

# **Schenectady High School Synthetic Turf Field & Rubber Track**

## **Rules & Regulations**

- Each player should clean his or her footwear prior to accessing the field to avoid soiling and staining of the field from dirt and mud.
- Metal cleats or the newly designed V cleat are not authorized.
- No cleat can be longer than 2 inches.
- Molded rubber cleats, sneakers, or any other soft soled shoes are acceptable.
- Only freestanding field markers and sports equipment may be used on the field. No stakes, posts, poles, or markers of any kind may be driven into the field.
- Players, coaches, and staff entering the field should walk on the rubber carpet if available when crossing the track.
- No glass bottles or sharp objects
- No Smoking, fireworks, or open flames
- No Chewing Gum
- No Chewing Tobacco
- No Sunflower Seeds
- No Spitting
- No Heavy or Spiked Equipment On Track
- Please Use Trash Receptacles
- Please Use Gates (No Fence Hopping)
- No beverages other than water (if something spills on the field, do not attempt to clean it up – contact an SCSD employee to report a spill)
- No Climbing Or Hanging From Goal Posts Or Field Equipment
- ¼” Or Shorter Track Spikes Only On The Rubber Track