

## The Official Rules of Trashcan

### Basic Set Up

- 1) Two 44 gallon Brute trash cans are set 40 yards apart
  - a) Field size varies with number of players
  - b) Any cans of similar dimension may be used, however the 44 Brute model is the “official” style
- 2) Teams of 3-6
  - a) Game may be played barefoot, with sneakers, or with cleats, so long as all competitors are wearing the same thing
- 3) Size 1 soccer ball
  - a) Any style will work, however, generally the heavier, less slick, models perform best
- 4) The field has no true out of bounds, players compete within a reasonable distance of the cans
  - a) If for any reason it is deemed necessary to create out of bounds, then approximately 60' x 40' will do, along with the use of the “hustle rule” where the player closest to the ball when it goes out of bounds is rewarded with the ball

### Basic Rules

#### *Object*

- 1) To score in the other team's trash can with the ball
  - a) The ball must hit the inside bottom of the can in order to be counted as a point

#### *Movement*

- 1) Players may move freely about the entire field, including behind the trash cans.
- 2) Players may move the ball in any fashion, either kicking or carrying

## *Tagging*

- 1) If a player is carrying the ball they are at risk of being tagged by the other team
- 2) Tagging requires a deliberate motion of at least one hand to tag a player
- 3) If tagged, the player with the ball places the ball on the floor at the location of the tag and stands 2 yards away. Play is resumed once the opposing team touches the ball in any way
- 4) When a player tags an opponent with the ball and they are uncertain of the call they yell “tag” and it is the job of a third observer, either referee or player, to confirm the tag and stop the game for a turnover. Otherwise, play will continue.
  - a) Scenarios such as when the tagger does not have a good view of the opponent and when they may have jumped or released the ball prior to being tagged are compensated by this rule. It allows for play to not be constantly stopped on basis of a questionable tag
- 5) When a player tags an opponent with the ball and they are certain of the call they yell “down” and play is immediately stopped for a turnover

## *Avoiding Tagging*

- 1) Allowed
  - a) Passing around the other team
  - b) Releasing the ball prior to being tagged to the ground and continuing on by kicking the ball
  - c) Throwing the ball downwards, allowing it to bounce on the ground, making contact with it on the foot or thigh, and then re-catching the ball and continuing to advance
  - d) If the ball is thrown as a shot and bounces off the can back to the shooter, that does not count as a self pass and they do not have to make contact with with foot or thigh before re-catching
  - e) Jumping prior to being tagged. Ball must be released before the player returns to the ground, otherwise a turnover is created. If the player is not tagged while in flight, they may continue normal play

2) Not allowed

- a) Throwing the ball up and over a player as a self pass
- b) Continually tapping or juggling the ball as to avoid true possession of the ball
- c) Bouncing the ball off the ground and re-catching it before making contact with the foot or thigh

### *Scoring*

- 1) The ball may be either thrown or dunked into the can
- 2) The ball must hit the bottom of the can in order to be counted as a point
- 3) If the ball is shot and “toilet bowls”, spinning around the inside rim, the defense may trap the ball against the inside wall before it hits the bottom. This would result in no point. However, that player, now carrying the ball, is at risk of being tagged.
  - a) In the event that they are tagged play is restarted with offensive possession at half field
- 4) Games are played to 5 points, with no time limit
- 5) Play does not stop after scoring. After being scored upon the defense, now offense, immediately retrieves the ball from the can and resumes play
- 5) After a goal, the scoring offense must vacate a minimum of ten yards away from the can. One player from the scoring offense is permitted to stand at the can for five seconds, in order to prevent a counter attack. After five seconds they must vacate also.
- 6) The scored-upon team may retrieve the ball at any time, however, they are at risk of being tagged if they do it within five seconds of a goal.
- 7) If the can is knocked over intentionally by a defensive player and an offensive player with possession of the ball was in what is deemed a “scorable position” at that very instant then a goal is awarded.
  - a) If the can is knocked over otherwise, it is the job of the defense to immediately right the can. If this can be done seamlessly, then play continues on. If the can is not righted quickly, play may be reset with the offense retaining the ball and beginning play

again at half field

### *Throwing Off*

1) Both opposing teams line up on the imaginary baseline created by their respective cans.

2) The ball is thrown off by one team to another to start the game

3) If the ball lands in the can at throw off, that point is counted and play continues as normal

a) The ball does not have to be allowed to bounce in. Receiving players are permitted to touch the ball after the ball hits the ground and begin play

### Offense

1) Allowed

a) Deliberate motion towards the can

b) Moving Picks

c) Contact with defensive players

2) Not allowed

a) Charging defensive players in front of the can or otherwise

b) Holding onto other players in any way, especially in a pick

c) Excessive force in any way

d) Moving the can

## Defense

### 1) Allowed

- a) Arms in the can, even below the rim
- b) Jumping straight up or slightly forward to counteract an offensive play
- c) Slide tackling
- d) When feet are planted, using hands and arms to hold respective ground against an offensive player
- e) When intercepting the ball, one self-pass is allowed, so long as the initial contact of the ball is a slap or tip, not a deliberate catch

### 2) Not Allowed

- a) “Turtling”, having the torso or head directly above the can
- b) Fully extending arms in order to displace offensive player
- c) Slide tackling from behind or maliciously
- d) Grabbing on to players for an extended period of time
- e) Excessive amount of defensive shoving force
- f) Moving the can

## *Fouls*

1) Fouls are called either mutually or by a referee

2) If a controversial call is made, quickly arrive at a decision, in order to keep the game flowing, and agree that the next questionable call will favor the opposite team

Disclaimers: Rules are subject to slight variations as the game evolves or it is modified for tournament/intramural/league play. If you have any questions contact us through the American Trashcan Association page on Facebook or through the Contact tab on this site. We also have a @american\_trashcan\_association profile on Instagram, a Twitter profile @Trashcan\_Nation, and use #trashcannation frequently. This is a game for everyone, Enjoy it!