

# slam dunk rules



**NO** flip dunks allowed

**DO NOT** hang on the rim

**ONLY** 1 jumper per lane may slam dunk at a time

**WAIT** until the person in front of you is **COMPLETELY OFF**

the lane before you attempt a dunk

**ALWAYS** land on your feet after a dunk

**ALWAYS** land on the trampoline surface after a dunk

**DO NOT** touch the backboard

**NO** jewelry allowed on the slam dunk court

(earrings, necklaces, rings, etc)

**DO NOT** land on your chest or back

Follow court monitor instruction at all times

**NO** items are allowed in pockets

Always remember to **JUMP WITHIN YOUR ABILITIES**

**bounce**  
INDOOR TRAMPOLINE PARKS

