

MASSACHUSETTS TOURNAMENT OF CHAMPIONS

Congratulations to all of the teams participating in the 2018 Massachusetts Tournament of Champions. The weekend will be filled with many trying moments for players, coaches, parents and officials. Through it all, let us remember the true **SPIRIT OF THE GAME**.

Sportsmanship, Fair Play and Respect will always be valued cornerstones of THE GAME. Take pride in yourself, your team, your town and your league. Represent them with dignity and sportsmanship.

Team Sportsmanship Awards will be given to those teams which best exemplify the true meaning of Sportsmanship & Fair Play.

Good Luck to All!

Randy Ellis

Cliff Cloutier

Dick Penta

U. S. Officials

Dana Santilli

Bob Trudeau

Ed McDonald

Ted Ritchie

Matt Naventi

Dave Coutts

Gene Ricciardelli

Jeff Chambers

Andre Mignault

Shawn McCarthy

Lou Teixeira

Dave Jepson

Chair, South Shore

Vice-Chair, MAYS

Secretary, BAYS

Referee Administration

Mass Youth/South Shore

Mass Youth

BAYS

BAYS

Berkshire

Coastal

Essex

Essex/Mass Youth

Nashoba Valley

Middlesex

Pioneer Valley

South Coast

Welcome to the 2018 MTOC

Sportsmanship

Qualifying for the Massachusetts Tournament of Champions (MTOC) is a tremendous achievement. This tournament brings together nearly 200 teams, each of which have worked hard all spring to earn the honor of representing their league. Your MTOC Committee is delighted to host some of the finest teams from across the state. We are expecting nearly 4,000 players and coaches and we hope that your individual and collective soccer experiences will be both pleasurable and memorable. We pride ourselves on a tradition of high quality competition and a high degree of sportsmanship in this tournament. We look forward to having you participate in such a rich tradition.

We recognize that in the heat of competition emotions can run high. We sincerely hope that all participants, including players, coaches, and spectators, will maintain a balanced perspective and recall the purpose of the tournament. We are here for the growth and development of the state's top players, both as soccer players and as young people.

Sportsmanship is an important part of the Massachusetts Tournament of Champions.

Respect for fellow players, coaches, spectators, and referees is a value we hold in high regard. In each division of play in the tournament, one team may earn recognition with the MTOC Sportsmanship Award.

Each of the MTOC leagues provides volunteers to assist in the process of determining the Sportsmanship Award winners. Each of these volunteers have been involved with youth sports for a number of years and are known throughout their town leagues to set the highest standards of sportsmanship.

Additionally, each referee crew will be providing input to the Sportsmanship Committee. The volunteers and referees will be looking for consistent displays of good and sporting behavior on the part of players, coaches, and parents. Likewise, they will be noting the occurrence of the opposite type of behavior—players who resort to fouls in an attempt to gain an advantage, coaches who berate or badger their players, or fans who shout at opposing players, referees, or even their own players.

Recognizing good sportsmanship is simple. We all know it when we see it and we are often painfully aware when it doesn't exist. We hope to select a winner from each division of play, but the Sportsmanship Committee will not select a winner unless the honor is truly deserved.

Directions

This will be the twelfth Massachusetts Tournament of Champions held at the spectacular **Massachusetts Youth Soccer Fields at Progin Park** in Lancaster, MA and we've again made some improvements from last year.

Directions to and Parking at the Fields at Progin Park

The Massachusetts Youth Soccer Field Complex is located at 512 Old Union Turnpike, Lancaster, MA 01523. The field complex is best reached by connecting with Route 2. All of the major interstates (I-95, I-495 and I-190) intersect with Route 2. Please check a map to determine the best interstate to use to connect with Route 2. For more detailed directions go to the link on our website listed below.

Please note: Not all mapping websites or GPS devices give accurate directions to our complex.

http://www.mayouthsoccer.org/progin_park/directions/

Massachusetts Youth Soccer has two parking areas that provide ample parking for all of our events at the **Massachusetts Youth Soccer Fields at Progin Park**. Visitors **MUST** know which field their player is playing on. This enables visitors to park in the parking area designated for their player's specific field. The appropriate parking areas are designated by signage throughout the complex and by parking attendants on duty.

