



# SPARRING: TIPS & ETIQUETTE



## ✓ DO:

## ⊘ DON'T:

### ASK PEOPLE TO SPAR

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



### FEEL OBLIGATED TO SPAR

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



### GO SLOW IF YOU'RE NEW

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



### COACH UNLESS ASKED

**Don't coach unless you're a coach**, or you've been asked.



**You'll learn faster if you go slow.**

### STRONGARM SMALLER PEOPLE

It's not productive to strongarm smaller teammates during practice. If you always injure your training partners, no one will want to train with you.



### TAP BEFORE IT HURTS

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



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

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.

### SLAM, TWIST OUT OF POSITIONS

Don't twist or muscle out of tight positions. You can get hurt! Relax & try to work your way out. Tap if it feels uncomfortable.

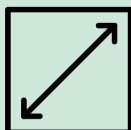


**Slamming is not allowed.** It's dangerous, & illegal in most rulesets.



### MIND YOUR SPACE

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



### LAY DOWN ON THE MATS

If you're not alert on an active mat, you can get hurt. People can crash into you or land on you. **Sit on the sidelines to rest.**

