



# Gym Rules

## General Conduct

1. Respect– Players, coaches, referees, and spectators treated with courtesy.
2. No Profanity or Unsportsmanlike Behavior – Keep gym a positive environment.
3. Follow Staff Instructions – Coaches, referees, and gym staff have final authority.

## Participant Rules

1. Proper Shoes– Only clean, non-marking athletic shoes allowed on the court.
2. No Hanging on Rims or Nets – For safety and equipment protection.
3. No Food, Gum, or Drinks – Water bottles only inside the gym.
4. Respect Equipment – Do not kick basketballs, damage walls, or misuse property.
5. Warm-Up Safely – No rough play, horseplay, or full-contact drills before games.
6. No running in school hallways. Stay in the gym or restroom area.
7. Arrive 3 minutes before practice. Wait on sideline and do not dribble, shoot, and/or interrupt other team's practice.
8. Arrive 15 minutes before games. Remain on sideline until your warmups begin.

## Game Play

1. Follow Official Rules – Standard basketball rules apply (traveling, fouls, etc.).
2. Observe Time– Respect practice/game times, clear court when your time's up.
3. No Outside Balls – Only league-approved basketballs are allowed.

## Spectator Rules

1. Stay Off the Court – Only players, coaches, and officials are allowed on the floor.
2. Cheer Positively – Encourage players, avoid arguing with referees or staff.
3. Children Supervised – Do not allow running or roughhousing in the gym.

## Safety & Health

1. Report Injuries Immediately – Inform a coach or staff member if accident occurs.
2. Keep Gym Clean – Dispose of trash properly; keep walkways clear.
3. Emergency Exits – Must always remain clear.
4. If Monongalia County Schools are closed due to weather or any other reason, practices and games will be cancelled also.