

5<sup>TH</sup> ANNUAL

**BIG BODY GAMES  
OFFICIAL RULEBOOK**



4/4/2025-4/6/2025



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**0. Revision History**

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Revision:	Date:	By:	Review:	Notes:
0	12/23/2024	JL		Preliminary Issue
1	2/22/2025	JL		Added BucketGolf



## 1. Introduction

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### 1.1 Mission

The Big Body Games (BBG) are an event based upon three founding principles: athleticism, dexterity, and sportsmanship. This proven trifecta brings athletes together in a weekend-long, event-filled tournament of backyard sports and healthy competition, with the goal of fostering both an aggressive athletic atmosphere and an environment founded on fraternity and camaraderie.

### 1.2 Tournament Sponsors

2021: **Joe Laviano**  
2022: **Eliot Johnson**  
2023: **Nick Panarello**  
2024: **Nick Picca**  
2025: **Joe Laviano**

### 1.3 Past Champions

<b>Year</b>	<b>Champion</b>	<b>Biggest Body</b>
2021	Joe Laviano	Nick Panarello
2022	Joe Laviano	5-Way Tie (Eliot, Eric, Joe, Picca, Tim)
2023	Joe Laviano	Joe Laviano
2024	Too Spicy	Eric Holtzman



## 2. Tournament Logistics

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### 2.1 Entry

The 2025 BBG is an invite-only, six event tournament; competitors will receive notice of their invitation no later than 3 (three) months prior to the event date to provide ample time for training and refining the skills required to participate in all events.

### 2.2 Tournament Fee

As with previous years, there is no tournament entry fee. Beyond playing for pride, athletes will play for the 2025 BBG Trophy.

### 2.3 Event Selection

The 2025 Games format will be a team tournament and retain the same general tournament format as the previous year. The team with the best overall record at the end of the weekend will be crowned champion.

### 2.4 Event Pool

The following events have been vetted and approved for tournament play. Please note that events may be added or removed at any time at the discretion of the Tournament Sponsor.

#### 2.4.1 Beer Die

#### 2.4.2 Cornhole

#### 2.4.3 Kubb

#### 2.4.4 Polish Horseshoes

#### 2.4.5 Spikeball

#### 2.4.6 BucketGolf (NEW in 2025)

### 2.5 Schedule of Events

The full schedule of events, heat assignments, etc. will be posted to the official Big Body Games website.



### 3. General Guidelines

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#### 3.1 Disclaimer

This section is a general guideline on event format, rules, and scoring; individual events may have a more specific rule set than described below. Therefore, this section is here to provide a foundational ruleset for the events but may not encompass the entirety of rules required for gameplay. Please refer to the specific event for a detailed explanation of event format, rules, scoring, etc.

#### 3.2 Event Format

All events will follow a quadruple double round robin format. For each event, a total of 12 heats will be played (4 games per team x 3 teams). To start, one team is selected at random to sit out while the first two teams play. In the subsequent 11 games, the loser of the last game may decide to continue playing or take a game off, allowing the rested team to come in. This continues until either all games have been completed OR a team has played all 8 of their scheduled games, at which point the remaining two teams finish out their games until all 3 teams have played their entire event.

#### 3.3 Scoring

**Similar to 2024**, no individual event scoring will be used. The winner of BBG2025 will solely be scored on their overall event record. A perfectly undefeated team will capture 48 points (8 games x 6 events) over the weekend. May the best team win!



### 3.4 Tiebreakers

When placing teams in each event, the tiebreak procedure will simply run as follows:

1. Event Record
2. Total Point Differential (+/-)
3. Girth-off

Should an event not have a point differential category (i.e. Kubb), proceed directly to the Girth-off.

When placing teams for the overall standings, the tiebreak procedure will (similarly) run as follows:

1. Total Points
2. Total Event Wins
3. Girth-off

### 3.5 Girth-Offs

In individual events, shall two teams be tied in both event record and point differential, no further statistical tie-breakers will be used. If both tiebreak procedures are exhausted, the two teams will participate in a ‘girth-off’, or a sudden death tiebreaker to determine placement in that event. Once a girth-off has been announced, the two participating athletes will come to a consensus on the girth-off event; there are no rules for what the girth-off entails, so long as it uses the equipment from that event. If no consensus can be reached after 5 minutes, the default girth-offs will be:

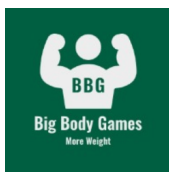
#### 3.5.1 Beer Die

- Teams stand on opposing ends of the table, with a single cup placed in the center on their end of the table.
- Teams will roll for position – higher die toss decides whether they want to go first or second.
- Each team will alternate throwing a single die; first to sink the opposing cup wins.
- A single rebuttal throw will be allowed to continue play.

