

**BJJ ACADEMY
HOUSE RULES**

THIRD SPACE

Dojo Etiquette

The following BJJ Academy house rules are in place to ensure a healthy and safe training environment.

THE BOW

While bowing in martial arts is not mandatory, it is a gesture of respect. Typically, martial artists bow to their teachers, seniors, and teammates.

LINING UP

Classes begin and end with students lining up in belt rank order, starting with the highest belt at the front, followed by others according to their rank.

HYGIENE

Personal hygiene is essential in close-contact, combat sports. Please ensure you wash your Gi and No-Gi gear (including belts) after each session and maintain good personal hygiene overall.

Shoes must not be worn on the mats but must be worn in all other areas in the club.

Please do not attend class if you are unwell or have any open wounds.

Finger and toenails must be kept short. Jewellery and piercings must be removed before training.

Training Gear

PROTECTIVE GEAR

Mouth guards, groin protectors and headgear are not required to train Jiu-jitsu and are not permitted in tournaments.

GI CLASSES

A kimono (Gi) and your belt must always be worn when training, except in No-Gi classes. A rash guard must be worn underneath the jacket.

NO-GI CLASSES

Shorts or spats and rash guards can be worn in No-Gi classes.

Please do not wear clothing with zippers.

Basic Scoring System

TAKE DOWN (2 POINTS)

Awarded when an athlete causes their opponent who has 2 feet on the ground to land on their back, side or seated and establishes the top position. Must be held for 3 seconds.

Your opponent must not have a grip on your pants before you pull guard, or they will be awarded the points for the take down.

GUARD PASS (3 POINTS)

Awarded when an athlete in the top position passes the legs of the opponent in the bottom position and maintains side-control or north-south for 3 seconds.

KNEE ON BELLY (2 POINTS)

Awarded when an athlete on top places their knee or shin on their opponent's belly, chest or ribs while they are lying on their back, without the opposite knee touching the ground for 3 seconds.

MOUNT (4 POINTS)

Awarded when the athlete is sitting on top of the opponent's torso, free from half guard, facing the opponent. Must be held for 3 seconds.

If an athlete transitions from mount to back mount or vice versa, they will be awarded 4 points for each position, provided they are controlled and stable for 3 seconds.

Basic Scoring System

BACK CONTROL (4 POINTS)

Awarded when an athlete controls an opponent's back with their feet between their thighs without crossing the feet. Must be held for 3 seconds.

SWEEP (2 POINTS)

Awarded when the athlete on the bottom controls their opponent in a guard and inverts the position, forcing the opponent into the bottom position. Must be held for 3 seconds.

ADVANTAGE POINTS

Awarded when an athlete achieves a point-scoring position without maintaining control for the entire duration. An advantage can also be awarded when an athlete attempts a submission hold where the opponent is in real danger of submitting.

Match Details

MATCH DURATION

Match duration varies by belt and age division:

- Juvenile: 5 minutes
- Adult: 5-10 minutes
- Master I: 5-6 minutes
- Master II, III, IV, V: 5 minutes

ILLEGAL MOVES

- Jumping to closed guard
- Spinal lock without the choke
- Heel hooks (only allowed in IBJJF competition for black and brown belts)
- Scissors take down
- Knee reaping
- Backward finger bending
- Bicep slicer
- Calf slicer
- Knee bar
- Toe hold (Estima lock)
- Slams
- Kneeling or sitting down without any grip on the opponent
- Deliberately exiting the match area to prevent the opponent from completing a sweep or a take down
- Directing profane language or obscene gestures at the opponent, centre table, table officials, referee, or public