UVM Intramural Sports • Trenchball League

The rules governing this intramural sport activity are derived from rules used by the National Intramural-Recreational Sports Association (NIRSA) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook, which is available on our website. All team captains and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility

See the Intramural Sports Handbook for complete listing of eligibility.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and have joined the official online roster. Individuals must be listed on the official online roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official online roster is the responsibility of the Team Captain.

Equipment

Game Jerseys: Game Jerseys are provided by the IMS program. All jerseys will have numbers on them and each person will be required to record their name and number with the score keeper for their game at each scheduled match. The team captain/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all jerseys. The player’s ID will be returned upon return of all jerseys. Replacement costs for any equipment missing will be billed to the individual’s Campus Recreation account.

If your team would like to purchase “team jerseys” the intramural sports office encourages you to do so but you must make sure that these jerseys have numbers and are all the same color.

Footwear: All players must wear athletic close-toed shoes. No cleats or metal spikes are allowed.

Jewelry: All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, bandannas, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item, then you CANNOT play.

Players and Substitutions

A team consists of eight (8) players per game. There is no roster cap for trenchball. The minimum number of players to start a game is six (6) players. At game time, if your team only has the six (6) players present the game will begin with the six (6) players and no other players that arrive late can “jump in” and begin playing for their team. The late individual(s) must wait until the commencement of the next game to participate. Alternate players may enter when a new game starts or to replace
an injured player. Trenchball is an ‘Open’ sport but teams are encouraged to play with an equal number of players from each gender. If a team is reduced to less than six (6) players at any point during the match, the match will be over.

**The Court**

Games will be played on the indoor turf in the PFG Athletic Complex. Court perimeter boundary lines will be indicated by the white lines.

**Regular Playing Area:**
- Once a player is hit from an opponent’s ball on the fly or a ball is caught by an opponent, he/she must immediately raise their hand and jog to the trench area.
- If a player is hit and has a ball in their hand, they must drop the ball immediately after being hit.
- There is absolutely no advancing the ball to another teammate or carrying a ball to or from the trench after being hit.
- Players may never contact the ball or any person on their way in or out of the trench.
- Failure to follow Rules C and D will result in an automatic loss for that match.
- Intentionally crossing the mid-line is Illegal and will result in loss of game. (i.e. ‘suicide’ throws)
- Players are allowed to reach over the mid-line and even touch the ground in order to gain possession of a ball, as long as some part of their body is completely in their zone and touching the ground or a teammate.

**Designated Trench Area:**
- Each team’s trench is located behind the opponent’s regular playing area.
- Players may only go into an opposing team’s trench if there is nobody occupying the trench.
- If an opponent crosses the trench line when it is occupied, they are out.
- As long as a player has possession of the ball in the trench before an opposing players enters the trench, the ball belongs to the player having possession.
- The only way to move from the trench back into the regular playing area is by hitting your opponent from the trench.
- If the opponent catches the ball you throw at them, you will remain in the trench.
- Once you hit one person, you must immediately exit the trench. You may not hit multiple players.
- A player may wait by the mid-line as long as they choose before entering their zone. If the player is not completely back in their zone before all other teammates have been hit, the game will be over.

**Playing Rules**

**Game Duration/League Format:** Trenchball matches will consist of two sixteen (16) minute halves with a (3) minute halftime. Matches consist of an unlimited number of games. Games will be played until all players from one team have been
'knocked out' of their zone. Once the 32-minute mark has been reached the match will continue until the game is finished. The winner of the match is the team that won the most games during the match time limit (e.g., 7 games were played and the game score was 4-3, the team that won 4 games wins the match). If there are less than 10 seconds left on the clock a new game will not be started. During the regular season, teams may tie as there will be no overtime played.

**Time-Outs:**  There are NO time-outs.

**Mercy Rule:** After 28 minutes of play, if a team is losing by seven (7) or more games, the losing team may opt to take the 'Mercy Rule' and the match will stop at this point.

