



# Carpe Diem BJJ Etiquette



Try not to injure yourself or others when sparring. Sparring in the dojo is not the same as a competition. Always be considerate of your sparring partner. If you feel the need to prove yourself, please enter a proper competition.



We observe IBJJF rules when sparring. Please feel free to refer to the rule books available at each dojo.



If you start to bleed, please stop training until you can stop the bleeding. Training while bleeding is not allowed.



Please make an effort to listen to the class instruction appropriately.



Please continue drilling until you are told by the Instructor to stop.



Please wear a clean uniform to practice.



There is absolutely no problem with coming to class late or leaving early but please let the class instructor know when you enter or leave.



Please look after your own belongings. Each dojo has lockers with built-in combination locks and we recommend using them to secure valuables.



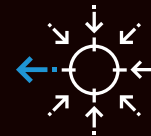
Video recording during lessons is prohibited.



All members are required to wear a rash guard while training. Unfortunately T-shirts are not acceptable.



Please leave the mat area within 30 minutes after class is completed unless participating in the following class.



When a class is in session, the mat area in use is reserved for that class. Others are not permitted to use the area for stretching, free practice, drilling, etc.



If your uniform is drenched please change it before the next class.