

Rio Grappling Club

The Rio Grappling Club is a global sports organization that works for martial arts development.

Our mission is to provide a safe and friendly environment where all can train and learn Brazilian Jiu-Jitsu and Grappling; help our students improve beyond the scope of martial arts, developing skills that can be used on their lives; and expand BJJ and Grappling worldwide.

We focus on the technical and competitive aspects of the sports we teach, aim to grow our network without compromising our pursuit for excellence, and work hard to establish ourselves as one of the best teams in the BJJ and Grappling world.

Rio Grappling Club values and principles: Cooperation, Respect, Loyalty, Humility, Honesty and Bravery.

Cooperation is the key to a lasting success, so we actively promote vertical and horizontal integration among our schools.

GUIDELINES

1: Academy, Hierarchy, Brand and Marketing

Every school affiliated to the Rio Grappling Club must have a black belt of the team directly responsible for it. He will designate the instructors that will conduct the classes for adults and kids.

Rio Grappling Club's founders and leaders are Roberto Atalla and Mauro Chueng. All important decisions that affect the group will only be valid if approved by them.

Each region will have a leader responsible for keeping the unity of the affiliated schools, and to enforce the rules, guidelines and policies of the group. He will seek better communication, synergy and internal harmony, following the ethical principles

that guide our organization. The leader will be the link between each school in his region and the leadership.

Each school must have as a minimum requirement a reception, matted area, drinking fountain and separate dressing rooms with showers for men and women. Cleanliness and organization must be kept with a martial discipline. Existing academies will be evaluated by the group in a regular basis, and new schools will have to adhere to those rules to be accepted in the team. Each school must also have all the paperwork required by the laws of the country to work as a registered martial arts school or club and be affiliated to the local sports committee, council or federation in accordance to local laws and statutes.

Rio Grappling Club is a registered brand in Brazil and according to international laws it can only be used under certain circumstances and with written authorization from Roberto De Moraes Atalla, owner of the commercial rights for the brand.

It is guaranteed to each affiliated school the use of the brand "RIO GRAPPLING CLUB"

The use of the brand must respect the RIO GRAPPLING CLUB BRAND GUIDE.

DO NOT CHANGE OR MODIFY IN COLOUR, SPACING OR ANY OTHER WAY THE RIO GRAPPLING CLUB LOGO. Use only the file sent by the team to the school instructor.

Each school that wants to produce clothes, sports equipment and promotional material carrying our logo, can only do so to sell or give products to its own internal members or community (but never to the whole group or over the internet) and always carrying the local brand that designates their own school, as in: Rio Grappling Club Firenze, Rio Grappling Club Wroclaw, Rio Grappling Club Kilmarnock and so on...;

Each product carrying the school logo must conform to high standards of quality material and craftsmanship as well as respect environmental and social concerns.

The logo RIO GRAPPLING CLUB must be seen in a wall of the Dojo, either painted or in a banner, in the main page of the school in the internet, and all internal and external publicity made by the school. In rented or shared places where is not possible to affix the logo in the wall, a banner must be placed at least during classes. Affiliated schools shall compel their students to wear patches showing their affiliation.

All schools must use the brand RIO GRAPPLING CLUB, and when applicable, if there is a local brand logo associated, formerly approved by the Leadership, both brands must be displayed side by side with the same size. Approved brands should have a round logo and preferably using the exact same colours of the Rio Grappling Club.

Each school must update at the end of each year all important informations about them (namely physical location, online presence [email, site and social media presence], phone, instructors, class timetable, number of students and their goals for the subsequent year.) Any subsequent changes must be communicated to the National Leader.

Each affiliated school will have its public info displayed in our website.

Each school can use all publicity created by the Rio Grappling Club and develop its own, respecting all conditions established here and in the RIO GRAPPLING CLUB BRAND GUIDE (to be published).

