

1. Outdoor shoes must be removed no later than at the beginning of the changing room corridor. Spectators and supporters must also remove their shoes there. Only indoor shoes or socks are allowed in sports areas. Outerwear may be brought to the edge of the playing field if necessary. Upon leaving, outerwear can be put on at the field's edge, but shoes only in the changing corridor.
2. In halls 3 and 4, recreational (unsupervised) use is allowed with single, series, or season tickets when the hall is not reserved.
3. The same ticket also allows supervised training in the indoor athletics hall.
4. Do not jump over or crawl under the wing gates.
5. Do not hang from basketball nets.
6. Always follow staff instructions. Respect other athletes and avoid excessive noise.
7. Only water is allowed in the halls. Sugary drinks are difficult to clean. The athlete/user must clean up any spills on the sports floor.
8. Eating is not allowed in the sports halls.
9. If you borrow equipment, return it to its proper place.
10. Smoking, vaping, and snus are prohibited.
11. Kicking or throwing balls against sheet metal walls (external walls) is prohibited.
12. Floorball goals are for floorball only. They must not be used with futsal, football, handball, basketball, or similar balls.
13. On the 2nd floor balcony area and in the warm-up area, only ball-free warm-up is permitted.
14. When moving futsal/handball goals, they must not be pushed or dragged on the floor. They must be carried or moved using a transport platform (a plywood sheet with four wheels).
15. The height of basketball hoops is adjusted using a remote control. Request assistance from the hall office (2nd floor) or a caretaker (call 044-766 8080).

16. Hall 2 is not available for recreational use or practice with single, series, or monthly tickets (same applies to Hall 1 and the gymnastics hall). Only halls 3 and 4 (and the athletics hall) are available for unsupervised use with various tickets.
17. Training in the athletics area is also possible if a club/team has made a usage reservation (when the hall is not fully booked).