

Rules for Students

- **Respect the tap.** This is the most important rule... repeat offenders will be banned permanently.
- **You must sign a liability waiver to train.**
- **Be clean.** Change rash guards between classes. If you see a rash or something you suspect could be ringworm, ask a coach. Shower as soon as possible after class.
- **Clip your nails.** No one likes getting scratched up.
- **Prioritize learning.** Don't try to kill each other. Know your partner's pace.
- **No slams.** If you pick your partner up off the ground, it is your responsibility to put them back down again gently.
- **Remove all jewelry.** It'll get broken or scratch someone.
- **All leg locks are legal (starting at blue belt).** Be gentle with heel hooks and while reaping the knee. This is training, not a competition. White belts should not heel hook.
- **Illegal techniques include:**
 - Scissor leg takedown
 - Suplex (this is a slam)
 - Single digit manipulation (grabbing single toes and fingers)
 - Biting
 - Hair pulling
 - Striking (punches, kicks, slaps, knees, elbows, etc.), with the exception of combat jiu jitsu
 - Intentionally crushing family jewels
 - Eye gouging
 - No flying armbars/triangles or jumping closed guard before purple belt
- **Wear flip flops off the mat.** It's gross not to.
- **Dress code:**
 - Men:
 - Medium to tight fitting shirt or rashguard, rashguard preferred
 - Shorts without pockets, velcro or zippers
 - No jewelry
 - Women:
 - Medium to tight fitting shirt or rashguard, rashguard preferred
 - Shorts that extend to at least your fingertips when your hands are at your sides, no pockets, velcro or zippers
 - Leggings permitted, but you still need shorts
 - No jewelry