

Mountain Range Boxing Club Rules

1. Check-In:

Please check in with your coach upon arrival.

2. Equipment Policy:

No equipment may be taken outside the gym.

3. Sparring Policy:

Sparring is permitted only for MRBC Elite members and is full contact.

4. Photography:

No filming, videotaping, or taking pictures is allowed.

5. Conduct:

Inappropriate language or behavior will not be tolerated.

6. Cell Phones:

No cell phones are permitted in the gym.

7. Playfulness:

No horseplay in the gym.

8. Respect:

Respect the gym, coaches, and fellow athletes.

9. Underage Athletes:

Athletes under the age of 12 must pay attention to the coach at all times.

10. Substance Policy:

No drugs, smoking, or alcohol. Anyone suspected of being under the influence will be asked to leave the premises.

11. Personal Music Devices:

No personal music devices, including headphones, are allowed.

12. Cleanliness:

Clean your area and pick up your trash, including plastic bottles, equipment, and clothing.

13. Equipment Storage:

Please return equipment to its original location.

14. Hydration:

Water only; no food or drinks allowed in the gym.

15. Gang Activity:

No colors or gang activity permitted.

16. Advertising:

No advertising for other gyms or wearing other gym shirts.

17. Coaching:

No outside coaching is allowed. Parents must remain in the waiting area or in their vehicles.

18. Media Consent:

By enrolling your child, you give us the authority to help them reach their full potential and allow MRBC to videotape and record them for our Facebook page or website. If you do not consent, please provide written notification.

19. Athlete Conduct:

For athletes competing during travel, it is essential to listen to your coach at all times and carry yourselves as the professional and amateur athletes you are.