



Uniform Policy

Uniforms are physical representations of professionalism; a common commitment to a desired discipline; and should inspire pride and a desire for personal excellence.

150 Grappling's uniform policy is largely based upon the International Brazilian Jiu-jitsu Federation (IBJJF) guidelines, but has been slightly modified.

GI JIU-JITSU UNIFORM REQUIREMENTS

GI MATERIAL

GIs should be crafted from cotton or cotton-like fabric only. The fabric should not be so thick or hard as to impede an opponent from gripping it. A GI fashioned from woven fabric is mandatory.

GI COLOR AND PATCHES

GIs must be black in color, *with the exception of Sunday/Holiday open mats where a color other than black is acceptable.*

All patches applied in-house at 150 Grappling will only be placed in competition-authorized regions.

OTHER REQUIREMENTS

A black (150 Grappling, Atos, or all black) rash guard or compression top must be worn under the GI top. It can be short or long sleeved, but a black stretchy or elastic shirt which hugs the body is mandatory. *During Sunday/Holiday open mats, a color other than black is acceptable.*

Wearing pants or shorts of any kind under GI pants is prohibited; except for compression pants/shorts made of elastic fabric (which clings to the body) and which are shorter than the GI pants.

Athletes must use undergarments. The use of thong-type undergarments is not permitted; only briefs-type undergarments.

GIs may not exhibit mending or tears, be wet or dirty, or emanate unpleasant odors.



NO-GI JIU-JITSU UNIFORM REQUIREMENTS

SHIRTS AND RASH GUARDS

Both genders must wear a shirt of elastic material which is skin-tight and long enough to cover the torso all the way to the waistband of the shorts. The only authorized color is black. Rash guards with logos are permitted as long as the accenting colors do not exceed 10% of the rash guard. *During Sunday/ Holiday open mats, a color other than black is acceptable.*

SHORTS FOR MEN

Board shorts colored black, without pockets or with the pockets stitched completely shut, without buttons, exposed drawstrings, zippers or any form of plastic or metal that could present a risk to the opponent, long enough to cover at least halfway down the thigh, and no longer than the knee.

FOR WOMEN: SHORTS, COMPRESSION SHORTS, AND PANTS

Shorts, compression pants (skin-tight spats) and/or compression shorts colored black are authorized. The shorts must not have pockets or have the pockets stitched completely shut, must not have buttons, zippers or any kind of plastic or metal that could present a risk to the opponent, and must be long enough to cover halfway down the thigh and no longer than the knee.

HAIR REQUIREMENTS: ALL

If a student's hair extends past the shoulder, then it must be put into braids, twists, ponytail(s) or cornrows. Hair should be secured with hair elastics and not with clips or anything that could inflict injury. It must be secured so that it is not as easily caught, grabbed, or pulled when a training partner is attempting to secure the neck or collar.