



attention

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 jump 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

