



UNIVERSITY RECREATION

Trashcan Soccer Rules

The following is a summary of rules and regulations for Recreational Trashcan Soccer. Some alterations may have been made specifically for UWG University Recreation. A complete list of our policies and procedures can be found in the [Recreational Sports Handbook](#). Questions can be directed to the Competitive Sports Office during normal business hours at imsports@westga.edu.

Facility

All Recreational Trashcan Soccer games are played in the Campus Center Front Courts. Your game schedule on “My Rec Portal” will indicate which court you will be playing on. Should you need assistance locating your court, please ask the on-duty Recreational Sports Supervisor in the red or white polo. The address for the Campus Center is: 302 W Georgia Dr, Carrollton, GA 30117

Teams

Open

Teams consist of 2 players with a minimum of 1 required to start the game. A team can have a maximum of 3 players on their roster. There are no gender requirements for open games, all are welcome to participate together!

Equipment

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Recreational Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Casts/splints: Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick

Gameplay

Players will play Rock, Paper, Scissors to determine who goes first.

There will be 6 trash cans placed in a triangle formation 5 yards away.

The players will take turns drop kicking, punting, or kicking two soccer balls trying to land them in one of the trash cans. If it lands in the trash can, that can is removed.

The balls can be shot using any body part except the hand/arm.

Every shot must be taken from behind the line that extends from the front can.

Players are allowed only one “rerack” per round and can be used at any moment.

First player to remove all their opponents cans during a round, wins the round.

If 2 or less of the opposing teams’ cans remain, redemption shots are allowed.

Games will be best of however many rounds can be finished in 30 minutes. If in the middle of the round, the round is over and the team with the most cans left, wins that round. If tied in all categories, a sudden death shootout with one can will be played with no redemption shots.

Injury and Blood Rule

University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

Recreational sports staff has the right to withhold a player from play

Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

4 pts- Good Conduct and Sportsmanship: Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Recreational Sports staff.

*Teams who default will receive a 4-sportsmanship rating

3 pts- Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissention. Team members show minor disrespect to someone involved in the contest.

2 pts- Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

1 pts- Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

0 pts- Very Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

*Teams who no show

*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during a recreational sports game will be removed from the game. Please see the ejection process outlined in the Recreational Sports Handbook to review the process of returning to play.