

Frederick County Division of Parks and Recreation

Recreation Center Policy for Outdoor Sports

These are the restrictions in place to allow outdoor sports to use indoor recreation facilities while outside facilities are closed for the winter or during inclement weather. Violations could result in user group paying for damage to facility and loss of permit.

- **Field Hockey**

- Running & Conditioning
- Socks must always cover sticks

- **Lacrosse**

- Running & Conditioning
- Tennis ball use only
- No Groundwork, Scooping, Faceoff, etc.
- Throwing, Catching, & Cradling are allowed
- Throwing/rebounding permitted off block walls only

- **Soccer**

- Running & Conditioning
- Futsal play
- Fabric edge goals only
- Kicking/rebounding off block walls only

- **Baseball/Softball**

- Running & Conditioning
- No pitching machines
- Wiffleball or tennis ball use only

- **Cricket**

- Running & Conditioning
- Cricket bat must be covered by thick sock.
- Cricket pitch must be on a non-slip, rubber backed mat.
- Wiffleball or tennis ball use only.

