

# trammel (*tram-mel*)

## Definition

n. 1 a hindrance or impediment to free action; 2 a fishing net with three layers; v. 1 catch in or as if in a trap; 2 place limits on

## Example Sentence

He thinks that bringing his little sister will be a **trammel** to his fun.

## Synonyms

hindrance; impediment; restraint; fishing net; trap;  
catch

## Antonyms

help; release

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