- Visitors going to the Lower Fields (Nos. 1-10) **MUST** park in the Main Lot. If this lot is full we will direct you to the Quarry lot that has ample overflow parking. Courtesy carts provide ongoing service for any people needing transport from the back lot to the front fields.
- Visitors going to the Upper Fields (No. 11-16) **MUST** park in the Quarry Lot located behind Fields No.11-16.
- At all times Visitors must comply with the directions of Massachusetts Youth Soccer parking attendants.
- Any vehicle parked in an unauthorized area **WILL BE TOWED** at the owner's expense.
- All on-site parking is limited to passenger cars or vans. **ABSOLUTELY NO RVs or BUSES.**

Massachusetts Youth Soccer has worked diligently to meet the needs and wishes of our visitors. The convenience and comfort of all of our visitors depends entirely upon everyone's cooperation in parking where they are supposed to. Please help us make everyone's visit to our complex as safe, convenient and enjoyable as possible.

IMPORTANT NOTE: DROP OFF ZONE CLOSED. The Lancaster Police Department will absolutely not permit cars to stop and unload, park or make any U-Turns, on Route 70 adjacent to the front fields. Stopped traffic presents an extreme risk to anyone using Route 70 and these restrictions will be strictly enforced. **Again the DROP OFF ZONE on Route 70 is CLOSED with an eight-foot fence.**

Tournament Rules and Procedures

Congratulations to all of the teams participating in the **34th Annual Massachusetts Tournament of Champions** and a tradition of high quality competition and a high degree of sportsmanship. Qualifying for the MTOC is an achievement of which all participants should be extremely proud and each team should be extremely honored to represent their league. MTOC is founded on the observance of the Spirit of the Game. Sportsmanship, fair play and respect for fellow players, coaches, spectators and referees are values we hold in high regard.

The following information should answer most of your questions regarding the logistical details for teams and coaches and the actual playing rules of the tournament. Full details on the 'Rules of Play' are also located online at www.mayouthsoccer.org. The website should be your first point of inquiry for any questions related to the MTOC weekend, especially in the event of game rescheduling due to weather.

Each league is required to fill slots that are assigned to them as of June 1st for MTOC. Failure to fill a slot will result in a fine to the league of \$1,000 per slot.

Team Registration and Check-In

The following documents are required and must be presented at check-in:

- A. Rosters: Rosters must be typed with players in alphabetical order and must be completed to show the jersey number of each player.
 - a. Rosters eligible for MTOC play are frozen as of May 15 for all teams
 - b. Signed and stamped by your league registrar
 - c. No more than three (3) out-of-state players are allowed on a team's roster

- B. Pass Cards and/or Photo Rosters: Pass Cards: Each player must have a current pass card, or appear on a league signed photo roster. Coaches must have a current MYSA Coach Credential from your league. Cards must be on a US Youth Soccer format ID card, typed and contain the following information:
 - a. Player Pass Cards
 - i. Player or coach's name
 - ii. Player's birth date
 - iii. Current season or a MTOC sticker with the year on it
 - iv. A passport sized picture (current or within two years)
 - v. Signed or stamped by your club/league registrar
 - vi. Cards must be laminated.
 - b. Photo Rosters
 - i. Player name and Jersey number
 - ii. Coaches name and phone number
 - iii. Current season and Team name
 - iv. A passport sized picture (current or within two years)
 - v. Signed or stamped by your club/league registrar

If these criteria are not met, the player or coach may be declared ineligible.

- C. Each team will be issued three transferable MTOC Coach Passes. These Coach Credentials are required in order to gain access to the sideline coaching areas. Do not leave your Coach Credential in your car. If a team's official team roster only provides space for the names of two (2) coaches and you intend to have a third coach on the sidelines, this individual must be registered with Massachusetts Youth Soccer, have a currently valid, MYSA Coach's Credential and MTOC Team pass card specifically identified to the Registration Staff during the team registration process. MYSA Coach Credential and MTOC Team Pass Card must be worn in the game bench areas.

- D. Uniforms. Players must be in full matching team uniforms and be ready to play at the check-in. Teams will line up in roster order (alphabetical) and will then be checked-in. Teams must play in the same uniforms in which they have checked in (see uniform information in next section).

- E. Failure to supply rosters and/or players cards will result in the head coach being suspended for each game that the documents are not available. If the information is not available prior to the completion of the game, the game will be recorded as a forfeit.

