



RULES & REGULATIONS

A. SAFETY

- i. Enter submissions responsibly. The aim is to control, not injury.
- ii. Tap early and tap often. Live to fight another day.
- iii. Be mindful of your surroundings on the mat. Avoid bumping into nearby training partners.
- iv. Avoid “100% Life or Death” style training. No one is impressed if you are the toughest person on the mats. We are impressed by clean technique and control.
- v. Remove all jewelry before stepping on the mats (necklace, bracelet, rings, earrings, etc.).
- vi. ELITE’s JIU JITSU CLUB does not allow participants to use certain techniques during live sparring/rolls. This is for the safety of everyone that steps onto the mats. The list of off limit techniques can be found below under the section *TECHNIQUES OFF LIMITS DURING LIVE SPARRING*.

B. HYGIENE

- i. No shoes while on the mats (including wrestling shoes).
- ii. Shoes **MUST** be worn off the mats (no bare feet on non-mats or bathroom floors).
- iii. All your equipment must be clean before training (Gi, belt, rashguard, etc). Do not rewear equipment that has been worn previously, even during a light session.
- iv. **YOU** must be clean before training.
- v. Do not train if sick or contagious. Do not train if you have any open wounds or infections on your skin.
- vi. Nails on fingers and toes must be cut and filed before training.

C. GENERAL

- i. You must check-in for every class & open mat. If payment is needed, please see the instructor before class begins.
- ii. We highly recommend wearing a mouth guard while taking part in live drilling and rolling.
- iii. No unaccompanied minors on site.
- iv. No food, drink, or gum on/around mats except drinks for rehydration.

- v. Clean up after yourself. Do not leave a mess in the training rooms or bathrooms.
- vi. Treat everyone with respect. We don't all need to be friends, however we should all be FRIENDLY and RESPECTFUL to one another.
- vii. Do not engage in gossip, rumors, or mean spirited behavior.
- viii. Do not "Roll & Tell" or brag about wins over others behind their back. Stay humble and focus on encouraging conversations.
- ix. Ask for instructors' permission before utilizing the heavy bag area on the Krav Maga mats.

D. TECHNIQUES OFF LIMITS DURING LIVE SPARRING

- i. Flying or Jumping Techniques (i.e. Scissor Takedown, Armbar, Triangle, etc.).
- ii. Avoid spiking or dropping training partners on their head, neck, or spine.
 - *Example - quick forward roll with training partner is on your back.*
- iii. Rotating leg locks for white belts (heel hooks, Aoki lock, etc.)
 - *It is recommended you communicate with your partner if you wish to incorporate leg locks in your live sparring.*
- iv. No slamming or high lift techniques.
- v. If you have a question about a particular technique, see one of the instructors for guidance.