



FIELDHOUSE RULES:

- **All participants on field must wear turf shoes, or sneakers**
- **NO CLEATS ALLOWED ON FIELD**
- **No food or gum allowed on the field**
- **During games - water is the only drink allowed on field at any time – it is MANDATORY that water containers be kept in plastic bins provided by The Fieldhouse.**
- **During practice times – all drinks must be kept in plastic bins in mezzanine area. Plastic bins provided by The Fieldhouse.**