

RULES AND REGULATIONS FOR **MINNESOTA FLYERS GYMNASTICS**

1. A leotard or well-fitting t-shirt and shorts are required. Socks, oversized shorts/t-shirts and long pants are not allowed. Bike/spandex shorts and footless tights/leggings are permitted.
2. Clothing with snaps, zippers, buttons, or long strings are not allowed for the safety of the coaches, gymnasts, and equipment.
3. Hair should not obstruct vision or get in the way when going upside down, if it does, it must be tied back. No hard headbands or big hair accessories.
4. No jewelry is allowed. (Medical ID bracelets and small stud earrings are allowed.)
5. All candy, food, beverages (including water bottles) are prohibited from the gymnastics equipment area.
6. Help keep all of MFG neat and clean. Pick up after yourself (ex: Clothes, garbage, coats, shoes, bags, and equipment you take out)
7. Gymnasts will change their clothes in the lobby bathrooms, not upstairs. Changing will be done in a quick and orderly manner and leave the bathroom clean due to limited space available and the number of people needing to use the facility.
8. All participants will use the gymnastics equipment appropriately and in the way it was intended. For their own safety, if a participant is not familiar with how to use the piece of equipment, they need to ask for instructions before using it.
9. Use of the telephone is discouraged during practice and should only be used after practice, in case of an emergency or illness, and/or with permission from a MFG staff member.