



Government of **Western Australia**  
Combat Sports Commission



# CONTESTANT PREPARATION STANDARDS AND GUIDELINES

Issued under the Combat Sports Act 1987 and Combat Sports  
Regulations 2004



PREPARE WELL  
PERFORM BETTER



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For general enquiries:  
Combat Sports Commission  
Gordon Stephenson House  
140 William Street Perth, WA, 6000  
Tel: (08) 6552 1604  
Fax: (08) 6551 9359  
Email: [combatsport@dlgsc.wa.gov.au](mailto:combatsport@dlgsc.wa.gov.au)  
Web: [www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)

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# Contestant preparation standards and guidelines

These standards and guidelines are issued under s.10(1)(d) of the *Combat Sports Act 1987* (the *Act*) and are intended as a basic guide for contestants and trainers.

Trainers may wish to undertake their own preparation regimes for contestants and contestants should seek their own advice from an experienced trainer.

## 1. A basic level of fitness

Prior to commencing a specific training regime for a contest an individual should be able to show a basic level of fitness as outlined below.

### Cardiovascular:

An appropriate level of cardiovascular fitness may be demonstrated by running 1.5kms without stopping in under 8min 30sec or completing the Beep test at level 8.10

<http://www.defencejobs.gov.au/content/audio/triservice/fitnessTool/BeepTest.mp3>

[http://www.defencejobs.gov.au/content/video/triservice/fitnessTool/ShuttleTest\\_iPod.mp4](http://www.defencejobs.gov.au/content/video/triservice/fitnessTool/ShuttleTest_iPod.mp4)

Recovery should occur within 2 minutes and pulse returning to a resting heart rate within approximately 7 minutes.

### Flexibility:

A demonstrated full range of normal, symmetrical joint movement of all four limbs, spine, and neck. Basic flexibility training should be undertaken during training.

### Balance:

A demonstrated level of balance is required. An individual should be able to stand with one foot in front of the other, arms crossed and eyes shut for 30 seconds.

### Other information:

Demonstrated fitness levels can be found on the following website.

<http://www.topendsports.com/testing/norms/>

## 2. A basic level of competence in the relevant combat sport

Prior to being considered ready for a contest an individual should be able to show a basic level of competence in their chosen combat sport.

Defensive skills – Ability to perform basic techniques to effectively defend themselves.

Offensive skills – Ability to display a range of attacks i.e. long and short range and angular.

Individuals should be able to complete three rounds of three minutes (3 x 3) showing:

- one round of adequate defensive skills
- one round of adequate offensive skills, and
- one round of both defensive skills and offensive skills including but not limited to punches, kicks, checks and grappling (as relevant to the sport).



### 3. Registration

Once an individual has shown an adequate level of fitness and competence in the relevant combat sport they are required, under the *Act*, to register as a contestant. A new registrant must provide the Combat Sports Commission (the Commission) with a Registration form (completed in its entirety) and associated registration documents, a certificate of fitness and a current clear serology report.

### 4. Pre-fight lead-up

It is suggested that contestants undertake a minimum 6 week training regime/program at the direction of their trainer prior to a contest.

Prior to accepting a match, a contestant must have a good knowledge of the rules of the contest and the conduct expected.

#### **Pre-fight lead up training:**

In the lead up to a contest, contestants are expected to train at the direction of a registered trainer in the relevant combat sport.

Appropriate training cycles should be put in place by the trainer to alleviate unnecessary exhaustion and/or injury in the contestant. Contestants should be adequately “tapered” before a contest so that they are not exhausted on the day of a contest or the day of the weigh-in.

Mixed Martial Arts contestants should spend time training in both a fenced enclosure and a boxing ring to ensure they are familiar with the challenges and advantages each of these contest areas. Where a contestant has an upcoming contest in a specific contest area they should ensure that spend adequate time training in this kind of contest area.

#### **The weigh-in:**

Contestants must attend a weigh-in within 24 hours of their event. Weigh-in times are scheduled by the promoter of the contest, and contestants are given 2 hours from the weigh-in start time to make weight.

It is strongly advised that contestants do not cut weight, or endeavour to make weight, through dehydration.

Further, efforts to make weight through dehydration, such as extreme exercise are dangerous and will deplete necessary fuel stores in muscles and the liver. This will limit the contestant’s ability to compete well within 24 hours. (See information below on dehydration)

#### **Pre-fight medicals:**

After the weigh-in and prior to the event, all contestants must submit to a Pre-Contest Medical. These are generally done at the weigh-in venue. All contestants will be required to undertake a series of checks before they will be cleared to fight.

If a Medical Practitioner deems a contestant “not fit to fight” that contestant will be removed from the fight card and will not be allowed to compete.



## Doping Regulations:

The Combat Sports Commission recognises the World Anti-Doping Agency rules and requirements for a clean and safe sporting environment. All contestants, and industry participants, are strongly advised to familiarise themselves with the obligations to adhere to a drug free sport and avoid using performance enhancing substances.

The Australian Anti-Doping Agency website has all relevant information outlining banned substances and methods, as well guidelines on how to protect yourself from inadvertent misuse.

Drug testing, by urine and saliva collection, is carried out at WA Combat Sports events on a random basis. A positive test to a banned substance will incur a sanction, which can include loss of registration.

<https://www.asada.gov.au/>

Combat Sports Commission policies can be found at:

<https://www.dsr.wa.gov.au/support-and-advice/combat-sports-commission>



## 5. Nutrition

Nutrition is fundamental to a contestant's athletic performance. The right diet, including adequate hydration, will optimise a contestant's energy levels and help their body recover more effectively.

