

RULES & REGULATIONS

PLEASE UNDERSTAND THE RISKS & TAKE CARE

BOUNCE BALI is an action sports facility where injuries can happen. Like all sports, participants need to decide if the benefits of involvement are worth the risk of injury. Jumping, rebounding using trampolines creates the risk for potential injury even when being safe. The potential for injury is greatly reduced when you:

- JUMP WITHIN YOUR SKILL LEVEL.
- FOLLOW THE RULES.
- WATCH OUT FOR OTHER JUMPERS.

The whole point of BOUNCE is to have as much fun as possible jumping around. A critical part of this is a safe and soft landing and a safe environment to enjoy a real sense of freedom.

Our rules and guidelines are designed to keep everyone safe and minimise the chance of injury. Rules are shown below in four categories:

- General Safety Rules (apply to the whole center)
- Foam pit Safety Rules
- The Wall Safety Rules
- Performance Trampoline Safety rules
- Slam Dunk rules & Dodgeball game rules.

Foam pit Safety Rules.

- NEVER DIVE HEAD FIRST INTO THE PIT.
- DON'T ENTER IF OTHERS ARE IN THE WAY.
- SAFELY LAND ON YOUR FEET, BUM OR BACK.
- SPREAD YOUR LEGS & BEND YOUR KNEES WHEN ENTERING THE PIT.
- DON'T BURY YOURSELF IN THE PIT AS OTHERS MAY JUMP ON YOU WITHOUT KNOWING.
- REMOVE ALL ITEMS FROM POCKETS.
- EXIT AS QUICKLY AS YOU CAN.

Dodgeball Rules.

- MAX OF 6 PLAYERS PER TEAM.
- YOU MAY DEFLECT A BALL BEING THROWN AT YOU BY USING A BALL IN YOUR HANDS.
- THE COURT REFEREE'S CALL IS FINAL.
- ONCE OUT, EXIT AND WAIT FOR THE NEXT GAME.
- "YOU'RE OUT" IF:
 - YOU'RE HIT BY A 'LIVE BALL'
 - YOU THROW A 'LIVE BALL' THAT'S CAUGHT BEFORE IT TOUCHES THE GROUND OR WALL.
- 'LIVE' IS A BALL THAT HAS BEEN THROWN AND NOT TOUCHED ANYTHING.
- YOU HIT SOMEONE IN THE HEAD.
- YOU CROSS OR ENTER THE NEUTRAL ZONE.
- YOU HOLD A BALL FOR LONGER THAN 10 SECONDS.

The Wall Safety Rules.

- THE WALL IS FOR ADVANCED JUMPERS ONLY. BOUNCE CREW MEMBERS MONITOR THE AREA STRICTLY.
- JUMPERS MUST BE OVER 120cm IN HEIGHT.
- ONLY ONE JUMPER PERMITTED ON EACH WALL TRAMPOLINE AT ANY TIME.
- ENSURE NO ONE IS ON THE TRAMPOLINE BED BEFORE JUMPING OFF THE WALL.
- ONLY STAND ON TOP OF THE WALL WHEN YOU ARE ACTIVELY USING ONE OF THE WALL TRAMPOLINES.
- NO CLIMBING OR SCRAMBLING UP THE WALL – IF YOU CAN'T 'RUN UP' DEVELOP YOUR SKILLS IN OTHER AREAS FIRST.

Slam Dunk Rules.

- NO HANGING OFF THE HOOP, BACKBOARD OR SUPPORT BARS.
- STAY ON YOUR TRACK – DONT JUMP ACROSS PADDING.
- NO JUMPING OR DUNKING FROM BEHIND THE BACKBOARD.
- ONLY ONE PERSON ON EACH TRAMPOLINE AT A TIME.
- ONLY ATTEMPT DUNKS WITHIN YOUR SKILL LEVEL.

bouncebali.com

bounce

BALI
TRAMPOLINE CENTRE

You will also find these rules displayed around BOUNCE BALI. Please read them carefully and follow them.

General Safety Rules.

- BOUNCE BALI APPROVED SOCKS MUST BE WORN TO ENSURE GOOD GRIP.
- WATCH OUT FOR OTHER JUMPERS & ALWAYS ALLOW SMALLER JUMPERS RIGHT OF WAY.
- ONLY ONE PERSON ON EACH TRAMPOLINE AT A TIME.
- SAFELY LAND ON TWO FEET OR YOUR BUM WHEN BOUNCING.
- DON'T ATTEMPT ANY ACTIVITY BEYOND YOUR SKILL LEVEL.
- NO DOUBLE BOUNCING, WRESTLING OR ROUGH PLAY.
- NO FOOD OR DRINK ON OR NEAR THE TRAMPOLINES.
- DON'T JUMP OR LAND ON PADDING.
- NO JUMPING WHEN UNDER THE INFLUENCE OF ALCOHOL.

Performance Trampoline Safety Rules.

- TAKE EXTRA CARE – TRAMPOLINES IN THIS AREA PROVIDE SUPERIOR HEIGHT & A GREATER DEGREE OF DIFFICULTY & RISK.
- JUMPERS MUST BE OVER 120cm IN HEIGHT.
- DON'T ATTEMPT ANY ACTIVITY BEYOND YOUR SKILL LEVEL.
- ONLY ONE PERSON ON EACH TRAMPOLINE AT A TIME.
- DON'T JUMP OR LAND ON THE PADDING – IT IS THERE AS A SAFETY PRECAUTION.
- NEVER LAND ON YOUR HEAD OR ENTER THE FOAM BACKWARDS.
- BOUNCE BALI CREW MEMBERS MONITOR SAFETY STRICTLY & THEIR DIRECTION MUST BE FOLLOWED.

bounce

FEEL THE AIR