

# SYNTHETIC TURF FIELD RULES

Access to playing surface is limited to players, coaches, officials, trainers and authorized personnel. Only sneakers, turf shoes or molded plastic cleats are allowed.

## **The Following are Prohibited:**

- Rectangular-shaped cleats.
- Metal spikes, metal cleats, or screw-in cleats of any kind are not permitted on the field.
- Bare feet.
- Tables, lawn furniture or beach chairs.
- Goals are not to be moved at any time.
- Sharp objects are not permitted on the surface (i.e., tent stakes, corner markers, or anything that would penetrate the artificial surface).
- Glass, metal or aluminum containers.
- Smoking or tobacco products, including E-Cigarettes & Vaping, of any kind.
- Chewing gum. (Chewing gum will damage the turf. Please help maintain the field.)
- Sports drinks, juices, soda, coffee or any beverage other than water.
- Food, candy, peanuts, sunflower seeds, or shelled nuts of any kind.
- BBQ, open flames or flammable liquids.
- Bikes, ATVs, rollerblades, skateboards, scooters or any unauthorized vehicles.
- Golfing or marking of lines.
- Littering or dumping of debris.
- Using illegal drugs or alcohol.
- Dogs and other animals.
- Amplifying sound, except by permit.
- Engaging in commercial activity or vending, except by permit.
- Posting of signs or other materials, except when authorized in writing by Complex staff.