2: Classes and Timetables

Each school shall have separate classes for adults and kids. It is recommended to split groups according to technical level. An introductory class for beginners is essential for retention and is strongly advised. Allowing advanced grapplers together with beginners must be done only with extra caution.

Each class must have a designed instructor or coach responsible for it, making sure that the schedule and structure are respected. There should be no tolerance regarding cancelation or postponing of classes, except when there is a strong reason (accidents, serious health or personal problems and similar cases). Seriousness and commitment to the schedule, discipline and structure is paramount to a good performance in each and every school.

Each beginner class must follow an orderly structure containing initial form, warm-up and stretching, technical and drill movements, specific and/or general sparring, cool down and final form (saluting coach and colleagues).

Advanced classes can vary widely in their technical content, stimulating creativity and flexibility, although all classes must have the initial form, warm-up, cool down after sparring and final form.

Each school must prepare every month the technical aspect of the classes, based on the Rio Grappling Club Instructor Guide and Beginner drills (to be published).

Each school shall control the individual attendance of its members, the number of members and their graduation dates.

3: Coaches and Instructors

Every coach and instructor must attend one of our intensive training camps and/or send at least 2 members to such camps, take part in open mats and meetings organised in their region, promoted by an affiliated school (open mats shall rotate among schools in each region whenever conditions allow).

All instructors will have priority access to all seminars, workshops, camps and online courses promoted by the Rio Grappling Club as BJJ and Grappling technical courses, refereeing, administration and others, with a discounted fee based on number of paid students they bring with.

Each instructor is responsible to respect and transmit to their student the values and principles of the Rio Grappling Club faithfully as well as respect and promote our mission statement.

Each instructor must behave according to our mission and principles. Lack of discipline and violent acts against other members or outsiders can result in penalties. Extreme situations that harm the Rio Grappling Club may cause immediate expulsion of the group.

Every member, instructor or coach can freely attend BJJ and Grappling seminars, classes or trainings organized by other groups or teams.

However, promotion of seminars, classes and collaboration with outsiders inside one of our schools must be previously authorized by the team leaders.

It is responsibility of the leader in each region to promote open mats, bringing together coaches and students from different schools, stimulating the cooperation among members, preparing athletes for important competitions, exchange of ideas to improve the team and, when needed, to defuse conflicts inside the team.

4: Graduation

We endorse and enforce the official belt requirements as set by the IBJJF, but we believe we need to go beyond that and push for higher standards than other teams. The rules below shall be respected at all times by all our instructors:

1. All adult gradings shall be conducted in a presence of a black belt from the team;
2. Gradings shall be conducted in special events such as seminars from team members, oversea coaches from the team, camps or in normal classes;
3. Gradings shall not be received in seminars or classes from coaches from other teams, in or outside our premises, no matter how high their reputation or grade is;

4. Gradings shall not be done in podium of competitions, on informal situations or without the presence of the black belt responsible for that group;
5. A coach can only grade up to two levels below his, for example, a black belt can grade up to purple belt, a black belt first degree can grade brown belts, and only a second degree black belt can grade a black belt;
6. New Black belt must be approved in advance by Roberto Atalla or Mauro Chueng;
7. Purple belts and above, instructors and coaches must read, acknowledge and abide by these guidelines;
8. In Continental Europe, black belts shall be received in our Summer Camps. For Italian and Polish students, this rule applies also to brown belts;
9. Kids gradings shall be conducted by the instructor to their own kids, respecting the time requirements set by the IBJJF. Purple or Brown belt instructors can promote their kids up to green belt, following the IBJJF guidelines;
10. Stripes can be given every 6 months by the instructor responsible for the course in normal classes, seminars or gradings, irrespective of belt (in other words, any instructor can give stripes to his own students), respecting the time requirements below:

Minimum Time Requirements:

White to Blue belt:

- Person A (trains 6 hours a week or more) - 1 year of regular practice.
- Person B (trains 2 to 3 hours a week in average) - 2.5 years of regular practice.

