**GENERAL RULES – GRASS FIELDS**

* No pets
* No bicycles or other unapproved vehicles
* Approved athletic equipment only
* Goals may be moved on and off the fields, but they must be carried Please do not drag equipment across the playing field
* Absolutely no work is to be performed on the fields
* Coaches will have their teams clean up all trash in the players’ area or dugouts and dispose of it in a trash receptacle at the end of practices or games

**GENERAL RULES - ARTIFICIAL TURF RULES**

* Molded cleats or athletic shoes only
* No sharp objects, including tent stakes, corner flags or other objects that can penetrate the surface of the field
* No food items - including gum and sunflower seeds
* No tobacco products of any kind
* No sport drinks or liquids other than water
* Goals may be moved on and off the fields, but they must be carried Please do not drag equipment across the playing field