

Gym Rules and Etiquette

Mat Etiquette

- Keep a positive attitude; BJJ is about growth, teamwork, and building friendships.
- Lower belts should give way to higher belts during rolling.
- Always tap early to ensure safety—it's a key part of learning
- If you're unsure about something, don't hesitate to ask your instructor.
- Stay humble—everyone starts as a beginner.

Safety

- Training should always be safe and fun—never intentionally hurt anyone.
- No striking, punching, or kicking.
- Avoid actions like eye gouging, hair pulling, or twisting/grabbing fingers.
- Neck cranks, slamming (lifting and dropping someone), and jumping guard are not allowed.
- Remove all jewellery before training to prevent injuries.
- Use your skills responsibly and never misuse your martial arts knowledge.

Hygiene

- Keep the mats clean—wear shoes when off the mats and remove them before stepping on to the mats.
- Always wear clean training gear to every session.
- Practice good personal hygiene: trim your nails, shower before class, and wear deodorant.
- Tie back long hair and cover any open wounds with a bandage.
- If you're feeling unwell, you should take adequate time off to rest and recover—your health and your teammates' health matter.