



PHYSICIAN'S PRE-BOUT EXAMINATION: MIXED MARTIAL ARTS

Please complete the medical assessment prior to the athlete's participation in any NZMMAF-sanctioned bout. The completed form must be submitted to the promoter, who will forward it to NZMMAF before the athlete can be cleared to compete.

1. ATHLETE DETAILS

Athlete's Full Name	
Date of Assessment	
NHI or Medical ID#	

2. ASSESSMENT

a. Vitals

Temp: _____ ☐ Afebrile HR: _____ RR: _____ SPO2 _____
 BP*: _____/_____

**BP must be <160/100 if less than 35 years old; <145/90 if 35 or older*

b. Observation

For each assessment area, please indicate whether the findings are normal or abnormal, and provide notes as needed.

Observation Area	Normal	Abnormal	Notes
Alertness/Orientation			
Head/Periorbital/CN's			
PERRLA/EOMI/Vision			
Jaw/Oropharynx/Teeth			
Nose (stability/obstruction)			
Ears/Hearing (grossly)			
Heart (Rhythm/sounds)			
Chest/Lungs/Ribs			

Abdomen			
Upper Extremities			
Lower Extremities			
Hands/Wrists			
Skin (Rashes, infections)			
Romberg/Pronator Drift			
Finger to Nose			
Knuckle Push Ups			
Tandem Gait			
Duck walk			
Crab walk			
Other			

c. Pregnancy and Serology

(Females Only) Pregnancy Test results – Urine/Serum

☐ Negative ☐ Positive (Automatic DQ)

Pregnancy Tests must be dated no earlier than ten days prior to competition

Serology results for Hep B, C, HIV (within 12 months)

☐ Negative ☐ Positive (Automatic DQ)

☐ Ordered as part of this examination. To be reviewed by medical staff at the Event.

d. Notes

3. OUTCOME

a. Medical clearance statement

Based on the statements made by the participant, the Medical History form, and my physical examination findings, it is my medical opinion this participant:

☐ **IS**

☐ **IS NOT**

in good physical condition and fit to compete in mixed martial arts.

b. Reason(s) if not cleared for competition

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4. PHYSICIAN CERTIFICATION

Physician's Name, Title	Signature (or stamp)	License #	Date (dd/mm/yy)

NZMMAF is the **National Sporting Organisation** for Mixed Martial Arts in Aotearoa New Zealand. We are committed to the safety, integrity, and growth of MMA through regulation, education, and athlete support.