- F. In affirming the importance of providing community-based soccer opportunities for youth players, roster composition of MTOC-eligible teams from member leagues will conform with the following standards:

For Grade 8 and younger: To be eligible for MTOC play, at least 75% of the players on a town's/club's submitted roster must be from that same league's recognized town/club organization. The Leagues Committee must approve any exceptions to this requirement.

For Grade 10 and older: recognizing that the difficulty in forming teams increases as the player become older, town organizations/clubs may collaborate to create appropriately competitive soccer opportunities where they might not otherwise exist.

In every instance, these collaborative teams must:

- be registered with a member town/club organization of the league they are representing;
- completely adhere to the Leagues Committee intra-league and inter-league player movement agreements;
- play a regular league schedule within a MTOC-affiliated league;
- have 75 percent of rostered players come from within the sponsoring league; and,
- Ensure all players are properly affiliated with the state association.

The Leagues Committee must approve any exceptions to any of these requirements.

Uniforms

- 1) Players' uniforms of matching color and style shall consist of the following:
 - a. A soccer jersey with visible, legible numbers that match the players listed on the roster.
 - b. There shall be no numbers duplicated on any roster or team.
 - c. Soccer shorts of matching color and style
 - d. Socks that match each other and those of their teammates
 - e. Pair of soccer shoes. No "spikes" will be permitted.
 - f. Shin guards are mandatory. Players will not be allowed to check-in or play without them.
 - g. Matching uniform details are of tremendous importance in assisting the officials of the games. If the game involves two teams with similar jersey colors, the HOME team will wear alternate colored jerseys (or mesh pinnies that allow the player number to be discernable). The home team is the team listed first on the schedule. The referee shall have final authority on color conflicts.

- 2) Please note that players shall not be permitted to wear the following:
 - a. Cut off shorts
 - b. "Jams"
 - c. Spandex that does not match the color of the players' shorts
 - d. Boxer shorts
 - e. Jewelry (string bracelets, barrettes, hairpins, earrings, etc.)
 - f. Casts, hard splints, hats, hard protective headgear or unprotected braces
 - g. Unnecessary face, hair, or body painting or other offensive displays
 - h. Tournament officials will inspect each team during the check-in process, giving special attention to potentially dangerous items (casts, hard splints, jewelry, faulty cleats) as well as assuring that protective items like shin guards are in place.
 - i. In all instances, the Registration staff cannot allow anything to be worn that might injure the player or an opponent on the field. Any items involving interpretation will be referred to the Tournament Director (or the Director's designee) and the judgment of the Tournament Director will be final.

Registration Procedure

Many teams will be checking in at the same time and the tournament staff will do their best to make the process proceed as efficiently as possible. Understanding, and preparing for, the following processes will be most helpful to a speedy check-in process:

Friday & Saturday (preliminary round games) (Teams playing on the back fields (#11-16) will register at the back fields. All other teams will register at the Pavilion by the turf fields.)

GRADE 6

1. Teams must check in at least 30 minutes before their first game of the day
2. Coaches are to provide 1 roster for each game, plus a master roster for each day at the registration tent (they should bring 10 copies to be safe)
 - a. Numbers on the roster must match uniforms (no duplicates)
 - b. Rosters must be signed by the coaches
 - c. Rosters must be signed (or stickered) by the league registrar
3. Players must be dressed to play and in alphabetical order, with their player card in hand, if applicable
4. Registration staff does equipment safety check
5. Player check-in
 - a. Cards are kept at the registration area for the players that did not check-in, if applicable
 - b. Coaches must pick-up these cards after their last game each day
6. Roster returned to coach with checked in players **highlighted and an MTOC approved sticker on the roster**
7. **Field check-in**
 - a. Referee to take and keep the roster until the end of the game. Ensure it has the MTOC approved sticker and initials.
 - b. At the end of the game, referees turn in the roster and any late check-in cards along with the Game Score Card.

