

RULES



Proper sportswear is required.
(t-shirt, shorts, pants, track jacket)

Please wear shoes with synthetic cleats (rubber moulded cleats) or flat soles.
Shoes with cleats for natural surfaces (pointed metal cleats) are not allowed.

Access to the fields is reserved for players, referees and coaches only.
No spectators are permitted on the fields at any time.

Only reusable plastic water bottles are allowed on the fields.

No chairs or tables are allowed on the fields.

It is strictly prohibited to:

- Use vacant fields
- Hold on to the dividing curtains
- Hold on to goals and nets
- Eat, spit or chew gum on the fields
- Leave empty bottles on the fields

Thank you for playing by the rules.