

Turf Field & Track Use Guidelines

- **No food, chewing gum allowed onto the field or track.**
- **No flavored drinks (i.e. Gatorade, PowerAde, Kool-Aid) or beverages are allowed. (Water containers and water bottles permitted.)**
- **No glass containers allowed.**
- **No dogs or other pets are allowed.**
- **No metal cleats allowed on the turf field.**
- **All tobacco products are prohibited, including chewing tobacco.**
- **No digging in turf or driving stakes into the surface.**
- **No paint, tape, chalks or permanent markings allowed on the turf or track surfaces.**
- **No spectator walking or running during turf field practices.**
- **No strollers, bicycles, motorcycles, ARV's, or trucks and auto traffic.**
- **Moving of goals for practices should be done by adults. Goals must be lifted and not dragged.**
- **Only those individuals involved directly with the game or training should be on the field of play. Spectators should remain off the field of play.**
- **Any body fluids, such as blood or vomit, must be cleaned up by the team trainer.**