

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. No cleats of any kind allowed on pitching mats or mounds. Only turf shoes or tennis shoes are allowed on pitching surfaces.
- 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, roller blades, 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.
- Engaging in commercial activity or vending, except by permit.
- Posting of signs or other materials, except when authorized in writing by Complex staff.

