

Event and athlete medical standards, July 2024

(Professional MMA events)

Rules

All matches should be run using the Unified Rules of MMA
(<https://abcboxing.com/unified-rules/>)

SAFE-MMA

All athletes must be cleared through SAFE-MMA (<https://safemma.org/>) to the M3 standard.
This includes:

- Medical Examination from within 1 year
- Blood Tests for HIV, HEP B & HEP C from within 6 months
- Dilated Pupil Eye Examination from within 1 year
- MRA Brain Scan once ever
- MRI Brain Scan from within 1 year
- Registration
- Pre and post-match medical assessment by an event doctor

Minimum Medical Staffing and Services Requirements

- Two Doctors per MMA Ring +1 trained to provide ALS treatment as well as to recognise and manage life-threatening conditions. The cage side emergency doctor must be able to identify, monitor and treat patients with critical illness through the



Irish Mixed Martial Arts Association
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initial and sustained support of vital organ functions. This includes a range of interventions to supplement ALS and includes High Acuity, Low Occurrence situations.

Cage Side Medical Equipment

The equipment that is utilized cage side **CANNOT** be decanted from the Emergency Ambulance that is attending the event. The cage side medical equipment must include the following:

Medical Bag with contents A receptacle that can easily be transported by one person and is large enough to hold all the required cage side medical equipment.

Ambulance Stretcher

Scoop/Combi Board, set of collars, straps and head blocks

Mechanical Suction Unit

Defibrillator with ECG capability

Analgesia (Entonox or Pentrox)

Sedation/Anti-Seizure Medication

Vacuum Splints



Emergency Medical Room

- An emergency medical room must be provided for all fight nights in Safe MMA/IMMAA competitions. This medical room must be located close to the cage (on the same level) and must comply with the medical equipment requirements set out

– Minimum Medical Room Requirements

Medical room equipment	
General	Examination and treatment table x 2
	Two chairs
	Running water
	Toilet
Breathing	Oxygen cylinder
	Intubation equipment





	Surgical airway equipment
	Nebuliser mask
	Pulse oximeter
	Stethoscope
	Spacer for bronchodilators
Circulation	Defibrillator with ECG
	IV cannula, assorted sizes
	Tourniquet



	Adhesive fixing materials
	Intravenous infusion equipment
	Intravenous fluid (1000ml)
	Intraosseous access device
	BP monitor with appropriate cuff

	Blood sugar gauge
	Monitoring unit (at least 1 channel ECG)





Personal protection	Sharps box
	Protective goggles
Medication	Bronchodilators
	Antihistamine
	Hydrocortisone
	Dexamethasone
	Glyceryl trinitrate (GTN)
	Glucagon or equivalent
	Antiemetic





	S-ketamine or similar analgesia
Wound care	Suture filaments >3 sizes
	Suture packs/instruments
	Sharps box
	Gloves
	Bandages
	Dressing packs
	Local anaesthetics





	Syringes
	Needles
	Nasal tampons
	Wound cleaning solution
Additional items	Urine rapid analysis dipsticks
	Tooth transport container
	Ice and plastic bags

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	Hand gel
	Otoscope
	Ophthalmoscope
	Foil blankets or equivalent
	Copy of WADA Prohibited List
	Penlight
	Tongue depressors
	Strong scissors



Indemnity Insurance

- the medical practitioners (Amendment) act 2017 requires registered medical practitioners to have medical indemnity insurance. The state claims agency through the clinical indemnity scheme provides state indemnity to state authorities in respect of the provision of professional medical services. State authorities for the purposes of the clinical indemnity scheme are primarily the HSE and organisations in the voluntary health and social care sector to which the minister for health has provided an indemnity in respect of clinical claims. Most MMA events would not be covered by the clinical indemnity scheme and thus additional clinical indemnity insurance would be required. Doctors should communicate with their insurer in advance of working on the cage side to ensure their policy is appropriate.

- One Advanced Paramedic per MMA Ring, A Phecc Registered qualified medical official trained to provide Advanced Life Support treatment as well as to recognise and manage life-threatening conditions.



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- Fully equipped paramedic led ambulance (1 per MMA Ring +1)

An ambulance equipped to provide an Intermediate level of emergency medical care. As a minimum the ambulance must contain sufficient equipment for resuscitation, as well as

equipment with which to manage life-threatening conditions. The maintenance of airway, breathing and circulation through basic invasive clinical interventions (IM/SC injection or PR administration) using equipment and medications at paramedic (P) level. This includes all interventions at BLS level, cuffed super glottic airway devices, NPA, CPAP, manual Defibrillation, 12 lead ECG interpretation, GCS, passive spinal motion restriction and tourniquet and wound clips application to control external hemorrhage.

- Clear access to local emergency hospital services and pre-arrangement with neurological unit
 - Referrals for CT scans for athletes that have suffered head injuries (at the discretion of the attending doctor)
- Medical Examinations and Suspensions
- All athletes undergo pre and post bout medical examinations for each match undertaken by a doctor
 - The examining doctor is responsible for issuing any injury suspensions based on advised recovery time (using the SAFEMMA guide to advised minimum suspensions)



- Coaches and athletes should adhere to recommended suspensions
- The ringside doctor may likewise call an early stoppage to a bout if he/she determines the athlete is not medically fit to continue
- **Medical suspensions are submitted to Safe MMA for databasing and future athlete clearance**

Youth bouts on the undercard

There should be no competitors under the age of 18 competing where alcohol is being served



(Amateur MMA event)

Rules

All matches should be ran using the standard IMMAF (<https://immaf.org/>) rules for amateur MMA

SAFE-MMA

All athletes must be cleared through SAFE-MMA (<https://safemma.org/>) to the M5 standard.
This includes:

- Medical Examination from within 1 year
 - Blood Tests for HIV, HEP B & HEP C from within 1 year
- **NOTE:** For international IMMAF events, this must be within 6 months
- MRI Brain Scan once ever
 - Registration
 - Pre and post-match medical assessment by an even
Youth bouts on the undercard



Minimum Medical Staffing and Services Requirements

- Two Doctors per MMA Ring +1 trained to provide ALS treatment as well as to recognise and manage life-threatening conditions. The cage side emergency doctor must be able to identify, monitor and treat patients with critical illness through the initial and sustained support of vital organ functions. This includes a range of interventions to supplement ALS and includes High Acuity, Low Occurrence situations.

