

Safety Requirement for Competition

in The United States And Dependencies, wherein State Law and Tribal/Reservation Law permit:

Please Note:

Depending on the regulations and requirements adopted by the state, the USMTA is obligated to follow these regulations pertaining to the safety and sanitary protection of the individual competitor. Certain information written here may not apply to the set regulations of a particular Thai art protected and promoted by the USMTA, the NAL or other leagues of the association, or by the State or Tribal regulatory Athletic commissions.

EQUIPMENT REQUIREMENTS

Gauze not to exceed 2 inches in width; 1 roll of ten yards for each hand.

Tape no to exceed 1.5 inches in width; no more than 2 yards for each hand.

Neoprene or elastic knee braces may be worn if there are no plastic or metal, hinges or joints.

Neoprene or elastic ankle supports (Thai ankle socks), may be worn or a moderate amount of tape may be used.

* 7 oz regulation approved MMA gloves – provided by the promoter. 1 set of Blue gloves and 1 set Red gloves.

Regulation approved shin and instep pads – provided by promoter.

Approved mouth guard in mouth at all times during bout.

Approved Groin protectors must be worn during bouts.

Elbow pads/forearm pads NOT to be worn in locker room. Elbow pads to be placed on at ringside. prior to bout.

No rings, jewelry, or piercings – worn in locker/dressing room or arena area, according to USMTA standard dress regulations.

MEDICAL MALE REQUIREMENTS

3. Contestants to receive on site physical examination allowing them to compete by an medical doctor (MD or DO).

3.1 Contestant to submit copy of their negative blood test results (HIV, Hep B & Hep C) no older than 6 months from date of bout.

3.2 The use of any drug, narcotic, stimulant, depressant, of any description, or alcoholic substance by a competitor either before or during a bout, shall result in immediate loss of membership in the USMTA, loss of standing and/or loss of any title held.

3.3 The State Athletic Commissions have the discretion to order drug tests whenever considered necessary, before or after a bout.

3.4 Any competitor who has lost four consecutive fights by TKO or KO may need to submit to a complete physical examination conducted by a physician appointed by the State.

3.5 The USMTA requires those copies of reports of all medical exams conducted by the state related to fitness be submitted to the association.

3.6 Two licensed paramedics/EMT's in attendance during event.

3.7. At least one paramedic/EMT is at cage/ring side during event.

3.8 Paramedic/EMT must have “necessary” equipment for treatment/transporting injured athlete.

3.9. Oxygen, backboard and neck collar at ringside.

3.10 Required ambulance (mobile medical Unit) on site.

4. MEDICAL EXAMINATION OF A FEMALE COMPETITOR

4.0 All female competitors, as a condition to licensure or renewal of licenses from the State Athletic Commissions shall undergo a thorough medical examination by a Physician appointed by the State, or the competitor's personal physician, according to the State rules for testing and examination.

4.1 All female competitors, in all bouts must be given a physical examination by a Physician appointed by the State Commissioner on the day of the bout according to the State's rules for examination.

4.2 The use of any drug, narcotic, stimulant, depressant, of any description, or alcoholic substance by a competitor either before or during a bout, shall result in immediate loss of membership in the USMTA, loss of standing and/or loss of any title held.

4.3 All competitors shall be physically examined immediately prior to the commencement of the bout. Each competitor must also be examined after every bout and a report sent to the USMTA if requested.

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4.5 Any competitor who has lost four consecutive fights by TKO or KO may need to submit to a complete physical examination conducted by a physician appointed by the State.

4.6 The USMTA requires those copies of reports of all medical exams conducted by the state related to fitness be submitted to the association.

4.7 In addition to a State certification of fitness to compete in any bout, the USMTA further requires that competitors submit to a pregnancy test before any bout for the protection of the competitor. No USMTA competitor who is pregnant will be permitted to fight.

4.9 Should a competitor become pregnant as a titleholder, she will retain her Title and her belt. An elimination bout will take place between the top two (2) contenders in the rankings. A new active champion shall be named the Titleholder will have 2 years to return to the ring and must fight the active champion to regain her old standing. If the fighter should return but In a new division or weight class she will be entered in the rankings of the new division. It is this case only that two (2) fighters can share the name of Champion while only the active competitor will be able to defend her title.

4.10 At weigh-in, all female USMTA members may request an USMTA representative be present..

RING/CAGE REQUIREMENT

Cage no smaller than 18' x 18'

Ring or cage platform should be a minimum of 30 inches above floor of the building with suitable steps or ramp for use of the contestants.

Combat area of floor padded and covered.

Standard boxing ring roped ring – 5 ring ropes connected vertically in at least two places on each of the 4 sides, if above the regulation applies, the ring floor shall extend beyond the ropes; not less than 18'; padding must extend over the edge of the platform.

If MMA cage used – must be at least two locking entrances/exits with stairs.

Buffer zone (roped off area of 6ft from officials chairs at ringside to barricade separating ringside officials from paid spectators.

Space reserved within barricaded ring-side area for emergency stretcher and EMT medical supplies.

SANITATION REQUIREMENTS (MMA)

Dressing room/locker room and showers must be in clean and sanitary condition. Promoter must make sure that water bottles are present in the locker/dressing rooms.

Promoter must make sure that towels must be present in locker/dressing rooms.

Ring/cage must be swept, dry mopped or otherwise adequately cleaned before the event and prior to each bout in accordance to USMTA standard ring regulations.

LOCKER ROOM/CAGE/RING SIDE PROTOCOL (subject to approval by inspector)

Water approved electrolyte drinks in SEALED and ORIGINAL containers are permitted in locker room/cage/ring side.

No Alcohol, energy drinks, caffeine inhibited drinks, or controlled substances in locker room/cage/ring side.

Only licensed/registered persons or corner men are allowed in the locker rooms/cage/ring side (unless permitted).

No contact lenses will be allowed according to USMTA standard ring regulations

Toe nails should be checked and trimmed according to USMTA standard ring regulations.

Henna type tattoos are not allowed.

All hand wraps to be inspected and initialed before gloves are put on, according to USMTA standard ring regulations.

Only a light coat of Vaseline on face applied at the cage/ring side under supervision of the inspectors.

Ice must be in bag, no loose at the cage/ring side.

No Bad manners or name calling, vulgar gestures or offensive languages before, during or after bout.

No aggressive coaching from corner.

Corner men must remain seated in the designated seating during the round.

Only one corner man allowed in ring during rest periods.

When contestant is knocked out, no one is allowed in the cage /ring until authorized by a referee or physician.

No photography by the contestants corner during the bout.

INSURANCE REQUIREMENTS

Proof of accidental health and death policy (min \$10,000) for competitors.

Copy of policy/claim form signed by sanctioned organization representative.

General Liability insurance Policy naming sanction body as co- insured: \$1 million per claim/ \$2 million aggregate minimum.