



ACADEMY CODE OF CONDUCT AND RULES

August 20, 2026

Welcome to Arte Suave!

By training at Arte Suave, you agree to follow these rules and help maintain a safe and respectful training environment for everyone.

GENERAL GUIDELINES

1. Always **be respectful, considerate**, and courteous. Leave your ego at the door.
2. No foul language, yelling, or loss of temper. **Exercise self-control**. If you cannot do this, step away.
3. **Book all classes** through [Mindbody](#)
 - If you cannot book, notify us by call, text, or email.
 - Members: If, for any reason, you cannot book, or it's a last-minute opportunity to train please come and train, **bookings help us manage the classes**, but **we never want you to miss out on training**.
 - **If you are on a trial or are visiting** for more than one class, **you must book** via email or text, you cannot book yourself.
4. Be **mindful of your health and safety**. Please advise us of any medical conditions before training.
5. **Do not train if you are sick** with flu, colds, or **contagious infections** (e.g. ringworm, staph). Rest and protect others.
6. Mobile **phones must be on silent** unless approved by the instructor.
7. Pick up after yourself. Keep your area tidy and use bag holders and benches. All shelves are cleared daily.
8. The **weights area and bouldering room are free to use for members only**. Please return equipment and wipe surfaces after use.
9. We have **three mat spaces**, and we encourage our students to use them for additional training whenever they are available, whether to drill, roll or work with a training partner. Please **always ask before using a mat space** to ensure it is available and has not been booked for a class, private lesson or other use.

10. Accessibility & Individual Needs:

- Please **be mindful that not all disabilities, conditions or individual needs are visible**. We have students with a wide range of needs, including **visual impairments** and neurodivergence, and we ask everyone to be patient, respectful and supportive of one another.
 - We do our best to make **training accessible** and accommodate individual needs wherever possible.
 - If **you have a disability, condition or individual need** that may affect your training, safety or how you learn, **please let us know** if you feel it is important for us to be aware of, so we can **better support** you.
 - If you know someone is visually impaired or may find it difficult to engage with others, **please make an effort to include and engage with them** where you can, **as initiating interaction may be more challenging** for them.
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HYGIENE

11. Please maintain good hygiene:

- Shower if coming straight from heavy work.
- **Offensive odour is not acceptable**.
- Deodorant is available in the bathrooms and breath spray is in the first aid drawer.
- **Uniforms must always be clean**. They must be washed after every training session.

12. The white mats are the only area where you may be barefoot. Footwear must be worn everywhere else. We **sanitise the mats after every class**, the general floors get cleaned only twice a week.

- **Wipe your feet** with the alcohol wipes provided **before stepping on the mats**.
- If you accidentally step off the mats barefoot, wipe your feet again before returning.
- **Socks are not considered footwear**.
- If you enter the academy barefoot, or go to the bathroom without shoes, you must **shower before re-entering the mats**, otherwise you will not be allowed to train.

13. No shoes on the mats, ever. Not even for a second, or a millisecond :).

14. Do not sit on the floor or stairs in your uniform before training. They are not sanitised. This is the equivalent of going barefoot.

15. Nails must be short and long **hair tied back** firmly. **Remove all jewellery** (or tape it securely).

16. No makeup, hair products, **or nail polish** (except shellac, clear, or white). These transfer onto uniforms and mats. We have make-up remover wipes in the bathrooms.

BRAZILIAN JIU JITSU – GENERAL

17. Classes start on time:

- Please **arrive at least 5 minutes early** and be dressed and ready.
- **If you are late**, please notify us where possible. If more than a few minutes late, **ask the coach before joining**, when ready, wipe your feet, wait till the coach is free, then **greet them before joining the class**. If you are significantly late, you may not be permitted to join as it can disrupt the class.
- If **you need to leave the mat** for more than a couple of minutes, please **let the instructor know** so we can account for everyone when organising positional training, rolls, or in case of injury or illness.

18. Take care of your training partners:

- Do not crank submissions. **Respect the tap** – release immediately and safely.
- **No flying techniques during live rolls** (e.g. flying armbars, flying triangles, jumping guard, scissor takedowns).

19. Attire:

- **For the Gi:** A rash guard, compression shirt, or fitted t-shirt/singlet must always be worn under your Gi. **No crop tops or bare chest.**
- **For No Gi:** The following are **not permitted in No Gi**:
 - Sleeveless tops
 - Loose t-shirts
 - Crop tops
 - Very short shorts (unless wearing compression shorts underneath)
 - Pockets, zippers, or buttons
 - Gi pants
- Shorts must be **mid-thigh length or longer**.
- No wrestling shoes.
- Gi's and training clothing must be **free from holes and significant tears**. Fingers and toes can become caught in damaged clothing.

These rules are to **respect** your partners and keep the academy gender **neutral**.

20. Injuries & Bleeding:

- **Notify the instructor immediately.**
- Communicate with us and **let us know what you need.**
- Use the **first aid supplies** at the front desk.

- Do not return to training until bleeding has stopped and the wound is covered.
- **Clean up any blood on the mats immediately.**

21. Respect class etiquette:

- **Do not talk while the instructor is teaching.**
 - **Do not ask a question while the instructor is teaching.**
 - Drill **the day's technique** until instructed otherwise.
 - During sparring, **stay aware of those around you.** Lower ranks should generally yield space to higher ranks, unless they don't have space to move.
 - **Avoid unnecessary conversation** during rounds.
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RANK PRESENTATIONS

22. Rank presentations are held twice per year.

- A **lot of work**, thought and preparation goes into these to ensure we **uphold our academies' high** standard.
- These events are not just for your own promotion but are also an opportunity to **support your teammates** and celebrate the progress of the entire team!
- We encourage members to **attend and support their fellow students** and academy.

