

Gym Rules

Use and Care Instructions

1. Shoes: On court, use only non-marking, soft-soled athletic shoes.
2. Food: No food allowed in the gyms. Eating shall be outside only.
3. Beverages: Plastic water bottles and water ONLY!
4. Gum: Gum chewing is not allowed.
5. Bleachers: **DO NOT climb or sit on top of bleachers! It will ruin them.** On practice days spectators must bring their own chairs because the bleachers will be pushed in for additional court play.
6. No dragging anything across the floor.

Gym Etiquette

1. Do not throw balls against walls.
2. If it's raining, wipe your feet before entering gym.
3. DO NOT walk across the court and through the game or practice of other teams.
4. DO NOT shoot baskets at open hoops during another team's practice. Only registered players are allowed on courts.
5. Teams waiting to take the court and teams just finishing their practice need to be courteous of the team scheduled for court time and remain out of bounds. Bouncing balls can also be a distraction to the coach trying to converse with his/her players.

Available Gym Use

1. If you are scheduled for a practice time and are unable to attend, please contact Redding Recreation, 225-4095, so we can notify other teams of the availability.
2. Two teams are scheduled in the gym each hour. Bleachers will be pushed in so that each team can run a full court practice crossways. Please remind parents to bring their own chairs if they would like to sit during their child's practice.