



attention

slam dunk 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:

NO flip dunks allowed.

DO NOT hang on the rim.

ONLY 1 jumper per lane may Slam Dunk at a time.

ALWAYS wait until the person in front of you is **COMPLETELY OFF** the lane before you attempt a dunk.

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

ALWAYS bounce in the centre of the trampoline.

ALWAYS land on your feet after a dunk.

ALWAYS land on the trampoline surface after a dunk.

DO NOT land on your chest or back.

DO NOT affect another jumper's bounce in anyway.

DO NOT touch the backboard.

ALWAYS remain in control.

ALWAYS follow the Court Monitor's directions.

DO NOT jump if a Court Monitor is not present.

ALWAYS one jumper at a time per trampoline lane.

NO climbing or hanging on the wall pads or nets.

Noncompliance may result in loss of jumping privileges

bounce
INDOOR TRAMPOLINE PARKS

