

NORTH ROYALTON HIGH SCHOOL

Athletic Department

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North Royalton High School Guideline and Rules for Gymnasiums 1, 2 & 3

These are general rules and guidelines when using the gymnasiums. The purpose of this is to keep the facilities in the best shape possible.

Baseball/Softball

Throwing

- Use of indoor balls only (**softies**)
- No throwing against the wall or wall pads (**softies or hard balls**)
- Use of hard balls when pitchers are throwing to catchers (**only in gymnasium 3**)

Hitting

- Use of artificial turf inside of batting cages
 - Use of hard balls only in batting cages
 - No hitting into the wall pads
 - No hitting off the tees into the wall pad (**whiffle balls, softies or hard balls**)
- Roll up batting cage net completely

Fielding

- Use of indoor balls only (**no hard balls for grounders**)
- No throwing or pounding of bats on gym floors
- Use of artificial turf or pads with catcher's gear

Running

- No running sprints or laps in hallways

Stage

- Use of hard balls allowed for pitching (**softball**) and hitting in cage (**baseball/softball**)

Soccer – Gymnasium 3 (only)

- Foot skills only
- No kicking balls directly against the walls, doors or up at the lights or ceiling
- No kicking or dribbling balls in the hallway



