

## **TSNY TRAMPOLINE RULES**

- NO ONE is allowed on the trampoline without a trained spotter present.
- No jewelry, sunglasses, hats, or street clothes may be worn on the trampoline. Only proper gym attire (tight fitting shirt and shorts or tights) will be permitted. Students may jump either barefoot or wear special gym slippers. Socks are not allowed.
- Sunscreen or moisturizers may be used, but it is not advisable to wear them below the knees or elbows. Palms should be washed thoroughly after application. Any sort of lotion applied to these areas may cause you to slip on the trampoline bed or out of tuck/piked positions at incorrect, dangerous times.
- Only one person is allowed on the trampoline bed at a time, except for instructors necessary for spotting the techniques being practiced. No one should be leaning against the frame while someone else is jumping on the trampoline.
- Those waiting for their turn on the trampoline should wait around the perimeter, observing and acting as spotters. It is always best to have at least one spotter on each side of the trampoline, regardless of the techniques being practiced.
- You must have the ability to consistently perform individually all of the techniques and movements listed in prior experience levels before being allowed to move onto any in the next level. You must also be able to perform several or all of these techniques continuously in a single pass.
- Once in the Pre-Advanced or Advanced levels, lines are no longer required for techniques covered in previous levels, however any technique past intermediate level must still be trained in lines or under the spotting of a senior trampoline instructor.