#### 3.5.2 Cornhole

- Teams stand on opposing ends of the court.
- A coin flip will decide who throws first.
- Each team will throw all 8 bags at the opposing board. Their score will be the sum of their points accumulated from all 8 bags.
- If tied, repeat.





### **3.5.3 Kubb**

Teams may choose between one of the two default girth-offs (if not deciding on their own):

1. Teams will alternate turns throwing at the King. First team to miss the king in a round (while the other team succeeds) loses.
2. Teams will be timed in their ability to knock the opposing 5 kubbs (and the king) as quickly as they can. Teams will have to retrieve their batons should they not complete the task with their 6 original batons.

### **3.5.4 Polish Horseshoes**

- Teams stand on opposing ends of the field.
- A coin flip will decide who throws first.
- Teams will take turns throwing a sealed Truly in attempt to knock the bottle off the opposing pole.
- First person to knock the opposing bottle off wins. Loser drinks the Truly.

### **3.5.5 Spikeball**

- There are no default girth-offs defined for Spikeball. Anything goes.

### **3.5.6 FINAL Girth-off**

At the end of tournament play, should two teams be tied in overall standings AND event wins, athletes will proceed to a FINAL GIRTH-OFF. As with individual events, the girth-off tiebreaker is at the discretion of the two teams involved in the Girth-Off.



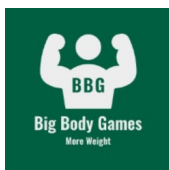
### 3.6 Tournament Regulations

Listed below are general guidelines to be followed throughout the tournament; each event will follow its own rules and regulations regarding gameplay. This is not meant to be an all-encompassing list, but rather a starting point that may expand as the Games evolve:

- Score reporting: Each game score will be reported together by the athletes and recorded on the scoreboard. Any scoring discrepancies will be resolved PRIOR to the final score being entered. Once entered, the game score is FINAL.
- Out-of-play interference: spectating is encouraged when not actively in an event, including cheering, booing, and witty banter. However, out-of-play athletes are prohibited from entering the field of play in an interferent manner. Each case of interference will be examined individually to determine potential scoring penalties.
- Tournament alcohol policy: drinking is both allowed and encouraged; however, as this is a marathon and not a sprint, over-indulgence could dampen an athlete's physical and mental capabilities. The BBG strives to provide a safe athletic environment for all competitors.

### 3.7 Discrepancies

The BBG is an outspoken advocate of the “call-your-own-fouls” approach to tournament play. The onus belongs to the athletes in-play when a scoring discrepancy comes out. However, should the athletes be unable to come to an agreement, the point is to be replayed, unless there is overwhelming and decisive evidence from the audience/committee members that an athlete should be awarded a point.



## 4. BEER DIE

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### 4.1 Introduction

Deep in the Alpha Tau Omega house library at the University of Maine in 1972, four fraternity men tossed a single die above a table without letting it fall off the edge. Thus the game of Beer Die, also known as Snappa, was born, according to crowdsourced research from the official Beer Die League fan page.

### 4.2 Dimensions and Specifications

- Standard 6' folding table
- A minimum height throw line will be established (typically using a roof line as a point of reference). Minimum height should be at least 6 feet above the surface of the table.

### 4.3 Gameplay

Beer die will be played using these official rules: [Rules and Regulations](#)

Athletes will compete in the 8-game-guarantee round robin format described above. The Randomizer© will randomly seed players into teams within the heat assignment chart. One player will be randomly chosen each heat to call the coin toss. The winner of the coin toss may then choose one of three options: play first, side, or defer the choice.

### 4.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply:

- Any throw that bounces legally on the opponent's side and rolls backward through your own cups will be awarded two points (field goal)
- Trapping the die against the table is strictly forbidden
- Overhand throws are acceptable, so long as the athlete's palm does not face the opponent's side of the table

### 4.5 Scoring

Games are played to 11 points.

