

Club Rules



nokémono group

Nokémono Judokwai and its coaches cater training to individual members according to their build, speed, strength and ability. This means that members acquire the necessary skills faster and maintain motivation and confidence.

- Any points not covered by the in this document will be decided and announced by the club's Sensei at training sessions. All members and beginners must obey the instructions of the Coach at all times.

Our Principle activities are:

- To teach in a respectful and disciplined manner.
- To teach in a way of honour and to teach to, 'win, lose or draw' using respectable and disciplined Judo.
- To remain a friendly and approachable club to all.
- Support and develop all members and volunteers.
- Judo should be conducted for the mutual benefit and enjoyment of all concerned.

Membership

- All Judoka, after a period of four sessions, must take up membership of the British Judo Association and Nokémono Judokwai to ensure appropriate insurance coverage.
- New players are on a maximum trial period of four sessions, after which, they must take out membership of the club and of the British Judo Association and Nokémono Judokwai. They can join at any time during the trial period.

Respect and the bowing procedure

A bow should be executed and performed correctly. Stand with your feet together and hands by your side, with a straight body bend at the waste to a 30° angle.

- Bows should be performed with respect and humility. They should be slow and measured and never hurried.
- Bow whenever you wish to give a demonstration of respect.
- Bow to a Sensei as he or she enters the Dojo.
- Bow when entering or leaving the Dojo.
- Bow when stepping on or off the mat.
- Bow before and after working with a partner in class.
- Bow to your opponent before and after a match in contest.
- Instructors and students bow to each other, in mutual respect, at the opening and closing of class.
- Bow when accepting an award, take the award with both hands as you bow.
- Bow at the beginning and end of each class to the Sensei and the students.

Behavior

- All the club coaches have the right to refuse entry to the club or suspension of membership to any person not complying with the club rules.
- All Mobile Telephones must be switched off during the class.
- All persons shall keep noise to a minimum whilst in the Dojo
- In any event the word of the Sensei is final. Any disputes should take place off of the mat. Suggestions and comments are always welcome to improve safety and enjoyment for all.

Appearance & Hygiene

- All Judoka (players) shall be of clean appearance with short finger and toenails.
- All Judoka shall wear correctly fitting, clean outfits (judogi) with no rips or tears.
- All Judoka shall wear suitable footwear while off of the mat and will remove them on entry to the mat.
- Females must wear either a plain white short sleeved T-shirt or black train hard branded T-shirt under their jacket and tucked into the trousers. A small logo on the breast of the T-shirt is acceptable.
- No watches, jewelry, metallic hair grips or hair bands or any other object that may be a danger to any Judoka should be worn on the mat.
- Padding, supports or other similar attire may only be worn once the Sensei ensures they are legal and safe.
- No food, drink or chewing of gum are allowed on the mat.
- keep your body clean.
- Spills are to be cleaned immediately. Trash should be placed in the proper container.
- Blood will be cleaned up immediately using proper procedures and materials.
- All badges or tags should be correctly and securely attached to the judogi / Obi (Belt) and should only be worn with the permission of the Sensei.

Code of conduct

Parents

- Support your child respectfully, verbal or physical aggression towards any person in the dojo will not be tolerated.
- You are obliged to obey the rules of the club and of Judo Etiquette. You must keep any children who are spectators under strict control and not let them run around the club or make excessive noise. Any spectator failing to comply will be asked to leave the premises.
- Photography of any kind (video or stills and including the use of mobile phone cameras or any other photographic equipment) is only allowed in any Dojo subject to the completion of a Photography Permissions Form and with the express permission of the Sensei.

Please note that certain children are protected by the courts and cannot be photographed under any circumstances. Failure to adhere to these rules may result in criminal proceedings being taken.

Absolutely NO photography will be allowed in areas such as changing rooms or toilets and any person that is suspicious of such activity should report it directly to the Police. The club Welfare Officer must also be informed.

