



## Indoor Trampoline Jump Rules

Our jump rules are designed for fun and safety for all. All jumpers must follow these rules and any instructions posted or given by the referee. Failure to follow rules or instructions will result in loss of jump time with no refund. These rules are absolute. The referee's decision to remove a guest from the trampoline arena is final.

Lazer Kraze jump shoes (or shoes approved by Lazer Kraze) must be worn at all times while on the trampoline arena.

- **Must have signed waiver to jump**
- **Minimum Age 4**
- **No jumpers with brace or cast.**
- **Jumpers must be in good physical conditions. People with previous back, neck, ankle or knee injuries should not jump**
- **Jumping on a trampoline significantly increases the force on your joints. Maximum weight 300 lbs.**
- **No one under the influence of alcohol should jump**
- **Always land on two feet**
- **No sitting or laying down on jumper**
- **No double bouncing (Bouncing someone higher)**
- **No food or drinks on jumper**
- **No objects in pockets (cell phones, keys, change, etc)**
- **No Horseplay**
- **No running on the jumper**
- **No popcorn bouncing (Bouncing someone in a ball)**
- **Jump off walls ONLY as instructed. No other flips or tricks.**
- **Jump to your physical & skill capabilities only**
- **Be safe and have fun**
- **Single flips only / No flipping over pads**
- **No more than 2 consecutive flips**

Any guest not following these rules will be asked to leave the trampoline without a refund.

All guests must have a signed waiver to jump. For guest under the age of 18 the PARENT or LEGAL GUARDIAN of the child must complete and sign the waiver.



## Indoor Trampoline Jump Rules