

## 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.** Be gentle with heel hooks and while reaping the knee. This is training, not a competition.
- **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