



Recreation Center Martial Arts Room

General Policy

- No shoes on the mats--wrestling shoes are the only exception
- No equipment on the mats
- Sparring or wrestling is not permitted unless through a scheduled fitness class or NCAA intercollegiate athletics program
- No spitting
- Leak-proof personal water bottles are permitted. No other drinks or food permitted
- Activities should cease if bruising, lacerations or bleeding occur
- Injuries or bleeding must be reported to the Recreation Center staff immediately
- Sexual harassment of any form is not tolerated per University policy

Appropriate Use of Martial Arts Room

- Wrestling
- Self defense
- Martial arts
- Yoga
- Tumbling