



FUNCTION JIU JITSU
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MEMBERSHIP POLICIES & AGREEMENT

WELCOME TO FUNCTION JIU JITSU

We're glad to have you as part of Function Jiu Jitsu, LLC (FxJJ). Taking the courage to walk through the front door and make the commitment to train is the first step toward something that can become one of the most rewarding parts of your life. Training challenges you physically and mentally, builds confidence and discipline, and gives you the opportunity to continually grow alongside a community of people working toward the same goal. Like anything worthwhile, it requires consistency, effort, humility, and a willingness to learn. It also requires you to become a good training partner, respect those around you, take care of the academy, and contribute positively to the community. The expectations and policies in this document are designed to support that environment and help make Function Jiu Jitsu a place where everyone can train, improve, and belong.

TRAINING AT FUNCTION JIU JITSU

Training at FxJJ is designed to accommodate people with different goals, experience levels, and backgrounds. Members are encouraged to take advantage of the programs available to them and train consistently within the options included with their membership. If you are ever unsure about which class or program is right for you, our coaches are happy to help. Whether you are brand new to training or have years of experience, our goal is to help you find the right place to start and continue developing from there. Talk with your coach, ask questions, and take advantage of the training opportunities available to you. As you become familiar with the academy, you will find that consistency, participation, and being a good training partner are the best ways to get the most out of your time at FxJJ.

DOCUMENT INSTRUCTIONS

Please read this entire document carefully before signing. **Once completed, please return the sixth (final) page, including the athlete(s) name, pricing selections, and signature.** You may sign electronically and email the completed page to functionjiujitsu@gmail.com or print and sign it and return it to the academy in person.

DOCUMENT PURPOSE

This document is intended to clearly communicate the expectations, policies, and membership terms of Function Jiu Jitsu LLC. It is not intended to be a legal document or contract, or to create unnecessary contractual obligations for our members. Its purpose is simply to make sure everyone understands what to expect when starting and maintaining training at FxJJ, as well as the standards we expect from everyone who trains at our academy.

MEMBER(S) ACKNOWLEDGMENT

By signing this agreement, you acknowledge that you have read, understand, and agree to the expectations, policies, and membership terms outlined in this document. If you are signing on behalf of another athlete or multiple athletes, you are also acknowledging these policies on their behalf and agreeing to help ensure that everyone covered by this agreement follows the academy rules, safety requirements, conduct standards, promotion guidelines, membership and tuition policies, and automatic payment terms outlined in this document. These expectations apply to your participation and, where applicable, to the participation of each athlete you are enrolling at Function Jiu Jitsu, LLC.

ACADEMY PROGRAMS AND AVAILABILITY

SCHEDULE & COMMUNICATION

Membership provides unlimited access to the programs available to the member's age group.	ADULTS	KIDS	Class availability, instructors, and schedules may change as the academy grows, so please refer to functionjiujitsu.com/academy-schedule for the most current information. Please pay special attention to schedule changes around holidays and summer break. Important updates and temporary changes may also be communicated through our regular communication channels, including email, social media updates, and our Discord server. Discord requires an invitation, so if you have not received one, please ask management for an invitation.
Jiu Jitsu	X	X	
Grappling	X	X	
Striking	X		
Women's Jiu Jitsu	X		
Yoga & Mobility	X		
Open Mat	X	X	
Competition Training	X	X	
Private Training	X	X	
Seminars and Workshops	X	X	

ACADEMY RULES / STANDARDS / GUIDELINES:

Attendance & Respect

- Members are expected to arrive on time, be prepared for class, and notify staff when arriving late.
- Members are expected to remain attentive during warm-ups and instruction, follow instructor directions promptly, and ask questions when clarification is needed.
- Members are expected to treat instructors, staff, teammates, parents, and guests with respect and contribute to a focused, positive training environment.
- Athletes and parents may not coach from the sidelines during class, and members may not leave the mats or training area without permission except when necessary for safety or an emergency.
- Phones and other devices should stay off the training surface unless being used for an academy-approved purpose.

