

2004-5 ARMORY PRACTICE RULES AND REGULATIONS

No athlete will be allowed into the facility unless one of his or her authorized coaches is in the building ready to supervise. All coaches and athletes must show authorized ID at the front desk. Coaches will be responsible for their athletes in the building at all times. No athlete should be left in the building after the coach leaves.

Only athletes and coaches on approved team rosters will be allowed to use the facility. Subversion or attempted subversion of this rule may subject the coach, athlete or both to banishment for the season. In addition the rest of the team and coaches will face sanctions including being barred for up to six weeks, if it is found that there was collusion.

All athletes must be properly attired at all times while in the Armory. Proper attire consists of shorts and t-shirt or singlet or one piece speed suit. Shoes must have rubber bottoms and no spikes. **No plastic bottoms are allowed.** The use of spikes is a sanctionable offense which can result in suspensions to athletes and teams. Multiple offenses may result in suspensions ranging in length from six weeks or more.

Visitors and spectators will not be allowed on the track floor, and will not be permitted in the practice facility unless prior approval is requested and given by the track office.

Coaches will be responsible for assuring that the rules regarding the use of lanes are adhered to.

Athletes on Club or HS team rosters are authorized to train between the hours of 2:30 and 6:15 PM only. Those wishing to train in the evening must register individually, be supervised and pay the appropriate fees.

These general rules are in addition to the more specific rules posted on the Armory track floor at all times. Coaches and athletes will be responsible for following all rules and the instructions of Armory staff.

While it is not the intention of the Armory Foundation to inconvenience any individual or team, we must ensure that no one is inconvenienced or endangered by the behavior and actions of any one person or group.

Athletic Directors, Coaches and Club representatives must read and sign the foregoing, as acknowledgement and acceptance of all rules outlined.

Athletic Director/ Club President

Head Coach

School/Organization _____