1 point is awarded if the die hits the opponent's side of the table and then hits the ground.

1 point is awarded if the die hits either cup on the opposing team's side of the table.

3 points are awarded if the die is 'dunked' in one of the opposing team's cups.

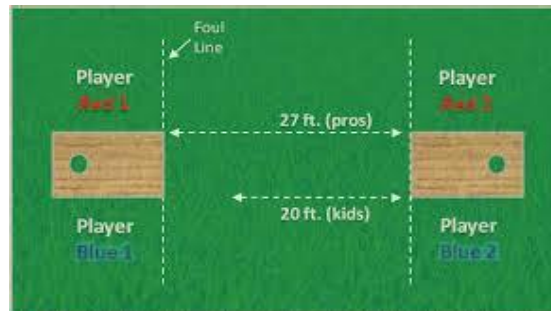
## 5. CORNHOLE

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### 5.1 Introduction

Cornhole, bean bag toss, Bag-O, bags, sack toss, or whatever you may call it, first came about as an indoor method of playing horseshoes. Today, backyard degenerates throw bean bags in one hand while holding Natty Lights in the other.

### 5.2 Dimensions and Specifications



### 5.3 Gameplay

Cornhole will be played using these official rules: [Rules and Regulations](#)

Athletes will compete in the 8-game-guarantee round robin format described above. The Randomizer© will randomly seed players into teams within the heat assignment chart. One player will be randomly chosen each heat to call the coin toss. The winner of the coin toss may then choose one of three options: play first, side, or defer the choice.

### 5.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply:

- Bags that hit the ground prior to hitting the board are removed prior to the next throw

### 5.5 Scoring

Games are played to 21 points. Points are net; only one team is capable of scoring points within each round.

1 point is awarded for a bag on the playing surface

3 points are awarded for a bag in the hole

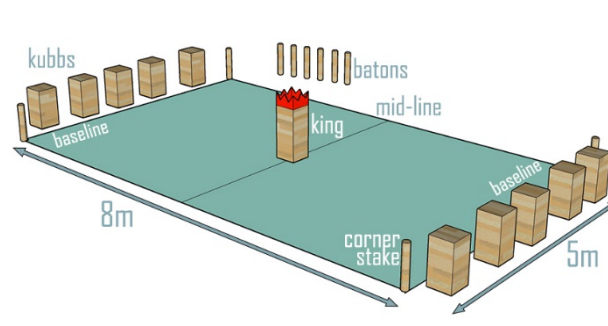
## 6. KUBB

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### 6.1 Introduction

Kubb, hailing from Sweden, closely resembles a mashup between bocce and chess. Nobody really knows how to play this Scandinavian masterpiece, but we do the best we can.

### 6.2 Dimensions and Specifications



### 6.3 Gameplay

Kubb will be played using these official rules: [Rules and Regulations](#)

Athletes will compete in the 8-game-guarantee round robin format described above. The Randomizer© will randomly seed players into teams within the heat assignment chart. One player will be randomly chosen each heat to call the coin toss. The winner of the coin toss may then choose their side. One player from each team will then throw a baton toward the King; closest without knocking over the King goes first. Competition will open with a 2-4-6 formation (as played in official Kubb United competition).

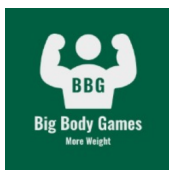
### 6.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply:

- End-over-end will be strictly enforced
- Batons must be split evenly between teammates on each turn
- Teams get ONE chance (total) to hit the King each round

### 6.5 Scoring

Since Kubb is a game of completion as opposed to a point-scoring competition, Kubb competitors will gain points based on number of wins, and tiebreaks will follow thereafter.



## 7. POLISH HORSESHOES

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### 7.1 Introduction

Drop the frisbee – lose a point. Drop the bottle – lose two points. Drop them all – lose your dignity.

### 7.2 Dimensions and Specifications

- 36' between poles

### 7.3 Gameplay

Polish Horseshoes will be played using these official rules: [Rules and Regulations](#)

Athletes will compete in the 8-game-guarantee round robin format described above. The Randomizer© will randomly seed players into teams within the heat assignment chart. One player will be randomly chosen each heat to call the coin toss. The winner of the coin toss may then choose one of three options: play first, side, or defer the choice.

