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ATHLETICS FREE STATE RULES FOR USAGE OF THE STADIUM DURING TRAINING: 2019



1. Only athletes/coaches who are licensed and affiliated to Athletics Free State/Athletics South Africa may use the facility. All athletes/coaches must at all times be able to produce proof thereof on request.
2. Only athletes and their coaches who have been included in Provincial or National teams will be allowed to use the facility for final preparation. Athletes will be allowed 2 (two) three-hour sessions per week during the 4 (four) weeks prior to National and International championships or meets. Sessions must be booked one (1) week in advance at the AFS offices,
3. A charge of R150.00 per month will be charged and is payable when booking the venue. Once off bookings for training between 08:00 and 16:00 can be made at a cost of R30.00 per athlete per session.
4. Clubs/coaches who wish to conduct **TIME TRIALS** are requested to arrange 1 to 2 hour meetings in conjunction with the other clubs and coaches. A special rate will be negotiated for these meetings.
Please note that lane one and two are NOT to be used.
5. **No** training sessions will be booked on days where the track is booked for meetings.
6. Smoking will not be allowed on the track and warm-up area.
7. Facilities are used at own risk.
8. **No warm-up, drills or rhythm exercises will be allowed on the synthetic surfaces. (Including warm-up area). Only the grass in the warm-up area are to be used.**
9. Starts must be practiced on the synthetic surface in the warm-up area. **Starting areas must be varied.**
10. No bicycles, tog bags or any other personal effects will be allowed on the synthetic surfaces.
11. Athletes and coaches are requested not to walk back on the synthetic surface after completion of an exercise but to use the paved areas for this purpose.
12. **Warming up, jumps, drills etc. must not be done on the track but only on the grass area of the warm-up area.**
13. **No tires, sledges or any other objects may be pushed, pulled on the synthetic surfaces.** This should only be done on the grass areas of the warm-up area.
14. Any apparatus/equipment of AFS that is used for training must be returned to the store. Broken items must be reported to the office and replaced by the coach/athlete.

Board Members: President: Mr. Jantjie THELETSANE, Vice President: Mr Steven SWARTS, Track and Field Chairperson: Mr. Kobus STEYN, Cross Country Chairperson: Mr. J.P. BOTHA, Road Running Chairperson: Me. Hilde DU PLESSIS, Additional Members: Me Elinda VORSTER, Me. Jurina IMMELMAN; Kantoor NKOANE; Sello RAMOTSHABI.

15. **Lanes 1 and 2 must not be used for any training.** AFS retain the right to allocate lanes to coaches.
16. Coaches must take full responsibility for the behavior of their athletes and to ensure that the rules are adhered to.
17. **No** chalk, powder, paint, sticky glue/gum or any coloring substance will be allowed as markers on the track. Athletes and or coaches will only be allowed to use masking tape for the purpose of marking. This must be removed after training session.
18. No climbing on or over or sitting on the fences and railing will be allowed.
19. No animals/pets or parents will be allowed on the track.
20. Maximum length of spikes allowed will be in accordance with IAAF rule 143
21. Entrance to the stadium will only be through the Kovsie turnstile.
22. The right of admission will at all times be reserved by the Track and Field Commission and the Board of Athletics Free State.
23. No athlete will be allowed on the track/warm-up area if not accompanied by an affiliated coach.
- 24. No equipment e.g. hurdles may be pushed or pulled on the synthetic surfaces of the track and warm-up area.**
25. Coaches must book their timeslots for training in advance with the office. Coaches wishing to train before 8:00am and after 16:00pm must make suitable arrangements with the office. An additional fee of R30.00 per hour will be charged to the relevant coach.
- 26. Non-adherence to the above rules, or any misconduct or misbehavior of any athlete or coach will lead to the athlete or coach, or both being banned from using any facility under the jurisdiction of Athletics Free State.**
27. These rules are for implementation from September 2017.

Kobus STEYN
CHAIRPERSON TRACK & FIELD COMMISSION.