

SPARRING: TIPS & ETIQUETTE



DO:

ASK PEOPLE TO SPAR

You can ask **anyone** to spar, no matter their rank. Just know that everyone has the right to refuse.



GO SLOW IF YOU'RE NEW

You're more likely to injure yourself & others when you train hard without the experience to support it.



You'll learn faster if you go slow.

TAP BEFORE IT HURTS

Avoid injury & reduce your body's wear & tear by tapping early.



Don't endure a submission until the last second – save that intensity for competition.

TAP CLEARLY & LOUDLY

You can tap your hand, stomp your foot, or shout "TAP!"



You must tap clearly so your partner knows to stop.



MIND YOUR SPACE

The mats can get crowded. If you invade another group's space, stop & reset in your own.



DON'T:

FEEL PRESSURE TO AGREE TO A ROLL

You can refuse to roll with **anyone** for any reason, or stop mid-roll if you don't want to continue. **Your consent matters.**



SLAM/TWIST OUT OF POSITIONS

If you're stuck in a position, don't try to twist or muscle out. You can get hurt! Relax & work your way out. Tap if it gets uncomfortable.



Slamming is not allowed. It's illegal in many rulesets and can be dangerous.



STRONGARM SMALLER PEOPLE

If you're the bigger or stronger training partner, it's not productive to endlessly bully those advantages during practice. If you always injure your teammates, no one will want to train with you.



Use rolls with smaller teammates to focus on fluidity & technical details.

LAY DOWN ON THE MATS

If you're not alert on an active mat, you can get hurt. People can accidentally kick you or land on your head or spine.



Sit on the sidelines to rest.