GRADE 8 and older

1. Teams must check in at least 30 minutes before their first game of the day
 - a. **Teams with more than 18 players on the roster must check-in before every game.**
 - b. Players who are not participating in a game, except under red card suspension, may remain on the team bench provide that they wear a pinnie and do not wear their team jersey during the game. Red Carded players will be administrated through the MTOC Policy for an ejected [Red Carded] player.
2. A maximum of 18 players can be dressed for any game
3. Coaches are to provide 1 roster for each game, plus a master roster at the registration tent (they should bring 10 copies to be safe)
 - a. Numbers on the roster must match uniforms (no duplicates)
 - b. Rosters must be signed by the coaches
 - c. Rosters must be signed (or stickered) by the league registrar
4. Players must be dressed to play and in alphabetical order, with their player card in hand
5. Registration staff does equipment safety check
6. Player check-in
 - a. Cards are kept at the registration area for the players that did not check-in
 - b. Coaches must pick-up these cards after their last game each day

7. Roster returned to coach with checked in players **highlighted and an MTOC approved sticker on the roster**
 - a. Players designated as not playing will have their numbers circled on the roster
8. Field check-in
 - a. Referee to take and keep the roster until the end of the game. Ensure it has the MTOC approved sticker and initials.
 - b. At the end of the game, referees turn in the roster and any late check-in cards along with the Game Score Card.

Semi-finals and Finals All registrations will take place where games are played.

- a. **ALL teams must check in at least 30 minutes before each game on Sunday**
- b. Final Four t-shirts will be distributed and team pictures taken (see below)
- c. All other procedures remain the same for each respective age groups

Late Registration (for all games)

- a. Player must come to the registration tent
- b. Equipment check will be performed
- c. Registration will be performed
 1. **Player will be given a late registration card and their player pass, if applicable**
 2. **These must be given to the referees at the field**

Game Logistics

1. **Weather Delays.** In the event that a portion of the game schedule is suspended due to weather (or for any other reason), the following rules will apply:
 - a. In the event of a stoppage, games that have completed a half, or are in the second half, will be deemed completed and the score at the time of the stoppage will stand.
 - b. In the event of a stoppage, games that are in the first half will be re-played in their entirety (both halves), subject to time and field constraints of the tournament.
 - c. In the event of a stoppage, the Tournament Committee and the Referee Director will determine when it is safe to restart play. Games will resume on the original schedule with the next scheduled time slot due to play. (i.e. if it is safe to play at 3:45 PM, games will recommence with those teams regularly scheduled **for 4:00 PM.**)
 - d. Games with the first half not completed, or games not played due to stoppage, will be rescheduled in available time and field slots. Specific details will be available at scoreboards, online, and the registration area.
2. **School Delays**
 - a. Teams may have to play 3 games in 1 day due to some schools still being in session.
3. **Team Benches.** Both teams will be located on the same side of the field. Spectators will be located on the opposite side of the field. Only the players and up to three (3) coaches per team are allowed on the team side of the field. **Coaches must wear their MTOC team**

pass card and MYSA coach's credential on the sidelines so referees and tournament officials can easily identify them as team representatives.

4. Substitutions. Substitutions are unlimited. Both teams may substitute on a goal kick, after a goal and at half time. As to throw-ins, however, only the team in possession has the initial option of substituting, but if it does make a substitution, the opposing team may substitute as well. Substitute players must be ready **at midfield** and substitutions are made only with the referee's consent. If a game is stopped to allow for substitution for an injured player, the opposing team may also substitute as well on a one-for-one basis.
5. GRADE 6 Goalkeeper Distributions. In GRADE 6 matches, the goalkeeper's distribution may carry the full length of the field, but it cannot go directly into the opponent's penalty area in the air.
6. Game Time – Round Robin. All preliminary round robin games will consist of 25 minute halves with a 5-minute halftime. Game time is kept by the referee and is running time, with no allowance for injury time. There will be no overtime periods in the preliminary round of play and all teams must be ready to play at their appointed time.
7. Playing Surface. Assignment of playing surfaces (either grass or synthetic) is at the sole discretion of the Tournament Committee and is not subject to discussion, protest or appeal.
8. Change in Length of Games. Should conditions warrant, the length of games is subject to change by the Tournament Committee. Coaches will be notified before the start of the half in which such a change is made. In the event of unsafe conditions, a game may be terminated at any point by the referee.
9. There will be a spectator line (a line about 1-yard outside the touch line) on the spectator side of the field. Spectators must stay entirely outside this line. This area is for the Assistant Referee so that he/she can run his/her side of the field and see the touchline on the other half of the field. There shall be **NO PETS** of any kind allowed are permitted in any portion of the field complex. **Documented Service animals are allowed after checking in at the Pavilion with Tournament Officials.**
10. **NO TENTS or CANOPIES** shall be located within fifty (50) feet of any field. Canopies must be properly anchored and must be taken down when not in use. The Massachusetts Youth Soccer Facilities Manager has final authority as to whether a canopy or canopies in general may be permitted to be erected on the complex. Due to high winds at Progin Park, canopies can pose a serious risk of harm.