Hygiene & Dress Code

- Members are expected to wear clean uniforms, belts, apparel, and training gear to every class, with shirts or rash guards worn at all times while training.
- Members must keep fingernails and toenails trimmed, maintain clean hands and feet, and address personal hygiene concerns such as bad breath before training.
- Bare feet are required on the mats; shoes and socks are not permitted on the training surface.
- All jewelry must be removed before training, and hair that is shoulder-length or longer must be securely tied back.
- Members should not train while sick or while experiencing an untreated or potentially contagious skin infection.

Health & Safety

- Clean feet with provided wipes before stepping on the mat.
- Members are expected to contribute to a safe, controlled, and productive training environment and to communicate any injuries or physical limitations to an instructor before training.
- Members must use only techniques appropriate for their experience level and must immediately stop any technique or drill when a training partner taps or an instructor directs them to stop.
- Mouthguards are required during live drilling and sparring. Excessive or uncontrolled force is not permitted.
- Members must promptly report any unsafe condition, behavior, or person to an instructor or academy staff member.

Housekeeping

- Members are expected to keep changing areas, cubbies, and other shared spaces clean and organized and to place personal belongings in designated shelves or cubbies.
- Members should take personal belongings home after training and are responsible for securing their own property while at the academy.
- Members are expected to return academy equipment to its proper place after use and help maintain the cleanliness of the academy when asked.
- Members may be asked to assist with mat cleaning, general cleanup, or other routine housekeeping following training.
- Items left in the academy's lost and found may be discarded or donated after 30 days.

Substances & Impairment

- Members may not participate in training while impaired by alcohol, recreational drugs, or any medication or substance that affects judgment, coordination, awareness, or ability to train safely.
- The possession, use, distribution, or sale of illegal drugs or performance-enhancing drugs on academy property is prohibited.
- Members are responsible for understanding the potential effects and risks of any medication, supplement, peptide, hormone, or other performance-enhancing substance they choose to use. Function Jiu Jitsu does not prescribe, provide, recommend, or administer such substances.
- Members participating in competition are responsible for understanding and complying with the rules and prohibited-substance policies of the organizations in which they compete.

Weapons & Guests

- Members are responsible for ensuring that guests they bring into the academy follow academy rules and standards. Members may be held accountable for disruptive, unsafe, or inappropriate conduct by guests they invite or bring onto academy property.
- Parents and spectators must remain in designated areas and may not interfere with instruction or training.
- Firearms, knives, or other dangerous items are not permitted on academy property unless approved by management.

Food & Drinks

- No food or drinks on the mats.
- Water bottles are allowed.

ACADEMY TRAINING EXPECTATIONS, ATTENDANCE REQUIREMENTS, AND PROMOTION CRITERIA:

Adult Belt System		
Adult Belts	Adult Stripes	Adult Belt Promotion Criteria
• White • Blue • Purple • Brown • Black	• White	FxJJ belt promotions for adults are based on consistent time on the mat, training, sparring, and continued development. Academy recommendation is a minimum of two training days per week, with regular open mat participation to stay on track for promotion. Four white stripes are required between each belt promotion. Typical progression is approximately two years between belts, with approximately ten years of consistent training to black belt. These are general guidelines, not guarantees. Additional training and mat time may accelerate progression, while inconsistent attendance may extend it. All promotions remain at the discretion of academy instructors.

Kid's Belt System		
Kid's Belts	Kid's Stripes	Little Kid Belt Promotion Criteria
• White • Grey White • Grey Solid • Grey Black • Yellow White • Yellow Solid • Yellow Black • Orange White • Orange Solid • Orange Black • Green White • Green Solid • Green Black	• White • Yellow • Blue • Purple • Green • Orange • Red	FxJJ belt promotions for 5–7 year olds are primarily based on consistent attendance, participation, and continued development. Progress is recognized through the stripe system. Generally, four white stripes are required to reach the next belt, which should take approximately nine months. However, earning additional colored stripes can accelerate that process. Colored stripes recognize additional achievements, personal development, and positive attributes that allow students to distinguish themselves beyond attendance and participation. Promotions remain at the discretion of academy instructors. If an instructor determines that a student is not yet ready for promotion, the promotion date may be delayed until the student demonstrates the necessary readiness. Little Kid Belt Promotion Criteria FxJJ belt promotions for 11–15 year olds are based on consistent attendance, participation, training, sparring, and continued development. Progress is recognized through the stripe system, with four white stripes required to reach the next belt. Colored stripes recognize additional achievements, personal development, and positive attributes that allow students to distinguish themselves beyond attendance and participation. As students progress, greater emphasis is placed on developing the skills, discipline, maturity, and training habits necessary to transition successfully into the adult program. Promotions remain at the discretion of academy instructors, and promotion dates may be delayed if a student is not yet ready for the next belt level.

