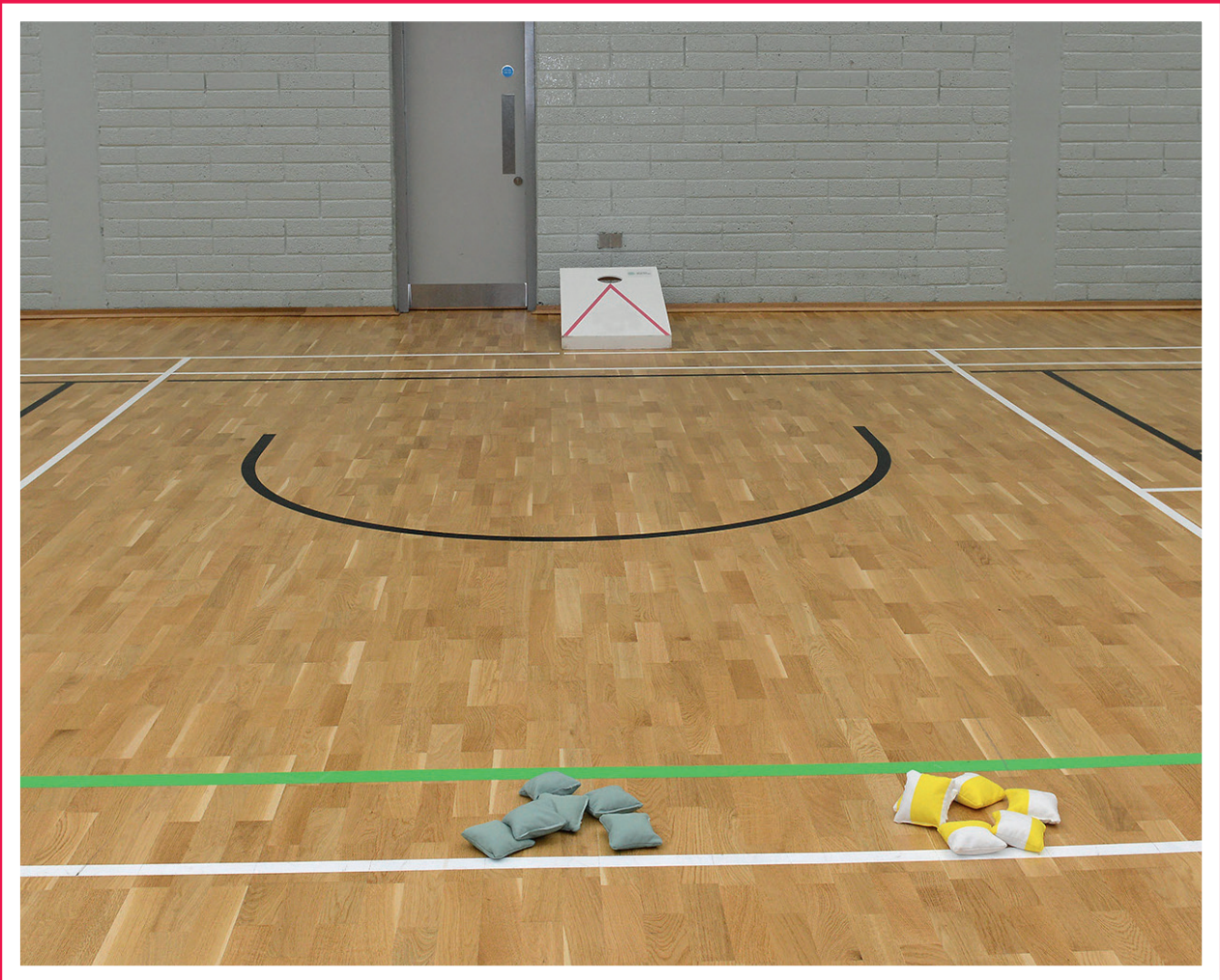


Rule Book

Málaí



Go for Life
Games

An Age & Opportunity **active** initiative



SPÓRT ÉIREANN
SPORT IRELAND

Singles Málaí

Playing area and equipment

The game is played

- ▶ across a volleyball court
- ▶ using beanbags
- ▶ 1 cornhole board

Setting up

- ▶ Each player has four bags of one colour and a different colour to opponent
- ▶ The players stand 6 metres (max) distance from board when tossing bags



Step-by-step play

1. Team named first on playsheet plays first
2. To start the game, Player 1 tosses their first bag at the board aiming to land in the hole for one point
3. Player 2 now tosses their first bag as above
4. Players continue to toss bags in turn until both players have tossed four bags each
5. When all bags have been tossed the game is over and only bags landing in the hole count. If you knock your opponent's bag in the hole it is a point to them
6. The winner plays first in the next game
7. The match continues for 5 minutes
8. The winner of the match is the player that accumulates most points

Pairs Málaí

Playing area and equipment

The game is played

- ▶ across a volleyball court
- ▶ using beanbags
- ▶ 1 cornhole board

Setting up

- ▶ The game is played in opposing pairs
- ▶ Each pair have four bags of one colour (2 bags per player) and a different colour to the opposing pair
- ▶ Players stand 6 metres (max) distance from the board when tossing bags



Step-by-step play

1. Team named first on playsheet plays first
2. To start the game player 1 from Team A (A1) tosses their first bag at the board aiming to land in the hole for one point
3. Player 1 from Team B (B1) now tosses their first bag as above
4. Each player tosses the bags in the order A1, B1, A2, B2 until both players have tossed all the bags
5. When all bags have been tossed the game is over. Only bags landing in the hole count. If you knock your opponent's bag in the hole it is a point for them
6. The winning pair play first in next game
7. The match continues for 7 minutes
8. The winner of the match is the pair that has accumulated most points

Team Málaí

Playing area and equipment

The game is played

- ▶ across a volleyball court (9 metres)
- ▶ using beanbags
- ▶ 1 cornhole board

Setting up

- ▶ The game is played in teams of three
- ▶ Each team has SIX Bags of one colour (two bags per player) and a different colour to opposing team
- ▶ The players stand 6 metres (max) distance from board when tossing bags

Step-by-step play

1. Team named first on playsheet plays first
2. To start the match, player 1 from Team A (A1) tosses BOTH bags at the board aiming to land each bag in the hole for one point
3. Player 1 from Team B (B1) now tosses their two bags as above
4. Each player tosses both bags in the order A1, B1, A2, B2, A3, B3 until both teams have tossed all bags
5. When all the bags are tossed the game is over. Only bags landing in the hole count. If you knock your opponent's bag in the hole it is a point for them
6. The winning team plays first in the next game
7. The match continues for 7 minutes
8. The winner of the match is the team that has accumulated most points