Game Conduct during MTOC

1. Players, coaches and spectators are expected to conduct themselves within the letter and the SPIRIT of the game and its regulations. The MTOC Committee expects all players, coaches and spectators to uphold the spirit of ZERO TOLERANCE policies. Displays of TEMPER or DISSENT by word or action against opponents or referees are cause for ejection from the match, suspension from the MTOC and/or EJECTION from the Fields at Progin Park.
2. No player ejected (red carded) may re-enter that game, nor may the player have a substitute. The ejected player must also remove him/herself well away from the general area

of the game field. It is the responsibility of the team's coach(s) to enforce this. Any player ejected from a game will be ineligible to appear until after the completion of the team's next game. Kicks from the mark Tiebreakers are not considered games.

3. If two red cards are assessed to a team in one game, that team will forfeit the game. The Tournament Committee will determine whether further action is warranted.
4. Coaches receiving a Red Card (EJECTION) for any reason will be **SUSPENDED** regardless of the number of teams coaching for the **REMAINDER** of the Tournament.
5. Each coach is responsible for his/her spectators' behavior. Coaches should inform their spectators of the rules (i.e. behavior, spectator line, etc.). Each coach is expected to monitor his or her spectators and take corrective action if necessary. Each coach is expected to support the referee or tournament official if action against a spectator is required. Failure to comply may lead to **EJECTION**.
6. **PROTESTS:** Any protest must be in writing and submitted to the MTOC Committee (located at the registration pavilion) along with a \$100.00 cash protest fee. The protest must be filed within one hour of the completion of the match in question. The protest fee of \$100.00 will be returned if the protest is upheld.

Advancement to Final Four (the Semi-Finals)

1. **Official Scores.** The **official scores** will be posted **only** at the Field (registration) Pavilion. The Coach of each team shall be responsible for checking scoreboards at the Field Pavilion to determine if their team is advancing to the semifinals, and to obtain their scheduled time and field location. Unofficial scores are also posted online.
2. **Divisions with 3 Groups.** In divisions of competition with three (3) groups of teams, the winners of each preliminary round robin group of play together with a "Wild-Card" team will advance to the Final Four (Semi-finals). Wild Card team will be that team with the best record of those teams not qualifying as group winners.
3. **Divisions with 2 Groups.** In divisions of competition with two (2) groups of teams, the winners and runners-up in each group of play will advance to the Final Four (Semi-finals).
4. **Tie-Breakers.** The determination of order of finish will be made according to the following procedures:
 - a. Points earned in round robin games (3 points shall be awarded for a win, 1 point will be awarded for a tie);
 - b. Head-to-head results. However, in the event of a three way tie within a section, the head-to-head results tiebreaker will not be considered (or awarded)
 - c. Goal differential. There shall be a maximum goal differential of four (4) earned per game
 - d. Fewest goals allowed overall, to a maximum of four per game;
 - e. Most shutouts;
 - f. Kicks from the mark: The teams involved shall take 'kicks from the mark' in the penalty kick manner prescribed below. Kicks from the mark shall be conducted immediately

after the preliminary round robin phase of the tournament is completed.

Special Rules for MTOC Tie Breaker “Kicks from the Mark’

(following preliminary round robin only):

- i. The time and location for each tie breaker shootout will be set at the Field Pavilion generally one to two hours after the ties are determined. The Coach of each team is responsible for obtaining the time and field location scheduled for the penalty kicks;
 - ii. Each team shall select seven (7) players from the MTOC roster. The goalkeeper (or goalkeepers) will come from the seven (7) listed players. Each coach will provide a written list of the seven (7) players in shooting order, along with their player pass cards and roster or photo roster, to the referee in charge of the kicks from the mark;
 - iii. If more than two (2) teams are tied, they will all take kicks from the mark at the same time with the order of teams participating to be determined by coin toss;
 - iv. Each team will take five (5) kicks from the penalty mark with each team alternating kicks and adhering to the written shooting order provided by the coach. The team shooting first shall be determined by a coin toss conducted by the referee;
 - v. If the teams are tied after five kicks, each team will have their sixth shooter take one additional kick. If the tie remains unbroken, the seventh shooters repeat the process. If additional kicks are needed, the referee will continue the process, going through the list of players again until the tie is broken.
- g. In the event of a forfeited game, the non-forfeiting team will be awarded:
- i) 3 points for a win;
 - ii) A goal differential equal to the average goal differential of the other games the forfeiting team played vs. other teams in the same section;
 - iii) A ‘goals allowed’ of zero.
- h. Team Placement Into Semifinals:
- i) Winner of Section A plays Winner of Section B; and,
 - ii) Winner of Section C plays the Wild Card team, except when the wild card team comes out of Section C, in which case A plays C and B plays WC.

