Trenchball Rules \textit{SPRING 2016}

\textbf{General Overview}

\textbf{Team Registration and Entry Fee}
All team registrations are done online via \texttt{IMLeagues}. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “\texttt{Forms and Videos}” page. Don’t forget about the pre-registration option!

The team entry fee for Trenchball is $35 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

\textbf{Team Captain’s Quiz}
All team captains are required to take an online rules and handbook quiz and score 100\% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

\textbf{Player Registration}
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found \texttt{here}.

All players are required to take a brief participant quiz and score 100\% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

\textbf{Team Schedules}
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

\textit{Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff}

\textbf{Forfeits and Defaults}
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

\textbf{Contact Information}

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
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</thead>
<tbody>
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General Procedures/Reminders

Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. No ID, No Play
Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. Team Roster
All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. No roster add sheets will be made available at the site of the contest.

No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. Roster additions are allowed up until postseason brackets are published.

3. Apparel
Each participant must wear appropriate apparel and non-marking athletic footwear.

4. Injuries/First Aid
First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. Jewelry
For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. Sportsmanship/Participant Conduct
Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. Refunds
Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. Team Names
Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. Playoffs
Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. Communication Efforts
Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

Trenchball is an activity in which contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. Game Time
   GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. Game Set Up
   a. Courts
      The court will be set up by the Rec Sports Staff.

   b. Officiating
      Two (2) trained Intramural Sports officials will officiate Trenchball contests. The decisions of the officials are final. To become an official, click here.

   c. Pre-Game Captain’s Meeting
      Captains will meet with the game officials at center court for a brief overview of game rules, to ensure all participants are eligible and properly equipped, and to determine possession/team sides.

3. Game Equipment
   a. Trenchballs will be provided at the game. Four balls will be used during each contest.
   b. There is absolutely no squishing or kicking the balls.
   c. If a ball is missing at the end of a match, the clock will stop until the players locate the ball.
   d. Team jerseys are required and available for rent in the Mitchell Info Counter. Participants must wear a sleeved shirt underneath (no cut-offs).
   e. Team members must wear the same color tops to help differentiate teams for the officials.

4. Participation
   a. Teams will consist of eight (8) players.
   b. Teams must have a minimum of three (3) females participating at all times.
   c. Teams may start with as few as six (6) players, but will still need to have three (3) females.
   d. If a team is reduced to less than six (6) players at any time during the contest, a default will result.
   e. Substitutions may only occur between matches.

5. Eligibility
   There are no eligibility restrictions in Trenchball.

Playing the Game

6. Game Rules
   a. The ball is part of your body, if an opponent’s ball hits the ball you are holding then you are out.
   b. If you catch an opponent’s ball they are out.
   c. Once a ball contacts anything/anyone it is dead.
      • Exception: If a ball hits you and is then batted into the air without hitting another ball/person, the person that it hit may still make a catch on the opponent’s ball.
   d. Head shots are legal, unless deemed intentional by the official.
   e. Player’s may not hold a ball for more than ten seconds.
      • Once ten seconds is up, they must throw the ball at an opponent.
      • Throwing the ball back and forth between teammates in the regular playing area still constitutes ten seconds.
   f. To win a match, you must get all of the players from the opposing team into their trench.
g. The team that has player(s) left in the regular playing area at the end of each match will receive one point for that match.

h. The team that has the most points at the end of regulation wins.

7. The Playing Area
   a. Players from each team all begin in their playing area.
   b. Each team will start with two balls.
   c. 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.
   d. If a player 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.
   e. 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.
   f. If you ever cross the mid-line you must go to the trench.
      • Intentionally crossing the mid-line is illegal and will result in a loss of the match.

8. Designated Trench Area
   a. Each team’s trench is located behind the opponent’s regular playing area.
   b. A team may only go into an opposing team’s trench if there is nobody occupying the trench.
   c. If an opponent crosses the trench line when it is occupied, they are out.
   d. 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.
   e. The only way to move from the trench back into the regular playing area is by hitting your opponent from the trench.
   f. If the opponent catches the ball you throw at them, you will remain in the trench.
   g. Once you hit one person, you must immediately exit the trench. You may not hit multiple players.
   h. A player may wait by the mid-line as long as they choose before entering their regular playing area.

9. Mercy Rule
   a. The game will be called if one team is ahead by 12 points at any time during the 2nd half.
   b. An official has the right to end the game at any time they feel necessary.

10. Overtime [Regular and Post-Season]
    If the score is a tie at the end of regulation one more match will be played to determine the winner.
11. Cheating
   a. Getting hit by a ball and not going to the trench.
   b. Intentionally interacting with any ball/person on your way to or from the trench.
   c. Intentionally crossing the center line or trench line.
   d. Any other instance that the official deems to be unsportsmanlike conduct.

12. Protests
   Teams are permitted to protest. If you wish to protest in-game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the online protest form here.

13. Officiating
   a. Officials are hired and trained by the Intramural Sports Staff
      i. Officials are provided a quality hands-on experience both on and off the court/field while developing skills in conflict resolution, team building, time management, communication, and leadership.
      ii. Officials are not required to have a certification, however some officials are certified. The Intramural Sports Staff puts on sport specific training clinics prior to each season to properly inform all interested applicants.
      iii. To become an official, click here.

   b. Post-game rating
      i. After each contest, captains will have the opportunity to rate and give feedback on the official’s performance and professionalism. This information will be utilized by the Intramural Sport Staff to further enhance participants experience and as a development opportunity for officials.
      ii. Rating forms will be available in-person at the Intramural Supervisor’s or scorekeeper’s table and online via the Intramural Sports “Forms and Videos” website.
      iii. Comments, Questions, Feedback can be directed to intramurals@uwlax.edu

   c. The UWL Student Officials Association (SOA)
      i. The organization is comprised of students interested in the field of sports officiating and meets monthly to discuss sport-specific points of emphasis, WIAA and NFHS rule implementations, training clinics, prepare for certification exams, study game film, and much more.
      ii. The purpose of the SOA is to enhance the overall participant experience related to contest officiating in Intramural Sports in addition to introducing prospective student officials to the many components officiating brings to the UWL campus and general La Crosse community.
      iii. The SOA is open to all students, not just Intramural Officials. To learn more, please visit the Student Officials Association website.

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

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UW-L Intramural Sports (official)

Follow us on Twitter
@UWLRecSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu

Click the logo to return to the Intramural Sports website