



Rules & Regulations in Dojo



1. Anybody starting BJJ training must start as a white belt even if they were practising other martial arts.
2. Jiu- Jitsukas must always address the responsible of the class either by instructor, sensei, maître or coach.
3. Jiu-Jitsukas must not talk or disturb the training session in any way while the class is going on.
4. The mat follows the traditional rules of good conduct. Every Jiu-Jitsuka to honour and follow them with sincerity.
5. Jiu- Jitsukas must always act with humility in front of any instructor and humbly ask for anything.
6. Jiu- Jitsukas must respect their instructors, the mat, their kimono and their training partners.
7. Jiu- Jitsukas must always pay respect upon entering or leaving the mat.
8. Before starting training, Jiu- Jitsukas must inform their instructors if they have any injury or physical disability.
9. All Jiu- Jitsukas must cooperate to create a positive atmosphere of harmony and respect.
10. Jiu- Jitsukas must always maintain discipline whether they are on or off the mat.
11. Jiu- Jitsukas must always wear clean washed rashguards, shorts, leggings, kimonos and other accessories.
12. Jiu- Jitsukas must always have their nails of hands and feet well-trimmed to avoid hurting their training partner.
13. Jiu-Jitsukas must always have a good hygiene (i.e. shower, brushing teeth prior before starting of a class)
14. Jiu- Jitsukas must have their hair well cut or long hair must be tied properly.
15. Jiu- Jitsukas must remove all kind of jewellerys and accessories that could hurt their training partners.
16. Jiu- Jitsukas must always be punctual for all the training and activities.
17. Jiu- Jitsukas must put their smartphones/ iPhones/ cell phones on silence mode during class.
18. Jiu- Jitsukas must avoid training if they have any contagious diseases.
19. Jiu- Jitsukas must always ask permission before they join in for training if they are late.
20. Nobody is allowed to leave the dojo/ training area during training session unless given permission.
21. Jiu-Jitsukas must always wear something descent, i.e., a Gi, T-shirt, shorts, trousers, or a singlet while in the Dojo.
22. Jiu- Jitsukas must always bow their partner before starting and ending any work together.
23. Jiu- Jitsukas must never dispute among themselves.
24. The dojo will not tolerate any kind of racism, communalism or discrimination of any kind.
25. There must be mutual respect between male and female Jiu-Jitsukas.
26. Female Jiu-Jitsukas must always be (*decently*) well dressed.
27. Male and Female Jiu-Jitsukas must always be well mannered either during training or off training time.
28. No filthy languages or loud voice are allowed in the dojo either during training or off training time.
29. No cigarettes, alcoholic drinks, dangerous drugs or any other illicit substances are allowed in the dojo premises.
30. Jiu- Jitsukas must always pay respect to the members of the public irrespective of their age, gender & religion.
31. Jiu- Jitsukas must always abide by the code of BJJ, honesty, sincerity and integrity.
32. Lower belt must never invite higher belt but higher belt can invite lower belt and they must not refuse.
33. Jiu- Jitsukas must always pay their monthly and entrance fees according to respective club payment rules.
34. If there is any conflict between Jiu-Jitsukas or instructors and a solution has not been found, they must report the matter immediately to their higher instructor or MBJJF office in written. The MBJJF will not entertain any anonymous letter or verbal report.
35. These Rules & Regulations are also applicable to all Instructors irrespective of their belts.

Any breach of the above rules & regulations may result in expulsion from the dojo and will not be welcomed in any other dojo under MBJJF, nor will he/she be able to participate in any activity organised unless a written appeal has been made.

The above Regulations must be published and fixed in all affiliated clubs to the MBJJF and be made visible to all Jiu-Jitsukas.

The Management
Mauritius Brazilian Jiu-Jitsu Federation