Semi-Finals and Finals

NOTE: MTOC honors the players of teams qualifying for the semi-finals (“The Final Four”) with a commemorative t-shirt. These t-shirts are distributed immediately following team registration on Sunday morning and BEFORE the semi-final game. There will also be a team picture taken in full uniform. These pictures will be posted on the Mass Youth website and available for download.

1. All semifinal and championship games shall be 30 minute halves, with a 5 minute half-time interval.

Overtime periods will only be played in the semifinal and championship rounds of play. All overtime periods will conform to current FIFA rules and games that go into overtime will no longer be decided by a "golden goal." Overtime in all age groups will consist of two (2) 5-minute overtime periods. Both overtime periods will be played in their entirety.

2. If teams remain tied after regulation and overtime play, 'kicks from the mark', following regular FIFA penalty kick procedures, will be used to determine a winner. These will take place immediately following the completion of overtime play.
3. An Awards Ceremony will follow the completion of the Championship games, and Gold and Silver Medals will be presented. Both finalist teams should proceed to the Pavilion for instructions as to where the awards ceremony will be held.

Massachusetts Youth Soccer Fields at Progin Park Rules

Massachusetts Youth Soccer is privileged to own and operate one of the finest soccer field complexes in the country. We ask all of our visitors to respect the complex and all of the hard work that it takes to maintain and improve it. The following activities shall be prohibited at any time and at any location by anyone at the complex:

1. Unsafe, careless, or negligent behavior while engaging in Licensee's activities;
2. Any activity that may reasonably be expected to cause or which will or may foreseeably injure or harm any person or persons or which will deface or cause damage to Massachusetts Youth's property or the property of others;
3. The possession, sale or use of any alcoholic beverages of any kind and/or any unlawful drugs or substances;
4. Use of any tobacco products;
5. Playing any other sport or engaging in any other activity other than soccer;
6. The presence of any pet of any sort other than documented service animals;
7. The use of off road motorized vehicles and skimobiles;
8. The possession of any fire arm whether licensed or not;
9. The use of any public address system, amplifier and/or megaphone;
10. The use of any generator, cooking appliance or barbecue grill;
11. Any activity which may reasonably be expected to produce any unusual, noxious or objectionable smoke, gas, vapor or odor;
12. The posting of any signs or advertisements or the distribution of any written materials calculated to generate business in any way for Licensee or others;
13. Taking up collections or making solicitations of any kind;
14. The marking of lines on any field surface with paint, tape or any other substance or material;
15. Use of the Fields in any manner that may be contrary to the interests of Massachusetts

Youth or its programs;

16. Use of the Fields for any unlawful or unauthorized purpose, or in any manner that in the sole discretion or judgment of the Massachusetts Youth is offensive or contrary to the interests of Mass Youth Soccer.

17. Health and Wellness Policies

All players, coaches, referees and administrators will adhere to the published Risk Management and Health and Wellness policies as provided by Massachusetts Youth Soccer Association. These policies are located on the Mass Youth Soccer Website, www.mayouthsoccer.org. They can be found on the Governance and Risk Management pages of the web site.

Each of the policies below is hyperlinked for direct access to the web site page.

- [Concussion and Return to Play Policy](#)
- [Heading Policy](#)
- [Weather Policy](#)
- [Goal Safety](#)

Additional Rules specific to our synthetic turf fields **prohibit**:

1. The use of chewing gum;
2. The consumption of sunflower seeds or shelled nuts;
3. The consumption of any food or drink other than water;
4. The use or possession of glass containers of any kind;
5. The use of roller blades, skateboards or bicycles;
6. The use of metal cleats or spikes, or plastic cleats longer than ¼”;
7. The use or erection of any tent, tarp, structure or object which will or may foreseeably cause the penetration of the synthetic surface