Contestants need to provide their body with enough energy to meet the demands of training and to enable proper recovery between exercise sessions. Training or competing generally increases daily energy requirements depending on duration, type and intensity of the activity. The three main nutrients for food that supply the body with energy are carbohydrate, fat and protein. These can be obtained by eating from the five food groups.



More information can be found by visiting Nutrition Australia's website

<http://nutritionaustralia.org/national/resource/sports-nutrition>

Contestants are warned against the use of supplements, some of which have been implicated in positive doping results due to the presence of banned substances.



The AIS has created a Classification System to help sports participants understand the risks.

<http://www.ausport.gov.au/ais/nutrition/supplements/classification>

### Nutrition and weight cutting

Contestants should not lose more than 4 to 5% of their body weight in the lead up to a contest and should do so through good nutrition and exercise, not by dehydration. Any weight loss above this level or undertaken through dehydration is unsafe.

### Dehydration:

Is a condition that results when the body loses more water than it takes in. Significant dehydration is dangerous to health and limits physical performance. Full hydration is important for maximal exercise output and full mental capacity.

Urine output is a good guide for dehydration. Clear or light coloured urine suggests that an individual is well hydrated. Low volume urine production (needing to urinate less often), and amber or dark coloured urine suggest that an individual is moderately to severely dehydrated.

# AM I HYDRATED?

## Urine Color Chart

|   |  |   |
|---|--|---|
| 1 |  |   |
| 2 |  | If your urine matches the colors 1, 2, or 3, you are properly hydrated. |
| 3 |  | Continue to consume fluids at the recommended amounts.                  |
|   |  |   |
| 4 |  | If your urine color is below the <b>RED</b> line, you are               |
| 5 |  | <b>DEHYDRATED</b> and at risk for cramping and/or a heat illness!!      |
| 6 |  | <b>YOU NEED TO DRINK MORE WATER!</b>                                    |
| 7 |  |   |
| 8 |  |   |

Symptoms of dehydration include thirst, low blood pressure, confusion, rapid heart rate and dry skin, often with sunken eyes.

Once dehydrated, it is unlikely a competitor can fully rehydrate within 24 hours, even if normal weight is restored. This is because the fluid balance around the body takes longer to be returned to normal.

Importantly, dehydration limits the body's capacity to deal with heat stress. Hyperthermia is a dangerous and potentially lethal consequence of severe heat stress. The contestant is more likely to experience cramps, confusion, collapse, seizures and even death.





What should a contestant do if they are dehydrated?

- Stop activity and rest
- Drink a rehydration drink, water, diluted juice or sports drink to replace fluids and minerals
- Stay out of direct sunlight.

Sip 2 litres of cool liquids over the next one to two hours. The contestant should feel better within a few hours, but it may take several days to restore fluid balance. If they are still showing signs of dehydration, seek medical assistance.

Dehydration can cause shrinking of the brain tissue and a reduction in the protective fluid around the brain. Participating in combat sports whilst dehydrated or recovering from dehydration increases the risk of a head injury and can increase the likelihood and severity of a concussion.

### **Rehydration through IV use**

Rehydration through the use of IV (intravenous) fluids can be dangerous and the Commission strongly discourages their use, except for medical reasons.

If not inserted properly an IV invites the risk of infection, bruising or air entering the blood stream.

The use of IV fluids without a medical reason contravenes the World Anti-Doping Agency (WADA) code and will result in a ban from competition. If an IV is required for medical reasons a contestant must obtain a 'Therapeutic Use Exemption' from the treating doctor.

### **Water Intoxication:**

Drinking too much water (many litres) in a short time when not dehydrated can dilute the blood, and it can become dangerously diluted of salts (hyponatremia) which can lead to death. The kidneys cannot remove the excess fluid quickly enough and the excess water causes the body cells to swell. This in turn can cause the brain to swell.

Contestants are encouraged to retain normal hydration at all times.

### **Diuretics (Water pills):**

The use of Diuretics for weigh cutting is banned by WADA (for more information see: <http://list.wada-ama.org/list/s5-diuretics-and-other-masking-agents/#diuretics>) and will result in a ban from competition. Using diuretics for weight loss is potentially dangerous due to blood salt imbalance and it is not recommended by medical professionals.



## 6. Injury prevention and management

Sports Medicine Australia has produced a range of guidelines on the management of sporting injuries. The Commission recommends that contestants and trainers utilise these guidelines which can be accessed here:

<http://sma.org.au/resources-advice/injury-fact-sheets/>.

Sports Medicine Australia also has several useful tools for the identification and management of concussion. These resources can be accessed here: <http://sma.org.au/resources-advice/concussion/>.

Trainers and Contestants are reminded that it is a requirement that Contestants present to a pre-contest medical fit, healthy and injury free. Contestants who are carrying an injury or who have received a concussion in the lead up to their event should not be entered into a contest.

Contestants are reminded that it is an offence under the *Act* to provide false or misleading information to the Medical Practitioner or Commission staff at their pre-contest medical. This offence carries with it a fine of up to \$12,000.

The provision of false and misleading information includes hiding an injury or medical issue prior to a contest.



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For more information contact the Commission on:  
(08) 6552 1640 or visit: [www.dsr.wa.gov.au/combatport](http://www.dsr.wa.gov.au/combatport)  
Email: [combatsport@dlgsc.wa.gov.au](mailto:combatsport@dlgsc.wa.gov.au)