

TRACK & FIELD RULES

- **FOOTWEAR:** Only turf shoes, molded rubber cleats, or running shoes are allowed. Metal cleats and screw-in plastic cleats are not permitted.
- **FOOD & DRINK:** No food or drinks other than water are allowed on the field.
- **SMOKING:** Smoking or using tobacco products is not permitted.
- **GLASS:** Glass bottles or containers are not allowed.
- **PETS:** Dogs or other pets are not allowed on the field.
- **FURNITURE:** Folding chairs or other outdoor furniture are not allowed.
- **MARKING:** Marking, painting, or taping is not allowed.
- **EQUIPMENT:** Only free-standing field markers and sports equipment are allowed.
- **GOALS:** Goals and nets must be carried or wheeled, not dragged.
- **WEATHER:** Avoid using the field during lightning.
- **MAINTENANCE:** The field should be inspected after events to check for damage and debris.