Information about our kids' belting systems, stripe progression, and promotion process can be found at functionjiujitsu.com/fxjj-members

Program Participation	
Progression through the FxJJ belt system requires regular participation in both Jiu Jitsu (Gi) and Grappling (No-Gi) training. Students are expected to develop a well-rounded understanding of both formats as they progress through the program. Participation in other academy programs, including Striking, Yoga, and Mobility, is encouraged but not required for belt advancement.	

Competition	
Competition is not required for development or advancement, and choosing not to compete will not hold a student back from progressing through the program. However, FxJJ strongly encourages and recommends all students to participate in competition as part of their development. Competition provides a valuable opportunity to challenge yourself, build confidence, gain experience, and better understand your training.	

Apparel & Equipment				
Jiu Jitsu & Grappling			Striking	Yoga & Mobility
• Jiu Jitsu Gi & Belt • Rash Guard • Grappling Shorts • Mouthguard	• Water Bottle • Towel • Flip Flops • Nail Clippers	• Athletic Tape • Bandages	• Boxing Gloves • MMA Gloves • Shin Guards	• No special equipment needed.
Links for recommended training gear available at functionjiujitsu.com/training-gear				

Prohibited Techniques		
• Jumping Guard • Jumping Back Takes • Jumping Head Snap Downs	• Leg Scissor Takedowns • Guard Slamming • Spiking or intentionally dropping a partner on their head or neck.	• Neck cranks or uncontrolled pressure on the neck. • Slamming or intentionally throwing a partner to escape a submission.

ACADEMY POLICIES FOR ADMINISTRATION, OPERATIONS, AND PROTECTION

Function Jiu Jitsu, LLC. reserves the right to protect the company's integrity, reputation, brand, logo, and members. The following are prohibited on academy property, during academy activities, and in academy-affiliated spaces without the approval of academy ownership: **

- Discussing political, religious, racial, and other divisive topics used to create conflict, division, or disruption.
- Recruiting or organizing for political, religious, racial, or ideological advocacy.
- Using the academy's name, logo, membership, social media platforms, online groups, etc., to promote personal political, religious, racial, or ideological causes.
- Wearing, displaying, or promoting logos, apparel, patches, symbols, or other materials within the academy that are inconsistent with the safety, standards, values, or reputation of Function Jiu Jitsu, LLC.
- Displaying materials or signage not related to jiu-jitsu, grappling, fitness, training, health, etc.
- Creating, publishing, or distributing content that represents itself as official Function Jiu Jitsu communication, advertising, or media.

Function Jiu Jitsu, LLC. reserves the right to identify, address, and disallow conflicts of interest. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu, LLC. both inside and outside the academy without the approval of academy ownership: **

- Engaging in outside business, organizational, coaching, or personal activities that may create a conflict with their responsibilities or relationship with Function Jiu Jitsu, LLC.
- Using academy resources, relationships, membership information, training opportunities, or position within Function Jiu Jitsu, LLC. to promote, recruit for, or benefit an outside organization or competing interest.
- Exploiting position, access, influence, or relationships within Function Jiu Jitsu, LLC. to recruit members, instructors, or staff for outside organizations, businesses, programs, or competing academies.
- Using the name, facilities, membership, or resources of Function Jiu Jitsu, LLC. to endorse, promote, or benefit an outside person, business, organization, or cause.
- Representing oneself as speaking for, acting on behalf of, or officially representing Function Jiu Jitsu, LLC.
- Soliciting FxJJ members for outside businesses, organizations, programs, services, or causes.

