

## 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



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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



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## **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 equipme	ent	
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





IRISH MIXED MARTIAL ARTS ASSOCIA
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





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	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
1

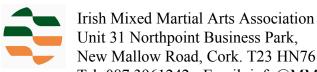




#### **Indemnity Insurance**

- 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 Phece 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
- 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)



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- 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)

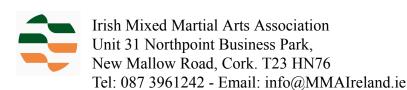
#### Rules

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.

## Cage Side Medical Equipment

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

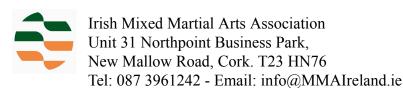
**Ambulance Stretcher** 

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

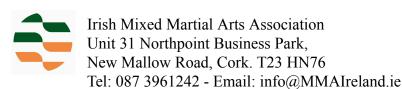
## **Emergency Medical Room**

Medical room equipment

- 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

General	Examination and treatment table x 2
	Two chairs
	Running water





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	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





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





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



Nasal tampons
Wound cleaning solution  Urine rapid analysis dipsticks
Urine rapid analysis dipsticks  Tooth transport container



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





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	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 RingA
  Phecc 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)

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- 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



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### 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

