

For the teams that will be playing on the SWC2000 fields, LHS has implemented the following rules for the turf fields.

- 1) Teams and Players can only have water on the turf. No sports drinks are allowed.
- 2) No food items on the fields, including gum and sunflower seeds.
- 3) No tobacco products of any kinds.
- 4) Only molded cleats or athletic shoes are allowed, no metal spikes.
- 5) Parents must sit in the bleachers, not on the track.
- 6) Parents are **NOT allowed to go onto track**, before, during or after the game. Meet the players on the outside of the fence after the game.
- 7) Please pick up your trash in and around your seats