

Trench Rules – Played only on Tuesdays and Thursdays on the basketball or hockey court

1. Trench will only be played when there is an adult referee.
2. Players must always stay on their side of the court. If even one foot goes over the line, you must go to the trench.
3. If a player hits an opponent in the head, the thrower goes to the trench.
4. Players who duck to try and make the thrower hit them in the head are out.
5. If a player is hit by an opponent's throw, the hit player goes to the trench.
6. If a player catches an opponent's throw, the thrower goes to the trench.
7. You may only have one ball at a time.
8. You must play standing up; leave the court to tie your shoes.
9. To get out of the trench you must:
 - a. Catch a ball thrown to you by one of your teammates
 - b. Hit an opponent in one try
 - c. If you do not hit an opponent on that one try, you go back to the trench, and your teammate must throw the ball to you again.
10. If a player does not go to the trench when required, that player may not continue playing during the rest of that recess.
11. If a player leaves the trench illegally, he or she may not return to the game during that recess.
12. Any player that argues disrespectfully with the adult referee will be asked to leave the game for the rest of that recess.
13. If a player is hurt, all others must stop playing until the referee says it is ok to resume the game.
14. The referee may ask a player to leave the game for the rest of that recess if he or she believes that player is being too rough.
15. After the recess whistle blows, every player with a ball should return it to Coach T.'s cart or give it to a Young Hero if asked.



Hockey Rules – Played on Mondays, Wednesdays and Fridays if trench is being played on that court

1. Hockey will only be played when there is an adult referee.
2. Except for the goalie, players may only hit the puck with their sticks (not their hands or feet).
3. Sticks should be swung low, not like golf clubs or baseball bats.
4. If a player hits the puck out of bounds, that player must hand his/her stick to the first person in line. Never throw the stick.
5. If one team scores, every member of the scoring team must hand his/her stick to a person waiting in line. Never throw the stick.
6. After a goal, the puck should be placed on the center line for a face-off.
7. Once the goalie has possession of the puck, no other player may try to hit the puck.
8. Players waiting for a turn must stay behind the out-of-bounds line.
9. Any player that argues disrespectfully with the adult referee will be asked to leave the game for the rest of that recess.
10. Unsportsmanlike conduct in line or on the court will result in being asked to leave the game.
11. If a player is hurt, all others must stop playing until the referee says it is ok to resume the game.
12. The referee may ask a player to leave the game for the rest of that recess if he or she believes that player is being too rough.
13. After the whistle blows at the end of recess, each player should walk his/her stick to the center of the court and place it down nicely.