Blue to Purple belt:

- Person A - 2.5 years after blue (absolute minimum 2 years for very committed students)
- Person B - 4 years after blue

Purple to Brown belt:

- Person A - 2.5 years after purple (absolute minimum 2 years)
- Person B - 4 years after purple (depending on performance improvements, minimum attendance 4hs/week)

Brown to Black belt:

- Person A - 2.5 years after brown (absolute minimum 2 years)
- Person B - 5 years after brown (minimum attendance 4hs/week)

Stripes on coloured belts - Stripes should not be given more than twice a year, and never more than 2 at once!

- Person that trains more than 6 hours a week - 2 stripes each 6 months.
- Person that trains less than 6 hours a week - 1 stripe each 6 months if training regularly

A maximum of four stripes is possible on each belt. A fourth stripe blue is not guaranteed to be promoted to purple in the next gradings unless all requirements are met and sufficient progress has been made by the student.

Stripes on black belts

We strictly follow the IBJJF current guidelines and as such, we award stripes to our black belts only after the time requirements. 3 years interval for the first, second and third degrees, and five years interval for the fourth and fifth degrees, and so on.

The IBJJF does not recognize automatically stripes, because they require black belts to be affiliated to their system since day one and updated every year.

Although we personally advise all black belts to affiliate to IBJJF on the day after they get their belt even if they do not want to compete if they live from the sport, it is a personal choice, and it is not a problem if our coaches obtain recognition from other federations as long as they have a good reputation and follow the same time standards for degrees (for instance UAEJJF or Rickson's Federation).

The Gauntlet

The practice called gauntlet or "polish corridor" done after gradings must be always optional for women and kids, and with a lot less intensity. Use common sense!

Each school shall decide their own rules of engagement when conducting the gradings, as long as common sense is applied. A bit of fun is ok, hardcore whipping is not!

Any individuals not inclined to participate can ask out in advance, but they also must not hit others.

5: Tournament participation

In official international tournaments run by the IBJJF, all members must enter the competition under the team RIO GRAPPLING CLUB, or in some cases, under the association RIO BCN JJ which we are part of. This decision will be made by the leadership according to the importance of the competition and its location, and the athletes may be moved up or down divisions as part of the team's strategy in order to achieve the best possible result. Communication will be made always prior to any changes, but the leadership reserves itself the right given by the IBJJF to decide in which divisions the athletes will fight, and who will be eligible to enter Open weight divisions whenever the competition is deemed important for the team.

The Rio Grappling Club is registered in the Brazilian section of the IBJJF under the number 2016 and it is under the association RIO BCN JJ. Any clubs that have separate registry

at the IBJJF or its regional affiliates, shall enter under the same association.

Participation in other international and national Grappling and BJJ comps shall be coordinated by their own region leader. Athletes will enter under RIO GRAPPLING CLUB (Country or Region).

In major tournaments run by the IBJJF where only 2 athletes from each team are allowed in each weight division, the coordinator of our team in that competition will be responsible, after consulting instructors affected, for selecting the representatives in each division and also deciding if other athletes will fight in other weight divisions or enter a second team to allow them all to fight the same division, always considering the interests of the team first.

Regional BJJ and Grappling tournaments, friendly comps and others not mentioned deemed not important for titles shall be used for the students and coaches to gain experience, and in most cases there will be no need to move athletes for a better team result. However is advised that anytime that we can have all the competitors under a single banner, we should do it, regardless of team trophies.

Regardless of how important the competition is, our athletes shall be always wearing Gis that show their affiliation to the Rio Grappling Club (Refer to Photo 1).

6 MMA - MIXED MARTIAL ARTS

Our team focus is in BJJ and Grappling, and we will not interfere in anything related to MMA, though we will be vigilant that any athletes representing our group respect our guidelines and principles.

Disrespectful behavior, hooliganism and anything that could damage the group image and reputation will not be accepted.

7 Courses and Seminars

The Rio Grappling Club will promote annual seminars or workshops in its affiliated schools.

