

Mat Etiquette & Safety Rules

Train hard. Train clean. Take care of your training partners.

These rules apply to all members, visitors and participants attending classes, open mats, seminars and other training activities organised by The Rollin' Club.

1. Respect

- Treat every member, visitor, coach and training partner with respect.
- Discrimination, harassment, bullying, intimidation or aggressive behaviour will not be tolerated.
- Follow the instructions of the coach responsible for the session.
- Match your intensity to your training partner's experience, size, age and physical condition.
- Ask before giving unsolicited technical advice or coaching another participant.
- Do not deliberately injure, embarrass or overpower a training partner.

2. Personal Hygiene

- Arrive clean and wear freshly washed training clothing.
- Gis, belts, rashguards, shorts and other training equipment must be washed after every session.
- Keep fingernails and toenails short, clean and smooth.
- Remove jewellery, watches, piercings and any other objects that may cause injury.
- Cover minor cuts securely before training.
- Do not train with uncovered wounds, active bleeding or a suspected contagious skin condition.
- Do not train if you have symptoms of an infectious illness, including fever, vomiting or diarrhoea.
- Inform the coach immediately if blood or another bodily fluid comes into contact with the mats.
- Wear footwear whenever you leave the mat area, especially when using toilets or changing rooms.
- Never wear outdoor shoes on the mats.

3. Training Safety

- Inform the coach before training about any injury, medical restriction or other condition relevant to safe participation.

- Stop training immediately if you feel unwell, dizzy, disoriented or injured.
- Tap early and clearly, either physically or verbally.
- Release every submission immediately when your partner taps or asks you to stop.
- A verbal tap, scream or clear expression of distress must be treated as a tap.
- Never apply a submission explosively or continue applying pressure after a tap.
- Use controlled takedowns and remain aware of nearby training pairs, walls and equipment.
- No slamming, spiking, uncontrolled takedowns or deliberate impact to the head or neck.
- No small-joint manipulation, striking, biting, eye-gouging, hair-pulling or other intentionally harmful conduct.
- Flying submissions, jumping guard, heel hooks, spinal locks, neck cranks and other advanced or high-risk techniques may only be used when expressly permitted by the coach for that class.
- Beginners must not use advanced submissions unless specifically instructed and supervised.
- Respect any additional technique restrictions announced by the coach.

4. During Sparring

- Agree on the appropriate intensity before the round where necessary.
- Prioritise technical control over speed, strength or winning.
- Give less experienced training partners sufficient time to recognise and respond to submissions.
- Do not pressure another participant to spar.
- Any participant may decline or stop a round at any time without having to justify the decision.
- Pause immediately if the coach calls “stop,” if another pair enters your space or if an unsafe situation develops.
- Do not continue training after a suspected concussion or significant injury.

5. Mat Conduct

- Arrive on time and check in as instructed.
- Do not enter or leave an active class without informing the coach.
- Keep food, glass containers and chewing gum away from the mats.
- Keep personal belongings outside the training area.
- Mobile phones must not interfere with training.
- Photographs or video recordings may only be made with the coach’s permission and the consent of the identifiable participants.
- Help keep the training area, changing rooms and shared facilities clean.

6. Alcohol, Drugs and Medication

- Do not participate while under the influence of alcohol, recreational drugs or any substance that impairs judgement, coordination or reaction time.
- Participants taking medication that may materially affect safe participation are responsible for obtaining appropriate medical advice and informing the coach of relevant restrictions.

7. Enforcement

A coach may stop a round, modify a participant's training, exclude a participant from part or all of a session, or require the participant to leave the mat where this is reasonably necessary for safety or orderly training.

Serious or repeated violations may be referred to the Board and may result in further measures under the Articles of Association.

Member Confirmation

I have read and understood the Mat Etiquette & Safety Rules of The Rollin' Club. I agree to follow these rules and the reasonable safety instructions of the Club's coaches.