Judoka

- Show respect to all grades at all times.
- Always treat your fellow judo players with respect and dignity and avoid all horseplay, which disturbs or bothers fellow judo players.
- Always try! Never use the word "can't."
- Arrive at class on time and mentally prepared for class. Strive to never miss practice.
- If you are late to class, wait for a Sensei to give you permission to join the class.
- If you know you will be absent from, or late for, a class, your Sensei should be notified as soon as possible.
- Always be courteous. Hot tempers or offensive language are not permitted and will not be tolerated.
- Never leave the mat or Dojo without the permission of the Sensei.
- While on the mat all Judoka should be aware of the surroundings and should ensure that their actions do not endanger others as well as themselves.
- Never talk while the instruction is taking place, unless raising your hand to ask a question.
- Students are expected to sit in proper fashion when resting or listening to an Sensei.
- Do not lean against walls, lie down or sit during sessions unless asked to by your Sensei
- Higher grades are expected to encourage and support beginners and lower grades by freely passing on their knowledge and benefit of their experience.
- Seek to help each other. Be responsible for your safety and that of others.
- Offer yourself as a practice partner to new students and guests as they should always have a partner to work with.
- Always support club activities.
- If a Judoka wishes to train at another Dojo, not run by the Sensei, permission must be sought to ensure Judoka attend only clubs with sound reputations for instruction and safety.
- No non-judo activity is to take place during class time.
- Never come to class under the influence of illicit drugs or alcohol.
- We do not encourage dating due to the potential of losing both students involved.

Behavior Outside The Dojo

- Behave in a manner that will bring respect and honor to the club.
- Judo is to be only practiced in the Dojo under the guidance of a qualified Judo Instructor. Your Judo skills should never be used outside of the Dojo except in legitimate self-defense situations. Do not attempt to impress your friends with your judo skills. Do not demonstrate judo in public unless it is part of a club activity or unless you have received prior permission from your Judo Instructor.
- Judo techniques should not be taught to anyone unless they are under the guidance of a qualified Judo Instructor.
- Any club member who starts a fight will be subject to a disciplinary meeting.
- Any club member who encourages an altercation between others will be subject to a disciplinary meeting.

Behavior When Visiting Another Club

- Should be exemplary, Don't forget your representing Nokémono Judokwai.
- Behave in a manor that will bring respect and honor to Nokémono Judokwai
- Remove your shoes before entering a Dojo.
- Introduce yourself and ask permission from the Sensei to participate in class before changing into your judogi.
- Be attentive. Never argue or disagree with the way techniques are taught or presented.
- Do not show off.
- Make sure you follow the Nokémono Judokwai rules and regulations on bowing. Some clubs do not require bowing. No one will take offense if you bow and they do not.
- Follow the rules and regulations of the Dojo you are visiting.
- Always thank the club members you worked with for sharing and working with you.
- Thank the Sensei for allowing you to participate.

Safety

- All students must ensure they are properly warmed up before training commences. Typically this will form a part of any lesson.
- The Sensei must be notified of any illness or injury suffered by a Judoka before each session and a decision will be made as to whether he/she is fit to train. In some cases a Doctors note or other confirmation of fitness to participate will be required.
- As soon as an injury occurs during training (however trivial) the Sensei must be notified and a decision will be made as to whether he/she is fit to continue.
- No person shall step onto the mat once the class has begun or during training without the specific permission of the Sensei.
- No technique will be practiced which is not recognised as a legitimate technique unless with the specific permission of the Sensei.
- The Sensei will ensure that the mat is safe and will point out any danger areas.
- No sweatbands, friendship bracelets or similar shall be worn on the mat.
- Water bottles are permitted in designated area at mat-side. Water bottles are to have water or electrolyte beverages only.
- No practicing of judo skills and techniques is allowed without permission of the Sensei.
- No jewelry or metal ornaments shall be worn during class unless specifically approved by the Sensei.
- Members without judogi's should not have anything in their pockets. Please wear loose fitting clothing and long sleeve sweatshirt.
- Any adult who is in contact with any person under the age of 18 must agree to an appropriate check with the Criminal Records Bureau (CRB) and may be subject to further background checks to ensure the safety and wellbeing of all who participate. These checks may be redone periodically but no less frequently than every three years. It is also the responsibility of the adult to disclose to the Child Protection Officer, any subsequent criminal convictions.

Emergency situations

- In the event of an emergency, e.g. Fire. It is imperative that all persons present follow the instructions of the Sensei or appointed Emergency Officer without delay. Failure to do so could jeopardise the safety / life of another person.
- The emergency officer or another delegated person will ensure the building is clear.
- If the club is run in a public building e.g. school or sports centre, then the Sensei must familiarise him/herself with the procedures applicable to that building and ensure that club members and spectators understand them.

Gradings & Instructors

- The Sensei will arrange grading sessions every month subject to the following points. For senior grades who have attained 2nd KYU, Judoka will be expected to attend an external grading.
- If a student is unable to participate in an arranged grading session for whatever reason then they will have to await the next one in order to be graded.
- If a student is unhappy with a grading decision then the Sensei must be notified immediately and an appropriate decision will be made.
- The Sensei will have the final decision as to whether a student participates.
- Any Judoka who does not appear to be maintaining standards appropriate to their grade may be asked to re-grade in order to justify the current position.