

# FORT WORTH JUDO CLUB

## Club Rules

- Membership Forms/liability/Photo waivers are required for all athletes. Parents or guardians must sign for minors.
- All students must also be members of USA Judo (National Governing Body)
- Athletes are expected to arrive on time and be ready to start class at the appointed time. If you are unavoidably late, you must seek permission from the instructor to join a class already in progress. It is possible that your instructor will deny your request.
- Athletes are not permitted to leave the class without first speaking with the instructor. This is for your safety.
- No profanity, improper gestures or negative language will be permitted.
- Good citizenship will be practiced at all times.
- Students must address all instructors as Sensei or Coach.
- Children must maintain passing grades in school to participate in FWJC classes. Report Cards are to be shown to your instructor.
- No shoes allowed on the Judo Mat. You must, however, wear shoes when you are not on the Mat.
- Students are responsible to keep their uniforms clean.
- Finger nails and toe nails must be kept short and clean.
- Parents are asked to step outside of the facility to use cell phones. Athletes must turn their phones off upon entering the facility.
- No Sparring, full Randori or full contact Grappling is permitted without a Coach being present.
- The dojo is not a playground, be respectful of the mat. Do not climb on the poles or furniture.
- Fort Worth Judo is not responsible for personal valuables or possessions.
- No gum or food is permitted during class.
- Jewelry is not permitted in any class that involves contact with other students.
- Keep the facility clean. Do not leave trash or personal items in the dojo.
- Please park only in dedicated parking areas.
- \*\*\* Consult your physician regarding participation in strenuous exercise \*\*\*