



MANDATORY MEDICAL CLEARANCE REQUIREMENTS FOR COMPETITION

Pre-Bout Examinations & Head Trauma Protocols

All NZMMAF-sanctioned events are subject to the following medical compliance standards.

1. PRE-BOUT EXAMINATIONS

- a. All athlete participants must undergo a **complete physical examination** as outlined in the *NZMMAF Physician Pre-Bout Examination*, completed **no more than 60 days prior** to the event.
- b. All athlete participants **must have clear serology results for Hepatitis B, Hepatitis C, and HIV**, dated no earlier than **12 months prior** to the event.
- c. All **female athlete participants** must provide a **negative pregnancy test result** dated **no earlier than ten days prior to the event**.
- d. All participants must undergo a **pre-bout physical examination** by **event medical personnel** within 24 hours prior to the scheduled bout.
- e. A **post-bout examination** may also be conducted **at the request of the participant or an official**.
- f. Any participant competing in **multiple bouts within a 24-hour period** must be **examined between each bout**.
- g. Event medical personnel will complete an **individual medical report** for each bout.
- h. Medical personnel at the event will review the athlete's *Physician's Pre-Bout Examination form*, *serology results*, and conduct **any additional physical checks** (e.g. heart rate, blood pressure, temperature, vision, lungs) **that they deem appropriate** in their medical judgement.
- i. Medical personnel have full authority to **disqualify any athlete participant** they consider to be medically unfit to compete.

NOTE: If these checks are not completed and satisfactory documentation not provided by the athlete participant, **medical personnel will recommend refusal of competition entry**.

2. HEAD TRAUMA PROTOCOLS (NZMMAF-recommended code of practice)

a. Immediate Post-Knockout Procedure

- i. If a participant is knocked out in a bout as a result of serious blows, or receives serious head blows in a bout, they must be immediately examined by event medical personnel.
- ii. If the medical officer suspects a head injury or injuries, the participant should be referred to the nearest medical clinic and **ambulance transport should be considered**.

b. Mandatory rest periods after a knockout or technical knockout

- i. A participant who is knocked out must not engage in competitive sparring for **at least 60 days** after the bout.
- ii. A participant whose bout is terminated by **technical knockout (TKO)** may not spar for **at least 30 days** after the bout.
- iii. A participant **knocked out twice in 3 months** must not spar for **6 months** from the date of the second bout.
- iv. A participant **knocked out three times in 12 months** must not engage in competitive sparring for **1 year** from the date of the third knockout.
- v. Before resuming any competitive sparring or returning to competition after any of these periods, the participant must satisfy any conditions set by NZMMAF based on medical recommendations.

NOTE: The Physician's report must clearly state that a **head injury examination** has been completed.

*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.*