



Mulvane Recreation Center RULES

General:

1. **No one under the age of 10 permitted in the MRC without a parent.**
2. **10 and 11 years olds may be in the Gym ONLY when a parent is in the MRC.**
3. **12 year olds and up may use the MRC Gym unaccompanied by a parent.**
4. **No one under the age of 16 permitted in the fitness room at any time.**
5. No fighting, swearing or loud, disruptive behavior.
6. Everyone must check in at the front desk.
7. Everyone must enter and exit at the main door by the front desk.
8. No running in the reception area or the hallway.
9. No tobacco products, alcohol or drugs in facility or on facility grounds.
10. No firearms permitted in the facility.
11. We ask for your cooperation in wearing a dedicated pair of shoes while in the gym and fitness room. **No** street shoes, please.
12. Proper attire (shirt, shorts, shoes) required while in the facility.

Gymnasium Rules:

1. The gym is dedicated to 'walkers' Mon-Sat mornings until 10:00 am.
2. No profanity or lewd behavior.
3. Be courteous to other participants.
4. The gym will be open for public use unless an MRC or USD 263 event is planned.
5. Participants may be asked to leave the facility if inappropriate behavior is noticed.
6. Do not kick basketballs or volleyballs.
7. No footballs in the gym.

Open Gym Basketball Rules

1. There is a 2 game win limit. After winning 2 games, a team must allow another team to play.
2. If there are enough players to form teams, the first 2 teams will play to 20 points by 1's; the winning team will play the next team. This will continue until all teams have played.
3. Teams will play half court if there are too many or too much age difference.

Fitness Room Rules:

1. No one under the age of 16 is allowed in the fitness room.
2. Wipe down the machines you use after each use.
3. Be courteous on machines; limit time if people are waiting.
4. Return weights and equipment to proper place after use.
5. Do not spray directly on the TV screens and use the remotes to change channels.
6. Do Not drop the weights.
7. Maintain volume and station on radio to everyone's satisfaction.
8. No swearing or loud, disruptive behavior.