

# ACADEMY RULES

Standards keep everyone safe and progressing. This page sets out the uniform, hygiene, etiquette, and safety rules for training at Atomic Jiu Jitsu Brisbane. Atomic is an adults-only academy; compliance is expected at all times so everyone can train hard, respectfully, and without injury.

## Academy Rules

Rashguards are required for **all** classes — **Gi** and **No-Gi**. No rashguard, no training.

## Gi Uniform

- BJJ gi (any colour/brand). Not a karate gi, or other non-Jiu Jitsu gi.
- No academy names/logos other than Atomic on patches.
- A rashguard must be worn under the gi.
- The wearing of groin guards is prohibited.

## No-Gi Uniform — Male

- Rashguard (short/long sleeve) mandatory. No t-shirts.
- Shorts without zips, metal, or pockets.
- No other academy logos. No training in spats alone — wear shorts over spats.
- The wearing of groin guards is prohibited.

## No-Gi Uniform — Female

- Rashguard (short/long sleeve) mandatory. No t-shirts.
- Spats or compression shorts allowed (shorts optional).
- If wearing shorts: no zips, metal, or pockets; no other academy logos.

## Uniforms — General

- Arrive clean, dry, and odour-free. Fresh kit if training twice in a day.
- Underwear must be worn for all classes.

## Hygiene

- Be clean; keep fingernails and toenails short.
- No nail polish on fingers or toes during training.
- Feet clean on mats; wear shoes off the mats and always to the bathroom.
- Do not train with skin infections; return only once fully resolved.

### **Mat Etiquette**

- Adults-only room; be respectful to coaches and partners.
- Address black belts as **Professor**; other instructors as **Coach**.
- No spectator coaching. If late, wait off the mats until welcomed in.
- No shoes, food, or drink on mats (bottles on racks; keep entrances clear).
- Remove jewellery/piercings; no phones/devices on mats.
- Lower belts yield to higher belts; males yield to female practitioners.
- Roll hard but fair; never rip submissions.
- Do not train when ill; cover cuts/wounds securely.

### **Strength & Conditioning Area**

- Re-rack plates/dumbbells.
- Use a towel on benches and for floor work.
- Train with caution and respect others' space.

### **Non-Compliance**

- Compliance with Academy Rules is non-negotiable. Continued contravention may lead to exclusion.