The person responsible for the affiliated school will determinate the best date among possible ones, and will organize such seminar, paying all transport and accommodation expenses to the instructor in charge of the seminar.

Those expenses shall be split evenly by the schools located in the same area, and the instructor will visit each club or will have them all come to one location, details to be arranged on a case by case basis.

The affiliated school(s) will be responsible to promote the events internally and externally, stimulating their students and inviting other BJJ and martial arts schools to come (unless the seminar is for members only, in such cases promotion will be done only for them).

Each affiliated school located in Europe shall send at least 2 members to one of our annual official training camps (Italy or Poland).

8 Expansion policy, Inclusion and Exclusion of coaches, instructors, black belts and/other teams

Coaches that want to set up a new school, expand or relocate, should consult the leadership, informing the location, physical structure and a business plan for new schools.

Each and every new affiliated school in major cities (50 thousand people or more) shall respect the minimum distance of 10 km from existing Rio Grappling Club Affiliated School, unless the other school is run by the same instructor.

In cities or places with less than 50 thousand people, the rule is one school per place.

Exceptions must be discussed previously and approved by all parties involved, then brought to the leadership for a final decision.

The decision to approve, veto, or suggest a different location is sole responsibility of the leadership.

The leadership will decide for or against the acceptance of new coaches, instructors, schools and any brown and black belts that want to join the team, as well as to expel members of high rank from the team. These decisions cannot be taken by anyone else without the consent of the leadership.

It is sole responsibility of the leadership to evaluate and approve or not the acceptance of new schools, demanding that they adopt and respect the guidelines before they are accepted in our team.

Each case will be evaluated on its merits and steps for cooperation must be followed before the acceptance of the new members anywhere.

It is important to respect the philosophy of the Rio Grappling Club, keep the technical standards and cohesion of the team, preserving our integrity and taking the necessary steps not to harm it in a fast expansion.

It is forbidden the association of the team and its brand and the use of martial arts premises for religious, political and/or social movements. Instructors involved in such manifestations are advised to keep such activities outside of the gym and isolated from the team and the martial arts environment.

Intolerance, racist or xenophobic statements or manifestations are incompatible with the spirit of cooperation that permeates our team.

Members caught in discriminatory acts towards others may be sanctioned or expelled without notice.

9 Internet and Social media

In the XXI century, the internet is part of our daily life. The Rio Grappling Club has its own Website and an official INSTAGRAM profile.

It is important to note that all members are responsible for the content they publish, and must use respect and common sense when using the internet and social medias, and apply these

guidelines whenever using the logo or name Rio Grappling Club.

Public arguments and lack of respect to other members in social media, regardless of their rank or position, and disrespect to the group in social media will not be tolerated and can result in expulsion from the team.

Each instructor shall try their best to contribute to the online presence of the team.

10 Affiliation, fees and monetary matters

Affiliated schools will not be charged annual fees or affiliation fees, being this commitment renewed automatically by both parts each year, as long as the affiliated school respect the guidelines and collaboration between parts. This agreement can be formally rescinded by either part, in written, and in this case the affiliated school loses any rights to the use of the RIO GRAPPLING CLUB and any association with the group, losing any ties and cooperation and being prevented from participate in trainings or any event promoted by the RIO GRAPPLING CLUB anywhere.

All affiliated schools, grouped by country or geographical region, must be financially responsible for the international and internal transport expenses of one of the Leaders yearly to promote seminars and trainings in their area.

Discounts or gratuities are sole responsibility of each coach responsible for his own school, however athletes and instructors shall always pay for seminars promoted by the Leadership or National Leader unless they are directly contributing to the organizational expenses of the event.

As a principle, the Leadership recommends avoiding excessive charges, hidden costs or pressure to buy products sold by the school, being each coach responsible for applying common sense and working to build long term relations with his students, and offering services and products that will be of the students interest, while avoiding the excessive commercialization of the sport.