



FIGHTER AND CORNER FIGHT DAY INFO SHEET

Please ensure the fighter and their corners are aware of the following information.

PRE-FIGHT INFORMATION

1. INSPECTORS

- Inspectors may be present at selected NZMMAF events.
- They are there to **help fighters and corners to follow rules and protocols** backstage and cageside.
- Their goal is to help ensure a smooth, fair, and professional experience for everyone involved - for the **safety of the athletes** and the **integrity of the sport**.
- Inspectors identify potential rule breaches **before they cause unnecessary delays or disqualification**.

2. CONDUCT

- NZMMAF officials represent the rules and ensure fairness between fighters.
- Inspectors and other officials may give directions to help maintain compliance and make your experience more valuable - please respect them.

NOTE: Any hostile action, including but not limited to, any physical contact with any official is unacceptable and will not be tolerated. If you are uncomfortable or unsure about something an Inspector says, you may ask them to involve the Lead Inspector to help resolve the issue. Don't shoot the messenger!

3. CORNERS

- A maximum of **three corners** is permitted per fighter.
- One corner must be designated as the Chief Second.
- NZMMAF personnel will liaise with the Chief Second only.
- **Only two corners** are allowed to enter the cage between rounds.
- Please arrive on time, and ensure only essential personnel (trainers, coaches, fighters) are present backstage.
- Be considerate when using the **warm-up area**, as it is a shared space.
- Respect your fellow fighters, the promoter, officials, and the sport at all times.

4. CORNER GEAR

All corners **must have** the following equipment:

- Bucket

- Towel
- Water
- Mouthguard
- Groin guard

All corners **should have** the following equipment:

- Handwrapping equipment
- Nail clippers
- Ice (double bagged and sealed, or in a commercial screw top ice bag)
- Tape/s
- Warm-up equipment
- Extra mouthguard
- Vaseline

All corners are **prohibited** from having the following equipment:

- X Tiger balm, Thai oil, VapoRub, or any liniments
- X Hair gel, mousse, or wax
- X Body cosmetics
- X Unapproved substances for treating cuts

5. HANDWRAPPING

- Amateurs may use either the **Training style** or of the **Bandage and Tape style** handwraps.
- For Professional fighters, **Bandage and Tape is the preferred style**, and must abide by the below:



1. No tape against the skin. *The only exception is a singular wrap of tape at the base of the wrist to anchor the handwrap.*
2. One (1) roll of bandage to be applied to the knuckle, hand, and wrist. Thumb is optional.
3. The adhesive tape shall not cover any part of the knuckles when the hand is clenched to make a fist
4. A single piece of tape, which can be pinched, or twisted once only, may pass over each knuckle to anchor the bandaging.

NOTE: Failure to meet the above standard will result in the handwrap being removed. If the Inspector does not intervene during the dressing room check, the wrap may be removed cageside and could result in match forfeiture.

NOTE: No tape may be applied to any other area of the body (fingers, toes, under any ankle or knee brace) without prior express approval from an NZMMAF official. Please consult your Inspector about any taping concerns, or you risk having it removed at cageside.

6. GLOVES

- Gloves will be issued by event staff, **immediately prior to warm up**.
- Gloves must be issued **in the presence of an Inspector**, who will also check your wraps and witness the gloves being fitted.
- Fighters and corners are **not permitted to “skin”, “pre-roll”, or manipulate the gloves** in any way.
- Once fitted, the gloves will be **taped and signed by the Inspector**. This tape **must not be tampered with** and will be checked again cageside.

NOTE: Failure to comply with these guidelines will result in the removal of the hand wrap.

FIGHT INFORMATION

7. WALK-OUT AND CAGESIDE CONDUCT

- The Inspector will conduct a final gear check before guiding the fighter to the cage.
- You will stop at the **prep point** for final words, water, equipment checks, or hugs from your corner. After this point, the fighter will be handed to the **cageside official**.
- No physical contact is allowed between the fighter and corners once they approach the cage.
- All three corners will be directed to **designated seats cageside**.
- Corners **must remain seated** during the round. Inspectors will remind you if necessary.
- Any distraction of the referee by a corner **may result in a penalty** for the fighter.
- **Two designated corners** will be permitted to enter the cage during breaks.
- The Inspector will guide them and **provide a stool** for the fighter.

8. BLEEDING CONTROL

- The promotion may or may not provide a designated cutperson at the event.
- If a cutperson is not provided, it is expected, per the Unified Rules of MMA, that one of the fighter's corners will act as the cutperson.
- The corner may treat cuts between rounds, or during a stoppage for a foul (at the referee's request).

Only the following substances are permitted for the treatment of cuts:

- ✓ Adrenaline 1:1000
- ✓ Avitene
- ✓ Thrombin
- ✓ Vaseline

NOTE: No other medications or substances are permitted in the corner's bucket or to be used between rounds.

POST-FIGHT INFORMATION

9. MEDICAL ASSESSMENT

After the conclusion of your bout, the **Inspector will escort you to the Cageside Medic** for a mandatory post-fight medical assessment.

This assessment is compulsory for all fighters, regardless of how you feel or whether you sustained visible injuries.

10. APPEAL PROCESS

If you wish to appeal the result of your bout, please notify the **Inspector immediately**. They will guide you through the initial steps of the NZMMAF Appeal Process, which includes:

- a. Providing the NZMMAF Appeal Process documentation for you to fill in
- b. Notifying the Lead Official and NZMMAF of your intention to appeal
- c. Collection the required appeal fee (cash only):
 - i. NZD 100 (amateur bout)
 - ii. NZD 250 (professional bout)

NOTE: Appeals must be lodged **as soon as practicable** after the bout to be considered valid.

11. ANYTHING ELSE

The Inspector's role is to help you follow all rules and protocols, so you can focus on your performance.

If you're unsure about anything in this Info Sheet or have questions on fight day, **just ask your Inspector** - they're there to help you.

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.