

APPROPRIATE ATTIRE

- **Bare Feet Only** – No shoes, socks, or tights.
- All participants **MUST** wear appropriate gym attire: NO jeans, skirts, dresses, or other non-workout clothing.
- No jewelry can be worn in the gym.
- All hair shoulder-length and longer must be pulled back.
- Face paint and spray-in hair coloring are not permitted in the gym.

OFF LIMIT EQUIPMENT/AREAS

- Pit P-Bars
- Team Beam Area
- Team Vault & Pit Vault Table
- Team Bar Area (During Open Gym, ONLY the X-Bars may be used by current EGA Team Members working on skills.)
- Double-mini (Only current EGA T&T Team Members may use.)

ADDITIONAL EQUIPMENT RESTRICTIONS

- High Beams are only for **girls** ages 5 & up.
- Current students practicing skills may use Pommel Horse, Mushrooms, P-bars, & Rings.
- No jumping from low bar to high bar on uneven bars

SPRING FLOOR

- May **ONLY** be used for cross-tumbling.
- Floor routines may be practiced.
- No playing/running across the Spring Floor.

FOAM FLOOR

- **NO** flipping allowed!

EGA OPEN GYM RULES

Rev 9/17/14



GENERAL RULES

- **To enter the gym area you *must* have a signed waiver on file & wear a wristband.** Non-participants may not enter the gym area.
- Participants under 5-yrs must be directly supervised by a parent with a signed waiver.
- ALL Open Gym Participants under 18-yrs must be signed in and out by an adult/driver.
- Participants on the premises after open gym has ended will be charged \$1.00 per minute.
- Do not attempt any skills unless you have been properly trained and can do the skill safely without a coach spotting you.
- Do not run through the gym. You may *only* run on the Foam Floor, Rodd Floor, & Vault areas.
- Be aware of your surroundings at all times.
- Food, drinks, candy, etc. are not permitted in the gym. Please store in a cubby.
- EGA is not responsible for lost or stolen items (cell phones, iPods, etc. use at your own risk).
- Please respect the gym, equipment, staff, & other open gym participants.

Have Fun! ☺

EGA reserves the right to remove any participant from open gym who is disrespectful or behaving in an unsafe manner as determined by EGA staff. Participants asked to leave will not receive a refund.

TRAMPOLINES

- **Only one person at a time – no exceptions!**
- No double or triple flips.
- The Blue Trampoline is **ONLY** for those 12 & under & team members who are vaulting.
- Walk onto the trampoline to start.
- When finished, stop bouncing & walk off.
- If there's a line – limit yourself to 10 jumps.
- Do not stand on the springs.
- Do not walk across a trampoline – go around.

PIT

- **DO NOT ENTER THE PIT HEAD FIRST!**
- Look before entering the pit!
- Do not land on your stomach.
- Tumbling is allowed into the pit from the Air-Track & Rodd Floor. Stay in your landing zone.
- Do not enter the pit from the Yellow in-ground Trampoline.
- Pit High Bars may **ONLY** be used when no one is underneath in the pit.
- The pit vault table is off-limits.
- Playing in the pit must be done in the area nearest the Vault Table
- Do not bury yourself in the pit. Keep your head above the blocks at all times!
- Do not throw blocks out of the pit.
- Do not pick apart the blocks.

ROPE

- Climb only as high as you can safely climb back down.
- Climb back down slowly – **DO NOT** jump or slide down! Doing so will result in injury!
- Only safe swinging is allowed.