



**IMMAF**  
INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

# IMMAF Championships

## COMPETITION EQUIPMENT & APPAREL

It is mandatory for IMMAF competitors to wear the following protective equipment in competition:

- 6 – 8 oz Amateur MMA gloves
- Shinguards that can facilitate the use of grappling techniques
- Groin protectors (for men, groin and breast protectors optional for women)
- Mouthguards

Additionally competitors must wear;

- MMA shorts/compression shorts with no pockets, zips, fasteners or any foreign substance other than that of the material that the shorts.
- Rashguard tops



Weight management poses one of the biggest issues in combat sports. It is taken very seriously by IMMAF and addressed through various protocol:

- IMMAF holds weigh ins each morning of competition, requiring athletes to maintain a steady weight across the week.
- IMMAF weigh ins take place 2 hours before competition, allowing competitors time to appropriately rehydrate and nourish themselves without gaining excessive weight pre-bout.
- No weight allowance is permitted, encouraging athletes to compete at a comfortable, sustainable weight. In fact IMMAF encourages its athletes to compete close to their 'walk-around' weight.
- IMMAF does not permit self-administration of intravenous infusions (IVs) in line with its WADA compliant Anti-doping policy and No Needles policy. These policies discourage extreme weight-cuts and inappropriate rehydration methods.



**Minimum medical staffing and services requirements at IMMAF-WMMAA tournaments include:**

- 2 doctors per MMA ring +1
- 2 paramedics per MMA ring
- Fully equipped ambulances ( 1 per MMA ring + 1)
- Clear access to local emergency hospital services and pre arrangement with neurological unit
- 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
- Athletes suspended due to injury cannot enter the next round of competition
- 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





# MEDICAL PRECLEARANCE

Athlete medical clearance for competition is handled independently by non-profit, voluntary charity Safe MMA

Athletes must submit a clear Annual Medical Examination and six monthly blood test results for Hepatitis B, Hepatitis C and HIV

Safe MMA also manages post-event injury suspensions to include mandatory suspension periods for a 1st KO or TKO of 45 days.

IMMAF's Medical Committee is responsible for directing IMMAF policy in these respective areas







