



## EUROPEAN JUDO ACADEMY POLICIES AND RULES

### **SAFETY FIRST!**

- \* Be respectful of the Dojo (training hall) & mat area. Keep it clean
- \* No horseplay or unsafe games
- \* Exercise and warm-up before judo to reduce the potential for injury
- \* Keep fingernails & toenails clean and short
- \* No metal objects, watches, jewelry, glasses, or hair pins on the mat
- \* Do not come to judo with open wounds, skin conditions, rashes, colds, flu, lice, or communicable diseases
- \* Notify the instructor of any physical limitations, new or pre-existing injuries
- \* Stay away from the edges of the mat when doing standing randori (free practice fighting)
- \* Report any damage to the mats, unsafe conditions, accidents, or injuries immediately

### **STUDENT RULES**

- \* We have 0 tolerance policy for any sort of bullying (a student shall not intimidate, harass, tease or bully another student through words or actions)
- \* Be respectful of the instructors (sensei) and other students (judoka) at all times
- \* Pay attention and do not talk when the instructor is teaching
- \* Be on time or early for class. It is disrespectful to arrive late for judo
- \* Learn the correct mat etiquette & bowing
- \* Come to judo with a clean and dry judogi
- \* Come to judo with a positive attitude, ready to learn and train (and have fun)
- \* A make-up class can be taken if a class is missed due to sickness (with a Dr. note)

Student Name:   Parent/Guardian Name:   Signature:	Date:
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### **TOURNAMENT RULES**

- \* No classes will be held 1 or 2 days before the tournament (depending on a location) and on a tournament day (students will be notified via group chat/FB/and or Instagram)
- \* No refunds will be given for the classes missed due to judo tournaments
- \* No unacceptable behavior by either a club member (student) or a parent of a club member towards other participants, parents, referees, or tournament workers will be tolerated
- \* Lack of respect, poor behavior, rudeness and disregard for rules and direction on the tournament site will result in immediate elimination from representing the club
- \* Coach fees are due before the competition day
- \* Failure to comply with the Policies and Rules of European Judo Academy will result in a warning, second time will result in an immediate dismissal from the club

Student Name:	Date:
Parent/Guardian Name:	
Signature:	

### **CONSENT FOR USE OF IMAGES**

I grant permission and give my consent to European Judo Academy for the use of any photographs or electronic media images taken during the tournaments, classes or any other activities conducted by the European Judo Academy.

Student Name:	Date:
Parent/Guardian Name:	
Signature:	