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Defibrillator with ECG capability

Analgesia (Entonox or Pentrox)



Sedation/Anti-Seizure Medication

Vacuum Splints

Emergency Medical Room

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– Minimum Medical Room Requirements

Medical room equipment

General	Examination and treatment table x 2
	Two chairs
	Running water





	Toilet
Breathing	Oxygen cylinder
	Intubation equipment
	Surgical airway equipment
	Nebuliser mask
	Pulse oximeter
	Stethoscope
	Spacer for bronchodilators
Circulation	Defibrillator with ECG



	IV cannula, assorted sizes
	Tourniquet
	Adhesive fixing materials
	Intravenous infusion equipment
	Intravenous fluid (1000ml)
	Intraosseous access device
	BP monitor with appropriate cuff
	Blood sugar gauge



	Monitoring unit (at least 1 channel ECG)
Personal protection	Sharps box
	Protective goggles
Medication	Bronchodilators
	Antihistamine
	Hydrocortisone
	Dexamethasone

	Glyceryl trinitrate (GTN)





	Glucagon or equivalent
	Antiemetic
	S-ketamine or similar analgesia
Wound care	Suture filaments >3 sizes
	Suture packs/instruments
	Sharps box
	Gloves
	Bandages



	Dressing packs
	Local anaesthetics
	Syringes
	Needles
	Nasal tampons
	Wound cleaning solution
Additional items	Urine rapid analysis dipsticks
	Tooth transport container



	Ice and plastic bags
	Hand gel
	Otoscope
	Ophthalmoscope
	Foil blankets or equivalent
	Copy of WADA Prohibited List
	Penlight
	Tongue depressors



	Strong scissors
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- the medical practitioners (Amendment) act 2017 requires registered medical practitioners to have medical indemnity insurance. The state claims agency through the clinical indemnity scheme provides state indemnity to state authorities in respect of the provision of professional medical services. State authorities for the purposes of the clinical indemnity scheme are primarily the HSE and organisations in the voluntary health and social care sector to which the minister for health has provided an indemnity in respect of clinical claims. Most MMA events would not be covered by the clinical indemnity scheme and thus additional clinical indemnity insurance would be required. Doctors should communicate with their insurer in advance of working on the cage side to ensure their policy is appropriate.



- One Advanced Paramedic per MMA RingA
Pecc Registered qualified medical official trained to provide Advanced Life Support treatment as well as to recognise and manage life-threatening conditions.

- Fully equipped paramedic led ambulance (1 per MMA Ring +1)

An ambulance equipped to provide an Intermediate level of emergency medical care. As a minimum the ambulance must contain sufficient equipment for resuscitation, as well as equipment with which to manage life-threatening conditions. The maintenance of airway, breathing and circulation through basic invasive clinical interventions (IM/SC injection or PR administration) using equipment and medications at paramedic (P) level. This includes all interventions at BLS level, cuffed super glottic airway devices, NPA, CPAP, manual Defibrillation, 12 lead ECG interpretation, GCS, passive spinal motion restriction and tourniquet and wound clips application to control external hemorrhage.

- Clear access to local emergency hospital services and pre-arrangement with neurological unit
- Referrals for CT scans for athletes that have suffered head injuries (at the discretion of the attending doctor)
Medical Examinations and Suspensions
- **Medical suspensions are submitted to Safe MMA for databasing and future athlete clearance**

There should be no competitors under the age of 18 competing where alcohol is being served



Youth MMA Event and No Headshot Novice

Rules

All matches should be run using the standard IMMAF (<https://immaf.org/>) rules for Youth MMA

Athlete Medical

All athletes must have completed an annual medical examination:

- Annual medical examinations (to be presented at registration at the event)
 - No blood tests or MRI required
 - Pre-fight check during registration
 - post-match medical assessment by medical team
- Minimum Medical Staffing and Services Requirements
- 1 Doctor per MMA cage
 - Advanced Nurse Practitioner or Advanced Paramedic, depending on size of event (to be advised on prior to the event by the attending doctor)
 - Paramedic led Fully equipped ambulance
 - Defibrillator onsite (independent of ambulance)
 - Clear access to local emergency hospital services
 - Referrals for CT scans for athletes that have suffered head injuries
- Medical Examinations and Suspensions



- All athletes undergo pre and post bout medical examinations for each match undertaken by a doctor
- The examining doctor is responsible for issuing any injury suspensions based on advised recovery

time (using the SAFEMMA guide to advised minimum suspensions)

- Coaches and athletes should adhere to recommended suspensions
- The ringside doctor may likewise call an early stoppage to a bout if he/she determines the athlete is not medically fit to continue

- **Medical suspensions are submitted to Safe MMA for databasing and future athlete clearance**

General Rule

There should be no competitors under the age of 18 competing where alcohol is being served



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