2019 IMMAF - WMMAA  
**YOUTH MMA  
CHAMPIONSHIPS (U18s)**  
ROME • ITALY



WATCH AT IMMAF.TV

INFO@IMMAF.ORG | WWW.IMMAF.ORG | @IMMAFED

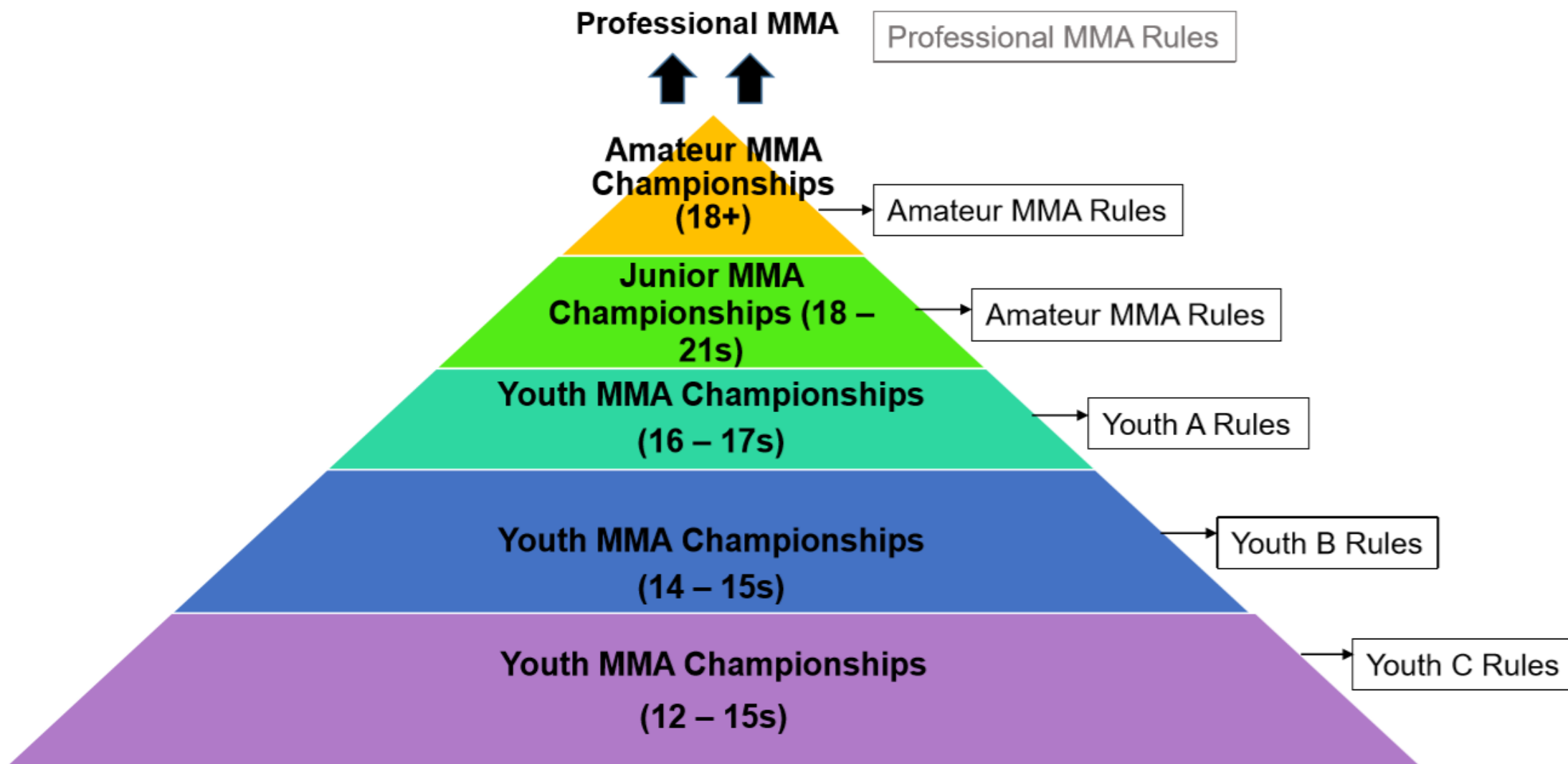
**3 - 4 AUGUST 2019**

AT THE PALAPELLICONE



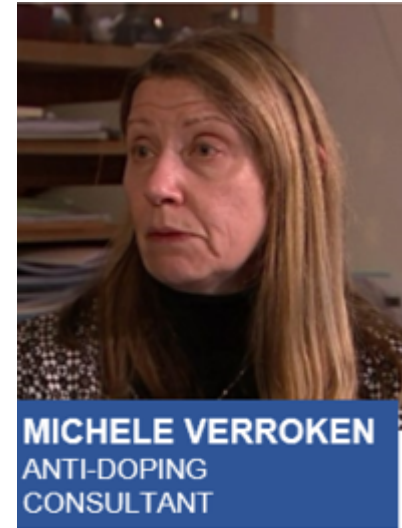
# YOUTH MMA CHAMPIONSHIPS

- IMMAF – WMMAA holds its first Youth MMA World Championships in August 2019 in Rome for 12 – 17 year olds
- Head strikes to the head are prohibited for all under 18s
- Youth Rules are modified from IMMAF Amateur Rules in three tiers for 12s – 13s, 14s – 15s and 16- 17s with respect to competitors' developmental stage.
- The Youth Rules have been under development for two years under IMMAF – WMMAA's Medical, Coaching and Regulatory Affairs Committees



# IMMAF Anti-doping Policy

- In 2015, IMMAF adopted an Anti-doping policy based on the world Anti-Doping Agency Code and standards for its Worlds Championships
- Athletes are subject to drug tests in accordance with IMMAF's WADA compliant, Anti-doping policy. Athlete TUE submissions and education are managed by IMMAF's Anti-doping arm, "Clean MMA", under IMMAF's Anti-doping Committee
- IMMAF's Medical and Anti-doping committees fall under the respective leads of Royal College of Surgeons neurologist and MMA safety campaigner, Professor Dan Healy, and Commonwealth Games medical lead, Dr. Mike Loosemore. The committees are responsible for directing IMMAF policy in both areas







# IMMAF

INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

[info@immaf.org](mailto:info@immaf.org)

[info@immaf.org](mailto:info@immaf.org)