



MAIN GYM RULES:

1. Gymnasts must wear a leotard / biketard at all practices. They may choose to wear shorts or leggings with it. (Boys should wear compressions shorts/shirt).
2. Gymnasts must have their hair up prior to joining the class.
3. No Plastic headbands may be worn (only elastic type).
4. No jewelry may be worn during classes.
5. Gymnasts must enter the gym bare foot. Shoes are NEVER to be worn into the gym with the exception of the coaches.
6. Gymnasts may bring a water bottle to class. It is a good idea to label it with their name.
7. All classes start and end on time. The gymnasts should have their leos on and be ready to go on time. The coach will call the student's Level at class time.
8. The restroom needs to be used BEFORE class.
9. Gymnasts must keep their hands and feet to themselves during class time.
10. No disrespectful or hurtful words are allowed in the gym.
11. Gymnasts must show encouragement and support to fellow gymnasts.
12. Gymnast will wait their turn in line. Everyone will get a turn.
13. Parents or other adults are not allowed in gym while classes are in session.