

## **Note to all fighters regarding Medical clearance:**

1. All participants shall have had a complete physical examination as required in the Shuriken MMA Medical Clearance Form, completed no more than 30 days prior to the event.
2. All participants **must** have **clear serology tests for Hep A, B & C and also HIV** which must be dated no earlier than twelve months prior to the event.
3. Any female participant must have a negative pregnancy test dated no earlier than ten days prior to the event.
4. All participants shall be examined at a pre-bout physical examination by the ringside medical officer within 24 hours before each bout and, if requested by a participant or official, after a bout. The ringside medical officer shall complete a report for each participant.
5. The ringside medical officer shall review the participant's Medical Clearance form and examine each participant as appropriate in his/her judgment including heart rate, blood pressure, temperature, vision and lungs. The ringside medic shall have the power to disqualify any participant who appears to be in an unsatisfactory condition to compete.

**If these checks are not produced to a satisfactory standard, Shuriken MMA will have no choice but to refuse competition entry.**

### **Head Blows, code of practice adhered to, and recommended by Shuriken MMA**

1. **Procedure.** If a participant has been knocked out in a bout as the result of head blows or received serious head blows, the participant must be examined by a ringside medical officer immediately. If the medical officer determines that the participant may have received head injuries, that participant is to be referred to the nearest available clinic and transportation via ambulance is to be considered.
2. **Periods of rest required after a knockout or technical knockout.**
  - a) A participant who is knocked out during a bout may not take part in competitive sparring for a period of at least 60 days from the date of the bout. A participant whose bout is terminated by a technical knockout may not take part in competitive sparring for a period of at least 30 days from the date of the bout.
  - b) A participant who, twice in a period of 3 months, has been knocked out may not take part in competitive sparring during a period of six months from the second bout.
  - c) A participant who has been knocked out 3 times in a period of 12 months may not take part in competitive sparring for a period of one year from the third knockout.
  - d) Before resuming any competitive sparring after any of the periods as outlined above, a participant shall satisfy any requirements imposed by Shuriken MMA after receiving the recommendations of health professionals.