Function Jiu Jitsu, LLC. reserves the right to grant, modify, or discontinue access of academy property, facilities, or events as ownership determines necessary. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu, LLC. without the approval of academy ownership: **

- Accessing the academy outside scheduled classes, open mats, events, or other authorized times.
- Entering restricted areas, accessing academy accounts or systems, or using academy property or resources without authorization.
- Academy access may be limited, restricted, or revoked when necessary for safety, security, maintenance, private events, or other operational needs.

Function Jiu Jitsu, LLC. reserves the right to protect academy property and assets. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu, LLC.

- Inappropriately using, altering, removing, or damaging academy equipment, facilities, and property.
- Using or distributing another member's personal information, contact information, photographs, or other identifying information without their permission.
- Interfering with academy operations, instruction, events, or activities in a manner that disrupts training or prevents staff from carrying out their responsibilities.
- Photographing, video recording, or livestreaming in a manner that interferes with training, instruction, or the privacy of other members.
- Copying, reproducing, distributing, or using academy curriculum, training materials, documents, forms, or other proprietary materials for purposes outside of Function Jiu Jitsu without authorization.

Function Jiu Jitsu, LLC. reserves the right to implement, enforce, modify, or discontinue academy policies as ownership determines necessary. Any material changes affecting membership will be communicated in advance whenever practicable.

- Reasonable notice will be provided before material policy changes become effective.
- Updates required by law may become effective immediately.
- Ownership reserves the right to modify class schedules, instructors, programs, tuition rates, or operating hours as reasonably necessary.

**** Consequences may include a warning, suspension, removal from specific activities, or termination of membership.**

ACADEMY POLICIES FOR CONDUCT & ACCOUNTABILITY:

Function Jiu Jitsu, LLC. reserves the right to protect academy standards. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu both inside and outside the academy: **

- Conduct compromising the safety, well-being, or integrity of the members, instructors, staff, the academy, or others.
- Threatening, harassing, intimidating, discriminating against, or intentionally creating conflict with members, instructors, staff, the academy, or others.
- Participating in groups, organizations, or activities that promote violence, discrimination, harassment, intimidation, hostility toward members, instructors, staff, the academy, or others.
- Participating in groups, organizations, or activities that negatively affect the safety and well-being of members, instructors, staff, the academy, or others.
- Retaliating, intimidating, or attempting to harass or punish a member for reporting safety concerns, policy violations, or misconduct.
- Engaging in physical altercations, fighting, or intentional physical aggression outside of authorized training activities.

Function Jiu Jitsu, LLC. is committed to providing a safe environment for children and youth members. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu both inside and outside the academy: **

- Abusive, threatening, intimidating, sexualized, or otherwise harmful conduct toward a minor.
- Inappropriate physical contact, communication, photographs, videos, messages, or social-media interactions with a minor.
- Attempting to isolate, manipulate, groom, exploit, or establish an inappropriate relationship with a minor.
- Private or secretive communication or interactions with a minor that are inappropriate for the individual's role or intended to circumvent parental or academy oversight.
- Transporting, meeting privately with, or otherwise having unauthorized unsupervised access to a minor outside approved academy activities.
- Providing, requesting, or exchanging inappropriate personal information, gifts, images, or communications with a minor.
- Ignoring, concealing, discouraging the reporting of, or retaliating against anyone who raises a concern regarding the safety or treatment of a child.
- Any conduct that creates a reasonable concern for the safety, welfare, or appropriate treatment of a child or youth member.
- Parents and legal guardians are responsible for providing accurate emergency and contact information, informing the academy of relevant medical or safety concerns, and ensuring that children arrive and depart according to academy procedures.
- Any sexual conduct or sexualized interaction with a minor.

