2 v 2.
- Teams may be composed of any gender. There are no special co-ed rules

Rosters

- Rosters must include **a minimum of 2 and a maximum of 4 players.**
- Players must be 18 years of age or older and may play on only 1 team.
- Players must be on the roster prior to playing in their first game. Players may be added to your league roster at any point in the regular season. Please email one of the League Directors with roster changes & questions. Rosters will be frozen at the completion of the regular season. All players listed on the team roster are eligible to participate in the postseason tournament, regardless of the number (if any) regular season games they played.

Weather-Related Match Cancellations

- **Weather-Related Match Cancellations will be made if conditions outside are unfit for travel to and from the match site, and include dangerous snow conditions and/or extreme cold.** Matches canceled due to weather will be tacked on to the end of the schedule to make them up. Check with either the Spring Lake Park, Fridley, Mounds View or New Brighton Recreation departments by **4:00pm on game day** for a ruling on a weather-related cancellation.
- Matches will **not** be rescheduled due to non-weather-related conflicts.

Forfeits

- We encourage teams to make every effort to field a team for each match as a courtesy towards their opponent.
- Forfeits will occur when a team is unable to begin a match.
 - A team must have two players to start a game; no team shall start short.
- Grace Period: A five-minute grace period is allowed only for the first game. After five minutes, if the 2nd team is not present the team on site is awarded the 1st game, after 10 minutes the 2nd game, after 15 minutes that team is awarded the third game and the match is over. Any time spent waiting for the late team comes off the game time.
- The score recorded for an unannounced forfeited game will be 21-0.
- In the event that you know that your team will not make a match, please notify one of the League Directors by **no later than 3pm** the day of your match. If no one is notified by 3pm of a forfeit, it will be considered unannounced. If you have to forfeit after 3pm, please call the manager of the team you're scheduled to play to inform them of the forfeit. Then contact the League Directors the following day.
- Any team that has multiple unannounced forfeits in a single season may be removed from the league for the remainder of the season with no refund given.

Equipment

- Boards and bean bags will be provided by the league. **Teams may not play with their own bags.**
- Boards will be set up by North Metro staff. Please assist staff as necessary with setup. If boards are already set, please do not move boards from their designated location.
- Please notify our staff once games are over and equipment is no longer needed. Please assist staff as necessary with takedown.

LEAGUE RULES

League Format

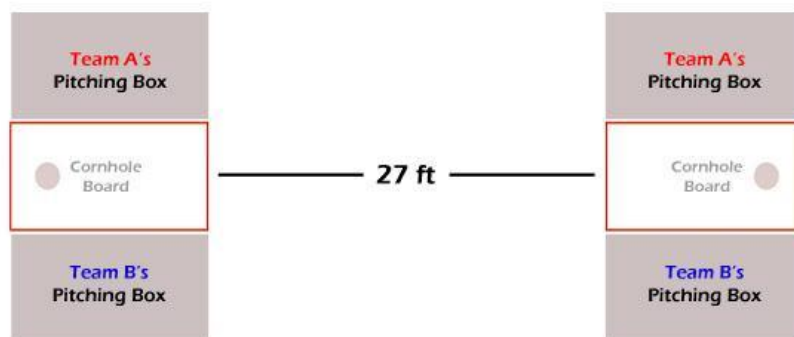
- Match Length: A match consists of 3 games, best 2 out of 3
 - The first 2 games will be played to 21
 - If the match goes to a third game, game 3 will be played to 15
- Time Limit: There will be a **45 minute - time limit per match**. If teams are in the middle of a game when the time limit expires, teams shall finish the round of people currently tossing (both ends) and the score will become official (if one team is to at least 11 points).
 - If the time limit ends during the third game and neither of the teams is to at least 11 points, that game will be considered a tie.
 - Any games not started within the time limit will be considered a tie.
- Regular season standings shall be determined by matches won
 - During regular season play, if a team sweeps the first 2 games, teams are welcome to play their third game if time allows. This game will not count towards the league standings.
- For Tournament matches, the match winner will advance - if a team sweeps the first 2 games, a 3rd will not be played.

Choice of Side or Service

- To start the game, you will either flip a coin or play rock, paper, scissors. The winner throws first for the first game, and chooses **one** of the following options:
 1. Choose lane assignments (side). If this option is chosen, the coin toss winners choose their lane (side) and take their positions next to the boards, then the opposing team chooses their own boards to determine head-to-head matchups.
 2. Choose their opponents to throw against (head-to-head). If this option is chosen, the coin toss loser chooses their lane (side) and takes positions next to the boards, then the coin toss winner will choose their own boards to determine head-to-head matchups.
- For a match's second and third game, the previous game's losing team will toss first and gets the choice of option #1 or #2.

Positioning & Distance

- Teams of two will stand at opposite Bag Toss boards across each other.
- Boards will be 27 feet apart from one another.



- Throwers will stand next to the boards in a designated throwing area called the pitching box. This is where they will throw their bags to the other board.
- Players will alternate throws between themselves and the player on the opposing team who is sharing the same board in the adjacent pitching box.
- Each team will have 4 bags to toss to score points.

Scoring

- A game is won by the first team to score 21 points,
 - In the case of the match time limit expiring, whichever team is ahead will be the winner.
 - Games can end in a tie. The skunk rule is not used.
- Bag on the board = 1 point
- Bag through the hole = 3 points
- Bags that hit the ground prior to landing on the board or going into the hole do not count.
- Any bag hanging off the board and touching the ground does not count.
- Any bag hanging in the hole counts as 1 point
- Score is the difference in team totals. For example, after 1 round of 8 bags played:
 - Team #1 has one bag in the hole and 2 bags on the board. $3+2=5$ points
 - Team #2 has 2 bags on the board. $1+1=2$ points
 - After round 1, Team #1 is leading 3-0 ($5-2=3$ points). The next round Team #1 would go first because they were the last team to score.
- Bags pushed in by an opponent's toss count as normal scoring
- If no points were scored in a round, then the first throw goes to the team who had it the previous frame.
- First team to reach exactly 21 will win the game.
- If a team scores over 21, they bust. A bust will set you back to 15 points.

Standings & Awards

- At the beginning of each match, a scorecard will be given to each team by the recreation staff present.
- Each team should record the final score and the winner of each game.
- Submit your scorecards to the recreation staff person once you've completed each match. Mark the following on your scorecard:
 - Team name
 - Score of each game
 - Winner of each game
 - Winner of match
- The final weeks of the league will be a tournament style playoff. Prizes will be awarded to top teams at the end of the league.

Rules

- For questions regarding rule interpretations, please contact one of the League Directors.

Questions or Concerns

For questions and concerns regarding game/playoff schedules, equipment, and court conditions, please contact one of the League Coordinators.

League Coordinators

Fridley Parks & Recreation

Brice Richter | 763-572-3539 | brice.richter@fridleymn.gov

Mounds View Parks & Recreation

Maddie Margo | 763-717-4042 | maddie.margo@moundsviewmn.org

New Brighton Parks & Recreation

Kelly Distad | 651-638-2123 | kelly.distad@newbrightonmn.gov

Spring Lake Park - Parks & Recreation

Clare Waddell | 763-792-7232 | cwaddell@slpmn.org