### 7.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply:

- The frisbee must not be touched by the other team until it crosses the plane of the pole
  - Any frisbee caught prior to reaching the pole will result in:
    - First offense: Warning (& re-throw)
    - Second offense: 1 point (& re-throw)
    - Subsequent offenses: 2 points (& re-throw)
- Only one hand may be used to defend against falling objects
- Both objects may be caught by the same person, provided only one hand is used
- A throw is deemed uncatchable if, at the point it crossed the plane of the pole, it is either below knee level or beyond the outstretched arm of the catching player

### 7.5 Scoring

Games are played to 21 points; win by 2.

1 point is awarded to the throwing team if the (catchable) frisbee touches the ground.

2 points are awarded to the throwing team if the bottle touches the ground.

Points are additive (i.e. 3 points are awarded if both objects touch the ground).

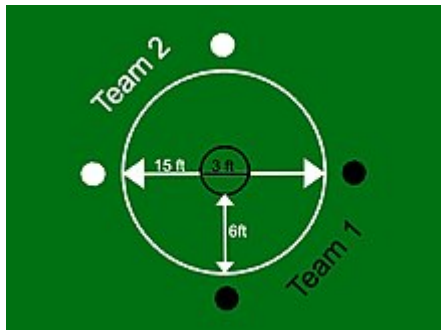
## 8. SPIKEBALL

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### 8.1 Introduction

Spikeball Roundnet, the most recently invented of any of the Games events, was also the only event to be featured on Shark Tank. If Mark Cuban approves, so do we.

### 8.2 Dimensions and Specifications



### 8.3 Gameplay

Spikeball will be played using these official rules: [Rules and Regulations](#)

Athletes will compete in the 8-game-guarantee round robin format described above. The Randomizer© will randomly seed players into teams within the heat assignment chart. One player will be randomly chosen each heat to call the coin toss. The winner of the coin toss may then choose one of three options: play first, side, or defer the choice.

### 8.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply:

- The extended serving length will not be enforced
- The “no-hit-zone” will not be enforced

### 8.5 Scoring

Games are played to 21 points; win by 2.



## 9. BUCKETGOLF

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### 9.1 Introduction

No introduction necessary – new game for 2025, it'll get an introduction if it sticks around for more than a year.

### 9.2 Dimensions and Specifications

BucketGolf begins, first and foremost, with course design.

Each player is responsible for the course design of one hole. Each **team** also receives collaborative design responsibility of an additional hole (9 holes total). Prior to the event, the Randomizer© will determine which player or team will design Hole 1. The tee box to hole 2 will then be set up adjacent to the bucket of Hole 1. The Randomizer© will then continue from the remaining players/teams to select the designer of Hole 2. This will continue until all 9 holes are developed.

### 9.3 Gameplay

BucketGolf will be played across 4 rounds:

#### Round 1 - Stroke Play:

- All 6 players play their own ball
- "Standard" golf rules apply
- Due to equipment limitations, teams will decide on a player A and player B
- All player A's will play hole 1, then player B's - A's will play hole 2, B's will play hole 2, etc.
- At the end of 9 holes, teams will sum up their 2 player's strokes
- Lowest combined strokes wins

#### Round 2 - Best Ball:

- All 6 players will drive (1st shot)
- Teams will then pick up their 'worse' drive (decided by the team) and shoot their 2nd shot from the remaining lie
- If player A's drive was selected, player B will shoot the approach, and vice-versa
- Players will continue alternating until the hole is over
- Lowest number of strokes after 9 holes wins

#### Round 3 - Worst Ball:

- Same rules as round 2, except:
- Teams will pick up their 'better' drive (as decided by the OTHER teams) and continue their 2nd shot from the remaining lie

#### Round 4 - Team Ball:

- Teams will play one ball, alternating shots
- Teams can decide which player drives on each hole, so long as player A drives no more than 5 holes (leaving 4 holes for player B)
- Lowest number of strokes after 9 holes wins





## 9.4 House Rules

The ruleset above will be printed out and available at the Games. The following house rules will also apply as a 'standard'. House rules beyond these listed below do not currently have a consensus:

- TBD (we'll see how this goes)

## 9.5 Scoring

Each round is scored independently (no carryover between rounds).

- The winning team receives 2 points per round
- 2nd place team receives 1 point per round
- Last place team receives 0 points per round
- Total event points (12) and maximum points available to a single team (8) match other events