Function Jiu Jitsu, LLC. maintains a zero-tolerance standard for sexual harassment, sexual misconduct, and sexual abuse. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu both inside and outside the academy: **

- Sexual harassment, sexual abuse, sexual misconduct, or unwanted sexual conduct of any kind.
- Unwanted sexual comments, jokes, advances, gestures, touching, contact, messages, images, or communications.
- Sexualized comments or behavior directed toward or involving another member, coach, staff member, volunteer, or guest.
- Pursuing, initiating, or facilitating inappropriate romantic or sexual relationships through an individual's position, access, influence, or relationships within Function Jiu Jitsu.
- Using academy facilities, membership, communication channels, social-media groups, or academy relationships to facilitate prohibited sexual or romantic conduct.
- Retaliating against, intimidating, threatening, or attempting to silence any person who reports or raises a concern regarding sexual harassment, misconduct, or abuse.

Function Jiu Jitsu, LLC. maintains an expectation that all members are included and treated respectfully as training partners. No member is required to participate in drilling or live training at any given time. However, when participating in training, members are expected to be willing to train with any appropriate teammate. The following are prohibited for members, coaches, staff, and representatives of Function Jiu Jitsu: **

- Refusing to train with or routinely excluding an otherwise appropriate training partner based solely on sex, gender, race, religion, age, or another personal characteristic.
- Intentionally excluding or avoiding another member from training, drilling, or sparring without a legitimate safety, medical, instructional, or other reasonable concern.
- Using a preferred training role or position as a reason to refuse an otherwise appropriate training partner.
- Disrespecting, pressuring, or retaliating against a member who participates in training with a particular partner or group.

**** Consequences may include a warning, suspension, removal from specific activities, or termination of membership.**

MEMBERSHIP, TUITION, & PAYMENT AGREEMENT:

- Monthly memberships are billed automatically on a recurring basis using your debit or credit card on file.
- Please keep your billing and contact information up to date to avoid any interruptions in training.
- All tuition, paid-in-full memberships, programs, events, promotions, seminars, workshops, special training sessions, and purchases of uniforms, gear, or merchandise are non-refundable except as required by law.
- Memberships are personal and may not be transferred or shared with another individual.
- If a payment is missed or declined, training privileges may be suspended until the balance is resolved.
- Members may request to place their membership on hold for up to two (2) months per calendar year, subject to a \$30 per month administrative fee.
- To cancel or hold your membership, send an email to functionjiujitsu@gmail.com. Requests submitted with fewer than fifteen (15) days' notice may be processed during the following billing cycle.
- Membership dues are based on access to the academy and its programs, not on individual class attendance.
- Missed classes, membership holds, suspensions, terminations, or cancellations do not qualify for tuition credits or refunds.

ACCOUNT PAYER INFORMATION

Please list the person responsible for the billing account, keeping payment information current, and handling billing-related communications.

Billing Name: _____

Billing Phone: _____

Billing Address, City, State, ZIP: _____

Billing Email: _____

TUITION OPTIONS

MONTHLY ADULTS (16+)					MEMBERS INCLUDED	DOB
K	#	0	1	2	ADULT 1:	
I	0		\$135	\$220	ADULT 2:	
D	1	\$99	\$185	\$270	CHILD 1:	
S	2	\$149	\$235		CHILD 2:	
(5-15)	3	\$199			CHILD 3:	
	4	\$249			CHILD 4:	
	FAMILY			\$299	CHILD 5:	

Members who choose to pay their tuition in full receive a 15% price reduction.

AUTOMATIC PAYMENT AUTHORIZATION (SQUARE)

By signing below, I authorize Function Jiu Jitsu LLC to securely store my payment method and automatically charge my credit or debit card through Square on my scheduled billing date each month until this authorization is revoked in accordance with this Agreement.

I understand and agree that:

- My membership payment will be processed automatically on the _____ day of each month at a rate of _____ per month.
- I will always maintain a valid payment method on file.
- If a payment is declined, I will promptly update my information to avoid disruption to training.
- Continued non-payment may result in suspension or cancellation of membership.

SIGNATURE

By signing below, I confirm that I have read, understand, and agree to the academy rules, membership policies, and payment terms outlined in this document. I understand that these policies and terms apply to my membership and, where applicable, to each athlete I am enrolling at Function Jiu Jitsu LLC.

Signature: _____

Printed Name: _____

Date: _____