Sparring and Rolling Safety Rules

Age and size matching, supervision, tapping, and safe intensity for live training.

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Academy name: _____

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Effective date: _____

Last reviewed: _____

Before Live Training

- Students spar or roll only after learning the basics and safety rules.
- Match partners by age, size, skill, and experience.
- Required gear such as mouthguards, gloves, shin guards, or headgear is worn as the class requires.

During Live Training

- An instructor supervises every live round.
- Tap early and release immediately when a partner taps or says stop.
- No slams, spiking, or neck cranks for youth and beginners unless taught and supervised.
- Control contact and intensity based on your partner.

Adults and Minors

Adults spar or roll with minors only as supervised instruction, at controlled intensity, and in full view of others.

After

Report any injury right away and complete an incident report.

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