23. We welcome and support cross-training, and everyone is welcome to train with us. If you regularly train at multiple academies, it is important that you let us know which academy you will be ranked under leading up to rank presentation.

24. For rank presentations and some seminars, a **white Gi is required** (hire available).

BRAZILIAN JIU JITSU – WHITE BELTS

25. During rolls, the following techniques are not permitted:

- **Wrist locks**
- **Heel hooks**
- **Knee bars**
- **Toe holds**
- **Calf slicers**
- **Rotational leg locks**
- **Knee reaping**
- You may **not apply these techniques**, and **others may not apply them** on you.

26. White belts should not coach or instruct others during class unless asked to do so by the instructor. Please **focus on practising the techniques** being taught. If you have a question or believe something is incorrect, speak with the instructor rather than correcting other students.

26. In No Gi, you must inform your partner that you are a white belt. This is to **protect you** from the abovementioned techniques and to ensure that if they are a higher belt they **roll with you accordingly**.

27. Focus on technique over brute strength. Strength alone will not serve you long-term in Jiu Jitsu.

BRAZILIAN JIU JITSU – COLOURED BELTS

28. Heel hooks and similar leg locks may only be practised when both partners clearly agree in No Gi only, beforehand and must always be applied with caution. Not all academies train these techniques.

29. Coloured belts must never apply heel hooks, kneebars, toe holds, calf slicers, or rotational leg locks on white belts.

30. Lead by example. Regardless of rank, drill the class technique with the same focus and respect as everyone else.

31. Senior students are encouraged to help beginners when appropriate, but always in a respectful and supportive manner.

CLASS LEVELS & TRAINING REQUIREMENTS

32. Beginners

All **beginners must complete our Orientation process before** attending any regular BJJ classes.

33. Fundamentals Classes – All Levels

Fundamentals classes are open to everyone, from complete beginners to experienced students.

- **Beginners must train Fundamentals only for approximately their first 4–6 months of regular training** (based on around three sessions per week).
- As beginners attend these classes, experienced students understand they may train with someone who needs additional guidance.

34. Intermediate Classes – General Experience Required

Intermediate classes are Generally **for students who have trained regularly for approximately 4–6 months.** Please ask your coach before moving into Intermediate.

- Students are **expected to have a good understanding of the fundamentals** and require less direction, allowing the class to train with greater resistance and intensity and develop beyond the basics.

35. Advanced Classes – Coloured Belts

Advanced classes are for coloured belts only.

- White belts may attend only with permission from one of our promoting coaches and will generally be approaching blue belt level.
- A **high level of knowledge, control and experience is expected.** Students come to Advance to train seriously and focus on their own development, without being expected to coach or significantly modify their training for inexperienced partners.

36. Why We Have Class Levels

Class levels protect our students and preserve the purpose of each class. When you book, you should be able to expect that the other students have the appropriate knowledge and experience for that class.

- **Fundamentals:** Maximum instruction and support; beginners welcome.
- **Intermediate:** Greater knowledge, independence, resistance and intensity expected.
- **Advanced:** High level of existing knowledge and serious, independent training.

Progression is based on experience, knowledge, consistency and coach approval, not simply time spent training.

COMPETITIONS

37. We **support and encourage all our students who want to compete**, if they want to, it is not a requirement. If you are considering competing for the first time, please speak with your main instructor for guidance.

38. As a team, we generally attend **8–10 competitions each year**. We will announce which competitions our coaches will be attending; however, we will do everything we can to **support and prepare you** regardless of whether a coach will be there or not on the day.

39. Our **Advanced Competition Class** is tailored to prepare students for the next upcoming competition. **All coloured belts are welcome to attend** and help prepare our competitors, whether they compete themselves or not. However, this class is **exclusive to students who compete under Arte Suave**.

40. If competing in both Gi and No-Gi, bring **both sets of training gear** to Competition Class.

41. White belts, **who have an upcoming competition**, may attend the Advanced Competition Class to prepare for their event but **must speak with the coach first**.

- 42.** Competition rules can be very different for **white belts and coloured belts**, so it is important that you train according to the rules that apply to your division.
- 43.** **Always read and understand the rules for each competition you enter.** Rules and permitted techniques can differ between competitions.
- 44.** If you are **ranked under Arte Suave, you must compete under Arte Suave.**
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OPEN MAT

Open Mat is **open to all academies** and is an opportunity for members and experienced visitors to train, drill, and roll freely in a respectful and safe environment.

- 45.** Drill, roll, and train respectfully.
- 46.** Beginners must be **Arte Suave members** to attend Open Mat and must **inform their partners that they are new.**
- 47.** If you are a **beginner and do not train at Arte Suave you cannot attend Open Mat** until you have some experience.
- 48.** All **participants are expected to follow the academy rules**, train responsibly, and respect their partners.
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YOGA

Yoga is currently unavailable but will be back soon!!

49. Yoga classes require 24 hours' notice to book or cancel.
50. If the Yoga room door is closed, a class is in session. Please keep noise to a minimum.
51. If you arrive late, enter quietly and notify the instructor in advance where possible.
52. After class, wipe down your mat and tidy your area.
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THANK YOU!

Thank you for respecting our Code of Conduct and helping us maintain Arte Suave as a safe, respectful, and welcoming environment for everyone.

Emanuela & Team Arte Suave