



YOGA RULES

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// ELIGIBILITY & REGISTRATION

1. All participants must be at least 21 years of age and have current, adequate health insurance.
2. Leagues are filled on a first come, first serve basis and all participants must be properly registered for the yoga league they are attending.
3. If an individual violates the facility's Code of Conduct, they may be asked to leave and a refund will not be issued.

// SCHEDULE & TIMING

1. Plan to arrive 15 minutes prior to the start time to check in with the Host and set up your yoga mat.
2. Following yoga, everyone is encouraged to continue socializing at our designated partner bar.

// GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

// SHIRT NOTICE

During week 2 of the season, all players will be given DC Fray shirts for their team that are required to be worn for the duration of the season. Failure to wear the DC Fray team shirt for a game will result in a player not being able to play in that week's game. Wearing the designated season's team shirt will be required during both the regular season and playoffs in order to participate in the game.

// GENERAL POLICIES

// Weather Cancellations

1. One week is built into the end of each season
2. All participants will be notified via email if class is canceled
3. If more than one weather cancellation occurs, Fray will try to find another week if possible to make up the classes, but it is not guaranteed.