



Southwestern Pennsylvania Judo, LLC.

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DOJO RULES

We at Southwestern Pennsylvania Judo would like to foster a safe and supportive environment for all of our members. To this end, we have developed some basic rules that will apply to all students and anyone that enters the Dojo.

There are 2 categories of rules to be followed at the SWPA Judo Dojo (school), major and minor. Violation of any of the major rules can result in immediate and permanent dismissal (expulsion) of the student, parent/guardian or both from the Dojo. No refund of any fees will be granted.

MAJOR RULES

1. Any theft or intentional destruction of property, be it personal property or that of SWPA Judo, will result in expulsion and possible criminal charges.
2. Judo is a full contact sport and accidents do happen, sometimes resulting in injury. However, any act with intent to do harm to another person will result in expulsion.

MINOR RULES

1. Every individual that enters the Dojo, instructor, student or parent, will be treated with respect and curtesy.
 - a. Making fun of some one, picking, name calling, rudeness or intimidation of any kind will not be tolerated.
2. Practicing of Judo outside of the dojo is **strictly forbidden**. Performing judo on someone can severely hurt or even kill.
 - a. Use only what you have been taught in situations of ***imminent or life threatening danger***.
3. Horseplay is **strictly forbidden**; before, during and after class!
4. Fees should be paid in full before services (classes) are received. If you chose to pay monthly, the fee is due at the beginning or first class of each month. All fees are non-refundable whether you show up for class or not.
5. Keep the Dojo clean and neat at all times. This includes the changing rooms and rest room.
6. All students should arrive on time to be dressed and ready to start class at the designated time. A good rule to follow is to arrive 10 – 15 minutes early.
 - a. If you arrive late for class, permission to join must be obtained from the instructor before entering the mat.
7. If you must leave the mat once class has started, you must ask permission from the instructor.
8. Profanity or displays of temper/anger is forbidden.
9. Shoes will be removed at the entrance of the Dojo. Clean zoris (flip flops) or slippers may be worn past the main entrance. No zoris or slippers will be worn on the mat at any time.
10. Parents should not speak to their children during class, nor offer comments to the instructor. Parents should remain seated while observing classes.
11. Never petition Mrs. and Mr. Russell for promotion. Being promoted is an honor that is humbly accepted, not a privilege.
12. Judo is a physical close contact activity. So if you are ill, please don't come to class. If you have a type of contagious infection (like *Pink Eye*, etc.) please don't come to class. Just give us a call telling us you won't be in.
13. Please make sure your gi (uniform) is clean, and maintained. No one will want to workout with you if you smell bad.
14. All jewelry, rings, earrings, necklaces, watches (ANY hard object), must be removed before class begins.
 - a. If you must wear any protective gear (normally not needed) it must be soft. No hard plastic or metal.
15. People with long hair should tie it back with a hair band. Hard plastic and metal hair clips or pins are not permitted.
16. Fingernails and toenails are to be short and trimmed neatly.

As a member of SWPA Judo, you represent the public image of the club at Judo events and outside the dojo. We expect every one who is a member to act accordingly, with respect and as a role model to others in the community. Respect yourself, always do your best at any thing you do in life, always strive for perfection.