



## main arena rules

### BEFORE YOU JUMP:

**DO NOT** Jump if you have health limitations or injuries, are under the influence of alcohol or drugs, or are pregnant.

**ALWAYS** empty your pockets before jumping. **NO** sharp objects, jewelry or unauthorized devices (cameras, phones, etc.) allowed on the court.

### WHILE YOU JUMP:

**ALWAYS** be aware of those around you. It is **YOUR RESPONSIBILITY** to avoid others.

**ALWAYS** bounce in the centre of the trampoline.

**ALWAYS** jump and land on two feet.

**DO NOT** land on head or neck.

**DO NOT** affect another jumper's bounce in anyway.

**NO** double flips.

**NO** back flips or forward moving back flips ("gainers").

**ALWAYS** remain in control.

**ALWAYS** walk on and off the court.

**ALWAYS** follow the Court Monitor's directions.

**DO NOT** jump if a Court Monitor is not present.

**DO NOT** sit or lie down on the court.

**NO** rough play or running.

**NO** climbing or hanging on the wall pads or nets.

Noncompliance may result in loss of jumping privileges

**bounce**  
INDOOR TRAMPOLINE PARKS

