

# Top Ten Open Gym Rules!!

We have constructed a list of rules for the Friday and Sunday Open Gyms. Please look over the rules so parents, gymnasts, cheerleaders, or anyone else who comes and participate understands. Waivers must be signed in order to participate in each open gym.

10

**DO NOT** remove equipment from preschool area.  
Stay out of the preschool area (unless with a parent; 5 years of age or younger)  
Remain out of dance area where lights are off.

9

No wrestling or fighting.  
No foul language.

8

Gym Clothes **REQUIRED**. No jeans, khaki shorts, belts, or street clothes will be permitted.  
**SHIRTS MUST BE WORN AT ALL TIMES**

7

No running or flipping up the mats on the walls or slamming yourself or others into them.

6

**Don't** abuse the equipment. Stay off of the elliptical trainer, bikes, exercise balls or medicine balls.  
**DO NOT** use the strap bar and **STAY OUT** of trench bar pit.

5

ONE person on trampoline at a time.

4

No electronic devices or cell phones allowed in the gym area.

3

When going across the gym **DO NOT** run in front of people!  
**Walk** to places, **DO NOT RUN**, please  
When jumping into the pits, please look before you jump.

2

Treat the coaches with respect. Do not talk back to them.

1

**HAVE FUN!!!!**

If you fail to follow the rules the coaches may sit you out, contact your parents or, ask you to leave. There will be no refunds for inappropriate behavior. *We expect good behavior so no one gets hurt and everyone has **FUN!*** Thanks.

IGI Open Gym Staff and Coaches