



MEMBER GUIDE

HYGIENE • ETIQUETTE • CLUB RULES

November 2025 | Bedfordshire Submission Grappling

HYGIENE POLICY

To keep everyone safe, healthy and comfortable, all members must follow these simple hygiene rules. Good hygiene shows respect for your teammates, the academy and the art of Jiu-Jitsu.

IMPORTANT: RINGWORM & STAPH

Ringworm and staph are serious infectious conditions and must not be ignored. Skin infections can spread quickly through close contact and shared mats and may force a gym to close while an outbreak is controlled.

Ringworm

Ringworm is a fungal skin infection that commonly appears as a red, circular rash. It spreads easily through skin contact or shared mats. If you have suspected ringworm, do not train and seek appropriate treatment or medical/pharmacy advice.

DO NOT TRAIN WITH RINGWORM.

Staph

Staph is a bacterial infection that can cause boils, redness or sores. It can spread through cuts and abrasions during grappling. Seek medical advice promptly and do not train until the infection has fully healed and it is safe to return.

STAPH CAN BE SERIOUS AND MAY REQUIRE URGENT MEDICAL TREATMENT.

Personal Hygiene

- Arrive to class clean and showered.
- Wear a freshly washed Gi or No-Gi kit every session.
- Keep fingernails and toenails short and clean.
- Use deodorant and maintain good general hygiene.

Mat & Facility Cleanliness

- No shoes on the mats at any time.
- Wear flip-flops or slides when off the mats.
- Dispose of tape, rubbish and bottles after training.

Injuries & Skin Health

- Cover all cuts or grazes securely before class.
- Do not train with contagious skin conditions, including ringworm, staph or impetigo.
- Report any skin issues immediately.
- If you are unsure, speak to Adam privately before training.

Illness & Attendance

- Stay home if you feel unwell or may be contagious.

- Do not train with contagious symptoms. Return when you are well enough to train safely.

DOJO ETIQUETTE & CLUB INFORMATION

Location

The Orchard Centre, Sullivan Ct, King's Reach, Biggleswade SG18 8SZ

Facilities

- Toilets
- Changing rooms
- Water available
- Security lock on the front door
- 16 car parking spaces

What to Bring

- Gi class: Gi and belt.
- No-Gi class: shorts with no zips and/or spats or gym leggings, plus a T-shirt or rash guard.
- Water bottle.
- Sweat towel.
- Flip-flops or slides.
- Gum shield (optional).
- Groin guards are allowed; no metal cups.

Club Etiquette

- Respect the mats: no shoes on the mats.
- Maintain good hygiene: clean kit, trimmed nails and shower before class.
- Arrive early where possible. If you are late, still come — training part of the class is better than missing it completely.
- Remove jewellery or ensure it is safely taped and covered.
- Tap early and tap often. Tapping ends the submission immediately. It is your responsibility to tap or submit.
- Be a good training partner: stay open-minded, controlled and helpful.
- No coaching during sparring.
- Respect all members. Leave your ego off the mats.
- Help keep the gym clean.
- If you are sick, stay home.

TRAINING SAFETY

Control your body and protect your training partner. Technical, controlled training is expected at all times. If you are unsure whether a movement or submission is appropriate, ask before using it.

BANNED / ILLEGAL MOVES

The following techniques and actions are not permitted in normal club training unless specifically instructed or agreed within an appropriate ruleset:

- Striking.
- Eye gouging, hair pulling, biting, spitting or fish hooking.
- Slamming.
- Small joint manipulation.
- Grabbing inside sleeves or trousers.
- Neck cranks.
- Heel hooks or rotational foot locks in the Gi.
- Spiking a training partner on the head.
- Jumping closed guard or any uncontrolled jumping movement.

UNCONTROLLED MOVEMENT = HIGH INJURY RISK

Jumping guard, jumping scissor sweeps onto the legs, uncontrolled suplexes, uncontrolled takedowns and spiking a partner on the head can cause serious injury. You must remain in control of your body and your training partner's safety.

Rules & Competition Guidance

Members are encouraged to read recognised BJJ and No-Gi competition rules to understand common legal and illegal techniques. Competition rules vary between organisations, so always check the specific ruleset for your event.

As you progress through the belts, additional submissions may become available. When rolling with a lower belt, train to the lower belt's permitted rules and make sure both partners understand the rules being used.

Useful Rules Resources

IBJJF Rules Updates

ibjjf.com/news/new-rules-updates

Jiu-Jitsu Brotherhood – Beginner's Guide to BJJ Rules

jiujitsubrotherhood.com/blogs/blog/preparing-for-the-podium-a-beginner-s-guide-to-bjj-rules

QUESTIONS?

This list is not exhaustive. If you are unsure about hygiene, a skin issue, club etiquette, a submission or a training rule, please speak to Adam before training.