



# Strike Zone

## Rules – Players and Parents

- Waiver:** Anyone staying (including adults & siblings), must fill out a **Release of Liability** form and turn it into your coach/clinic manager. This waiver is needed if you plan to step foot on turf... even if just to watch a practice.
- Parking:** Fill parking spots in front of units 15 – 18 or at the end or back of the building first. 6 diagonal spots are on the south side of building. 4 spots in back of the building.
- Food/Drink:** **NO FOOD** or **DRINK** (outside of water) on the **TURF!!!** Sunflower seeds and Big League chew are absolutely forbidden as well.
- Shoes:** Clean tennis shoes or turf shoes preferred (no metal cleats). Rubber cleats are OK if you forgot tennis shoes, but they are NOT preferred.
- Wall Mats:** NO running and kicking off the wall mats. Do NOT hang on the wall mats. No direct hitting or throwing balls into the wall mats.
- Safety:** If you observe a safety issue (of person or property), let a coach know so that we can get it fixed.
- Parents and onlookers must stay behind the two 10' x 10' screens. No acceptions.
- 15 min gap:** There is a 15 minute gap between practice times. This time period is for transition of players in and out of the building. Outgoing - please help the traffic flow by exiting practices in a timely fashion. Incoming - Please refrain from entering the building for your practice until 10 minutes prior to your designated practice time.
- Netting:** Please do not tie netting back or hook it on equipment for any reason. This stretches the nets and degrades the shape of the nets.
- Tunnels:** Players **MUST** have a helmet on at all times if they are in or around the tunnels.