**Overtime:** Overtime will be played in playoffs only. If, at the conclusion of the 32 minute match, the teams’ record for the match is tied (e.g., 4-4), the teams will play an untimed overtime game. All eight (8) players will come back onto the court to start the overtime. The team that wins that game will win the match.

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time.

If one team is late/is not present, the team's captain that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):

- Take the forfeit immediately
- Give the team five (5) minutes to show
  - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

**Reserve Clause:** The IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts

**Starting the Game:** The game will start with:

a. Each team will start with two (2) balls and all eight (8) players must have one foot on the trench line.

b. Once the whistle is blown, players may enter into their zone and begin play.

**Ways in which a player is called out:**

a. Player A throws the ball and it hits player B
b. Player A throws the ball and it is caught by player B—player A is out
c. Player A throws the ball and player B attempts to catch it but doesn’t—player B is out.
d. Player A throws the ball at player B-1, it bounces off player B-1 and player B-2 catches it. Player B-1 is out. The ball becomes dead once it hits a person or object.
e. Player A throws the ball at player B who deflects the ball with their ball—Player B is out. **The ball is part of your body in trenchball.**
f. Player A throws the ball and hits Player B-1. Player B-2 then attempts to catch the ball but is unsuccessful and is hit by the ball. Player B-1 is out AND Player B-2 is still in.
g. If a player steps on the center line at any point in time they are considered “out” and must go to their trench.
h. If a player steps into the opposing teams’ trench or on the trench line they will be considered “out” and must go to their trench.

**A ‘Live Ball’ is defined as:**

- A ball that has been thrown and has not been touched by anything other than an active player or another ball.

**A ‘Dead Ball’ is defined as a ball that has:**

- Hit the floor.
- Hit the wall or court divider.
c. Hit the rafters, hoops, support beams, anything hanging from ceiling or walls.

d. Hit a player that is NOT active in the game.

e. Hit a player who has just be ruled out.

Getting Out:

a. Once a player is “out”, the player must immediately leave their zone immediately and enter their trench. Conducting oneself with honesty helps maintain the integrity of the game.

b. The officials are there to make decisions in instances when a player has not voluntarily removed themselves or there is a disagreement. The official’s decisions are final and cannot be argued.

c. ARGUING CALLS WILL NOT BE TOLERATED. Players arguing after being given a warning will be issued a “technical” and must sit out the remainder of that game and the next game as well. Should a player receive a second “technical” during the season they will not be allowed to play for the remainder of the season.

Possessing all of the balls: A team is not allowed to have possession of all four (4) balls for more than ten (10) seconds. This includes:

a. A team holding all balls in their zone or their trench.

b. A team holding all balls in both their zone and trench (i.e. three (3) balls in their zone and one (1) in trench)

c. A team having clear possession of all balls even if they’re throwing them but maintain possession.

1st offense: The official will blow their whistle to stop play and give the team a warning. The team holding all the balls must roll or throw 2 balls to the other team. The court monitor will resume play when this requirement is met.

2nd offense: The official will stop the game and the opposing team will win that game“

*New Rule* Simultaneous Possession: If two opponents maintain possession of a ball simultaneously, the ball will be awarded to the team in which zone the ball is currently in. (i.e. if team A player is reaching over the centerline to grab a ball in zone B and gets simultaneous possession, the ball will be awarded to player B.)

Cheating and misconduct:

a. Intentional head shots are considered misconduct. There is no rule against accidental “head shots”.

b. Getting hit by a ball and not going to the trench. (May result in the loss of that game)

c. Intentionally interacting with any ball/person on your way to or from the trench. (Will result in the loss of that game)

d. Intentionally crossing the center line or trench line.

e. Any other instance that the official deems to be unsportsmanlike conduct. (Will result in the loss of that game)

The officials have the ability to give warnings, end games and/or eject players for the following reasons:

a. Cheating

b. Unnecessary roughness

c. Foul or inappropriate language

d. Arguing with officials or staff

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