

# NORTH ROYALTON HIGH SCHOOL

## Athletic Department

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### North Royalton High School Guidelines and Rules for Gymnasiums 1 & 2

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 2**)

##### **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

