



JUSTICE JIU-JITSU

PROF. VICENTE JÚNIOR JIU-JITSU TEAM



ACADEMY RULES AND ETIQUETTE

1. **RESPECT** everyone... this includes instructors, fellow students, and guests.
2. **No shoes on the mat** – socks or bare feet only.
3. **Students must bow facing the mat before entering and exiting the mat.**
4. **Avoid using foul or offensive language.**
5. **Keep your BJJ gi clean and always wear a clean, dry gi to class.**
6. **Never challenge a higher-ranking belt or an instructor to spar.**
7. **Always bow, fist bump, or shake hands with your partner before sparring.**
8. **Parents are not permitted to interfere when their child is being instructed.**
9. **Practice good hygiene and grooming. If you are coming in after work and you are stinky or dirty, please freshen up and/or shower. This includes having fresh breath. No one likes a smelly training partner! Long and dirty fingernails and toenails spread germs.**
10. **Refrain from horseplay or talking while the instructor is teaching. STAY FOCUSED!**
11. **Black belt instructors are referred to as “Professor” (which means “teacher” in Brazilian Portuguese) during class. Blue, purple, and brown belt instructors are referred to as “Coach.”**
12. **Do not lounge while being taught - sit with your legs crossed, kneel, or stand during instruction.**
13. **Never leave the mat during class without the instructor’s permission.**
14. **Keep your cell phones off or placed on “silent mode” during class.**
15. **Only instructors are allowed to teach; please do not “help” other students if you aren’t an instructor.**
16. **Unless the instructor has given permission or moved to another technique, keep repeating the technique that was shown. You cannot repeat a move too many times! Do not do the technique a few times and then stop. Most importantly, TAKE YOUR TIME and do ONLY the move that was shown.**
17. **By default, if the instructor leaves the mat, then the highest-ranking student is in charge.**
18. **During sparring, take care of your partner(s). DO NOT resort to dirty moves or techniques. No fish-hooks, eye gouging, finger or toe holds, groin shots, or slamming your partner to the mat.**
19. **Leg locks during sparring are only to be performed by blue belts and above. This is to prevent injuries. The most dangerous belt is a white belt...**
20. **Please clean up after yourself before leaving. Remember your water bottle, gi and belt.**

FOLLOWING THESE RULES HELPS US PROVIDE A CLEAN, RESPECTFUL AND SAFE ACADEMY!!