

Chesapeake Martial Arts/Team Tatu BJJ
Team Rules

I. A) Gi care: Gi's should be kept clean and not used repeatedly without washing. Most Gi's are susceptible to shrinking, even if purchased pre-shrunk. Therefore, a good rule of thumb is to air dry the Gi after machine washing it. A Gi should be washed after every class. Gi's must be colored Blue, White, or Black and of Jiu-Jitsu or Judo quality.

B) Hygiene: Students are required to keep their Gi and gear clean. It is important to wash your Gi and gear on regular basis, especially during the hot months of the year. This will prevent fungus from entering your gear. Each individual must maintain short finger and toe nails. Long hair must be tied up or capped. Cuts must be bandaged appropriately.

C) Injuries: Students with pre-existing injuries must inform the instructor of such injuries. If you have a skin rash or infection, you must inform the instructor and are recommended to seek medical advice. Ringworm and Staph infections, even though rare, can occur and should be taken seriously. Students with such infections are not allowed to participate in class until they receive medical clearance from their family physician. Minor bumps, bruises, joint discomfort and cuts are common in BJJ.

D) Conduct in the gym/towards others: The individuals in the gym are your "teammate." Each student is expected to act accordingly and to show, not only the instructors respect, but also their peers. Misconduct, disrespect, or fighting will not be allowed at any time and any students involved in such conduct may be thrown off the team at the instructor's discretion. Rough-housing will not be allowed at any time. Teammates are expected to act as a "family" and help others get better at the sport. Egos are to be checked at the door prior to class. Additionally, if it comes to the instructor's attention that any students are intentionally hurting individuals outside of class, not in a self-defense setting, s/he may be dismissed from the team.

II. International Brazilian Jiu-Jitsu Federation Rules:
(For student's edification of tournament ruling)

A) Points System: (positions must be held for at least 3 seconds)

4 points -mount, back mount

3 points -passing the guard

2 points -take downs (with control), sweeps and knee on the belly

-1, -2... -penalties (illegal grips, stalling, ect.)

1, 2, 3... -advantages (serious attempted submission, guard pass or sweep)

B) Illegal Submissions: (Under Brown/Black Belt level)

- SLAMMING FROM THE GUARD
- ALL LEG LOCKS
- CERVICAL (only without chokes)
- BICEPS LOCK
- CALF LOCK
- WRIST LOCK
- MATA LEAO WITH FOOT
- SCISSORS TAKEDOWN
- HEEL HOOK

*Additionally, during rolling there will be no striking, rough-housing, or cross-facing allowed.

C) IBJJF/BJJ Belt System: (IBJJF required minimum times at each belt level)

- White to Blue - instructor's discretion/average is 1-2 YEARS
- Blue to Purple - 2 YEARS
- Purple to Brown - 1 AND A HALF YEARS
- Brown to Black - 1 YEAR