

**JIU-JITSU – RULES (SUMMARY)**

Classes are held in the Martial Arts Room, from 6:00 a.m. to 10:00 p.m. (according to schedule).

Access: members, dependents, and authorized guests.

Children under 10 years old: only when accompanied by a guardian.

Classes must be booked through the app; cancellations allowed up to 6 hours in advance.

No-shows may result in a fee charge.

Proper attire is required: gi (white, blue, or black) or rash guard for no-gi training.

Conduct: respect instructors and training partners; bow when entering and leaving the mat; respect the belt hierarchy.

Prohibited: accessories, cell phones, fights, or aggressive behavior.

Hygiene: clean gi, trimmed nails, sandals off the mat, and personal care before training.

Mouthguards and knee pads are recommended.

Injuries must be reported to the instructor; movement restrictions must be respected.

Penalties may include warning, suspension, or exclusion.

Rank advancement follows the traditional system; belt promotions depend on the instructor's evaluation.

Sparring must respect hierarchy; competitions only with prior authorization.

Photos and videos only with participants' consent.

Failure to comply with these rules may result in sanctions as stated in the Club's internal regulations.