

Apex Centre Gymnasium Rules

- 1v1 will be allowed during all hours of operation.
- 5v5 full-court games are allowed during certain times of the day. Available hours can be found on our website, [ApexCentre.org/hours](https://www.apexcentre.org/hours), and may change based on recreation programs.
- Children under the age of 10 must be directly supervised by a person of 16 years or older.
- Proper attire, including shorts, shirts, and non-marking gym shoes must be worn at all times. Bare feet, flip flops, sandals, dress shoes, crocs and any other type of shoe not considered gym or athletic style shoes, is prohibited.
- Dunking or hanging on the net or rim, nets and backboards is prohibited.
- Equipment should be used in the manner that it was intended for. Tampering with equipment and/ or kicking or throwing the balls against the walls, doors, windows, or ceiling is prohibited.
- No food or drink is allowed (with the exception of water in a plastic closed container only).
- Profanity, horse play and vulgar language is not allowed.
- The Apex Centre is not responsible for lost or stolen items.
- Organized practices and training are not allowed in the gymnasium period. Rentals may take place in the gymnasium. See customer service desk for pricing and availability.
- Volleyball free play will be exclusively offered on the east side of the gym on Mondays. Available hours can be found on our website, [ApexCentre.org/hours](https://www.apexcentre.org/hours), and may change based on recreation programs.
- No personal training equipment (jump ropes, medicine balls, yoga mats, etc.) allowed in the gym during facility hours.

Pick Up Rules

- Games will only be allowed on the East Side of the gym.
- Games can:
 - Be played using the full east side.
 - Consists of 10 or less players.
 - Have a time limit of 10 minutes and will automatically end after 10 minutes.
 - Be played as first come, first serve with winner stays (unless youth games are up next).
- Players must sign-up with an athletic assistant to play.
- Players cannot sign up a second time until after their first game has finished

Any damage caused will result in membership suspension of 30 days or more.

For more information, please contact us at 972-547-9007
or email, contact-apex@mckinneytexas.org.