

GENERAL RULES

1. **YOUNG ATHLETES** - Young athletes under the age of 18 are not allowed within the confines of the Stadium or warmup area unless under the supervision of their parents, their Coach or Club Official. Young athletes under the age of 18 are not allowed into the gym without parental consent or the supervision of a qualified coach. ***Lastly, for everyone's safety, young athletes under the age of 12, are gently asked to use the warmup track during peak hours of the day 17.30- 19.30.***

2. **BEHAVIOUR** - Members are expected to behave properly on or around the track and its facilities. No type of discrimination is allowed.

3. **LANES** - Athletes are expected to strictly observe the "Lanes Code" of the track.

LANES CODE	
Lanes 1 & 2	Reserved for Long Distance Running
Lanes 3, 4, 5 & 6 (hurdles)	Reserved for Sprinting
Lanes 7	Reserved for Warm up, drills & Cooling down
Lane 8	Reserved for WU, drills & CD

4. **PROPERTY** - Any damages are to be reported immediately. Members are requested to report to management any equipment found damaged or missing. The cost of damaged property or equipment will be incurred by whoever is responsible for the damage. The Management will not accept claims for damage or injuries. Legal action will be taken against anyone responsible for malicious damage or vandalism.

5. **CLEANLINESS AND PERSONAL BELONGINGS** - Care must be taken by user members to avoid leaving personal belongings or litter lying around the premises or on the stadium grounds.

6. **LOSS OR DAMAGE TO PROPERTY** - While vigilance will be maintained against theft and damage to property, the Management will not accept liability for the loss or damage to property of personal belongings to user members; or for any damages sustained by user members through the action of other user members within the confines of the Matthew Micallef St. John Athletic Stadium, including the locker / changing rooms.

7. **SPORTSWEAR (KIT AND SHOES)** - The Management has the right to stop user members if the way they are dressed is considered inappropriate. Spike shoes with spikes longer than 6mm are not allowed on the track. Spikes for field events should not exceed 9mm. Football/rugby boots and other hard soled shoes are not allowed on the track.

8. **WEIGHT TRAINING** - Weight training is to be carried out only in the weights room. Training with weights on the track in the main stadium as well as in the warm-up area is strictly

forbidden. The Weights Room is to be used solely for weight training. Groups are to be limited to a maximum of five (5) Users at a time. Larger groups are to alternate accordingly.

9. EQUIPMENT - (i) Clubs may bring in their own equipment. This equipment must be approved by management.

(ii) User Members may make use of AM's Track and field equipment. Member users making use of AM's equipment will be obliged to comply with conditions set by Management that may include any of the following: a nominal deposit, deposit of personal brass token, or retention of ID card for duration of session. Users will be held accountable for loss or damage to equipment provided.

10. USE OF WARM-UP AREA / D SECTION – The following type of training must take place in the Warm-up Area and D Section: Plyometric training with hurdles (or any type of frame of any size)

11. SPECIAL ARRANGEMENTS – AM's Coaches and athletes are requested to inform management to make use of main track for events such as the following: Starts in the bend or Steeplechase.

12. STARTING BLOCKS - The use of Starting Blocks is limited to the 110 meters (hurdles) Start Area and on the 300 meter Start area (end of curve 1) of the Main Track and on the Warm Up Track. Under no circumstances will starting blocks be used on any other area along the Main Track, except in official competition meetings.

13. DANGEROUS OBJECTS - Glass bottles and other sharp instruments are strictly forbidden within the track and warm-up area. Chewing of gum is also prohibited on the track and warm-up area.

14. SMOKING - Smoking is not permitted anywhere within the confines of the Stadium and warm-up area.

15. PARKING - Parking is not allowed within the confines of the stadium. The parking facilities outside the confines of the athletic stadium are not under the control of the Track Management. The latter, therefore, is not responsible for any loss or damage to any vehicle/s or loss of property from the car park.

16. ORGANISED ACTIVITIES – Athletics Malta retains the right of full use of the stadium and its facilities for the holding of competitions or other organised activities at any time.

17. PROCESSING OF APPLICATION - Applicants must allow five days for the processing of an application from the date of receipt of their application.

19. CONTROL OF ENTRY Management retains the right to effect control (electronic or other) at point of entry and in Gym. Staff may be authorised to carry out spot checks as may be deemed appropriate.

20. RUNNING ANTICLOCKWISE / RUNNING IN WRONG DIRECTION. Always run in an anti-clockwise direction in the Main Track. Clockwise running on the perimeter of the track is forbidden, unless running on the infield. Due attention is to be taken for throwing sessions.

21. HEAVY RAIN If the field is excessively soft due to heavy rain on the previous night or on the day or if the runways or circles are wet, management will have the right to call off training. A decision will be taken by Management and will be communicated appropriately. Users have to understand that last minute decisions may have to be taken.

22. ASSIGNING OF TIME-SLOTS AND AREAS Management has the right to assign time-slots and designated areas to training groups within the training area in order to avoid crowding and possible accidents. As a general rule, Users under the age of 12 years **are gently asked to use the warmup track during peak hours of a weekday 16.30- 19.30.**

23. RIGHT TO SUSPEND USER MEMBERS Management has the right to suspend members who do not abide by the above rules may be suspended without right for recourse to refund of their membership fees.

24. CONSIDERATION FOR OTHER USERS

- After using the long jump pit close it.
- After using the High Jump Mat or Pole Vault Mat close it.
- Close the Throwing Cage after use
- Do not leave equipment lying about
- Return all borrowed equipment
- Do not gather in groups on the track
- Do not leave your litter for others to clear up, and make sure you keep your valuables safe.
- Training is not allowed during competition
- Always Lift and Carry (DO NOT DRAG) equipment
- When training do not occupy more than 3 lanes per training group, especially during peak training hours.

25. COACHES AND CLUB OFFICIALS Coaches and Club officials are to ensure that athletes under their care are following the Basic Rules and Guidance at the Track. They should lead by example and should be polite and respectful to other coaches and officials. Young athletes should be supervised at all times. Athletes with disability should, where necessary be under the care of trained personnel.