



Open Gym Rules

1. No soda, food, water bottles, or gum in the gym.
2. No shoes in the gym.
3. No belts, rings, or metal bracelets on trampoline.
4. No swearing, bullying, or fighting.
5. No cell phones in the gym.
6. No chalk.
7. No running in the gym.
8. Rod floor used for tumbling only.
9. No back or front flips unless tested by an instructor.
10. Pits must be entered with feet or butt first. No flipping or landing on stomach or back
11. Back trampolines, back floor, and cheer floors are closed.
12. Weights and conditioning area are closed.
13. One person at a time on any piece of equipment.
14. 8" mats must be under all bars, beams, and rings before use.
15. No hanging by knees without hands on the bars.
16. Team members only on all high bars.
17. Last 6 high beams at the back of the gym are closed.
18. Double mini tramp must have (2) 8"mat or resi for landings.
19. Tumble tramp is used in the direction of the resi mat only. No tumble tramp to foam.
20. Do not cross over tumble tramp or tumble tramp resi mat.
21. Do not throw mats, use mats as tackling dummies, or use mats to hit each other.
22. Must let go on first swing on rope to foam pit. Do not swing back. Don't swing until pit is empty.
23. Cheer stunting must be approved by an instructor.
24. If not sure of something, ask an instructor.
25. Obey requests/warnings for first rule infractions from staff members.
26. A second rule infraction will result in immediate dismissal from open gym. Participant must check in at the front desk, call home, and remain in the lobby until picked up by a parent or guardian.
27. Participants dismissed from open gym two times will be permanently banned.
28. Participants may not leave the facility during open gym time
29. Participants must remain in the gym area. No excessive loitering in the lobby.