



Open Gym Rules for ages 6-18

No Horseplay (running, fighting, throwing things, stacking mats unsafely)

Do not practice above your ability level. If you haven't tried a skill at practice, do not try it during open gym.

One person in foam pit at a time

- Do not jump head first into pit. All skills are to land feet first.

No jumping to the pit bar if you are not a team gymnast.

No jumping from low bar to high bar if you are not a Level 5 gymnast or higher.

The blue floor is reserved for experienced tumbling and tumbling passes.

The purple floor is reserved for beginner level tumbling and stationary skills.

Follow all Trampoline rules

- One person on trampoline at a time
- Do not jump onto or off of the trampoline
- Do not jump from one trampoline to another
- Jump only to your ability level

Gymbee preschool area is off-limits for Open gym.

Supervisors are not allowed to "spot" or assist gymnasts with difficult skills. Their responsibility is to oversee Open Gym.

Listen to the supervisors. If you spot someone being unsafe, alert the supervisors.

Parents are not allowed in the athlete participation areas.

The rules are not meant to take away from your fun. They are for your safety. If a supervisor speaks to you about a rule, please do not be offended. Safety is our number 1 priority.