



BEYOND GRAPPLING CLUB

Code of conduct

Welcome to Beyond Grappling Club, to ensure we keep the environment that we all love, following are our standard principles of behaviour and rules:

GENERAL

Always be respectful, considerate, and courteous of others. Leave your ego at the door. Beyond Grappling Club is about respect for yourself and others.

No foul language or yelling, control your temper and exercise self-control.

Wear shoes off the mats. If you go off the mats without shoes you **MUST** wipe your feet. If you go to the bathroom without shoes, or if you come in barefoot, you will not be allowed on the mats, unless you clean your feet first with sanitizer

Be aware of hygiene, inappropriate body odour and breath is not nice to train with.

If you can have come straight from work, try to have a shower before coming to training. Ensure you and your breath smells ok.

Please come to training dressed in your gi/no gi attire. If you need to get changed please use the change rooms available.

Be mindful of your physical limitations, please advise of any medical conditions **BEFORE** training. If you have the flu or a cold, or any illness that is contagious, please stay home and rest. This includes ringworm, staph, conjunctivitis etc.

If you have been kicked out of another club, are member of an outlawed association, pose to be a potential risk or danger to others or fail to pay your fees we can ask you to no longer train at Beyond Grappling Club.

BRAZILIAN JIU JITSU / JUDO – GENERAL

Take care of your training partners. Do not crank submissions or smash smaller weaker people through the floor. Always show respect to your instructors, training partners, and fellow human beings. Do not seek to harm fellow students.

Do not talk while the instructor is talking to the class.

Nails must be cut short. If you have long hair, please tie it back, firmly.

Remove **ALL** jewellery before training.

No make up, it will rub off on the uniforms and it's very hard to get off.

Females students are to wear a t-shirt or rashie under their gi, not a crop top.

If you are injured during class please let the instructor know ASAP.

Respect the tap, to avoid any injury if your partner taps, release immediately and safely. If you find yourself in a submission and are unsure you can defend it, tap immediately. If you can't tap with your hand, tap with your foot, or call out "Tap."

If you have any injuries let your training partners know.

If you are late to training, ensure you are properly warmed up before getting on the mat. Just let the coach know you are late.

NO flying techniques in live rolls i.e. flying arm bars, jumping guard, flying triangle, scissor takedowns.

BRAZILIAN JIU JITSU - WHITE BELTS

NO heel hooks, or any submission which twists a joint, wrist locks, calf slicers, knee bars, reaping, during live rolls, you are allowed to learn them, but under no circumstances are you allowed to apply them during a live roll, and no one is allowed to apply them to you as well. If you are doing No Gi, please let your partner know you are a white belt.

BRAZILIAN JIU JITSU – COLORED BELTS

If you want to practice heel hooks etc, with someone new, regardless of rank, in a roll you must have an agreement with your partner before you begin to roll and you must do so with caution. Some academies do not teach these.

NO heel hooks, or any submission which twists a joint, wrist locks, calf slicers, knee bars, reaping, during live rolls, on white belts.

JUDO – WHITE BELTS

White belts are not allowed to do sparring rounds with other white belts unless approved by the coach at the time.