



## POLICY #9

### Edmonton Combative Sports Policy: Suspensions and Rest Periods for Combative Sport Contestants

#### Description

After every match a contestant will require a compulsory rest and recovery period to heal from the match. This compulsory recovery period is designated as a “medical suspension.” It is posted on international data bases, informing all Commissions that a contestant has competed and as a result of the competition and a post-fight medical examination by ringside physicians, is currently serving a medical suspension assigned by the ringside physician who did the examination. The ringside physicians of the Edmonton Combative Sports Commission (ECSC) are tasked with the safety and well-being of the contestant. They seek to ensure contestants do not engage in another match before they have had adequate time to heal from their last fight.

#### Rationale

To determine the amount of time to medically suspend a contestant after a particular match to ensure the contestant has time to heal before participating in training and before competing in a subsequent match.

#### Procedure

1. The ECSC’s ringside physician shall impose a “medical suspension” or a mandatory rest and recovery period on each contestant/fighter after a bout. If the ringside physician imposes a suspension less than the minimum required by any ECSC Policy, the Executive Director shall increase the suspension to the minimum amount set out in the Policy.
2. The ECSC’s ringside physician shall impose medical suspensions for **BOXERS** for at least the following minimum periods:
  - a. Thirty (30) day medical suspension, for boxers who have actually completed a contest of ten (10) rounds or more.
  - b. Twenty-one (21) day medical suspension, for boxers who have actually completed a contest of six (6) to nine (9) rounds.

- c. Fourteen (14) day medical suspension for boxers who have actually completed a contest of one (1) to five (5) rounds.
  - d. If a boxer has been knocked out or has incurred a technical knockout from blows to the head, a medical suspension for a period of not less than sixty (60) days.
  - e. If a boxer has suffered two (2) knockouts or technical knockouts from blows to the head within a six (6) month period, a medical suspension for a period of not less than one hundred and eighty (180) days.
  - f. If a boxer has suffered three (3) knockouts or technical knockouts from blows to the head within a one (1) year period, a medical suspension for a period of not less than one (1) year.
  - g. If a boxer has suffered a technical knockout due to cuts, a medical suspension for a period of not less than thirty (30) days.
3. The ECSC's ringside physician shall impose medical suspensions for **Mixed Martial Arts (MMA)** or **MUAYTHAI** contestants for at least the following minimum periods:
  - a. Seven (7) day medical suspension for an MMA or Muaythai contestant who has not suffered any noticeable physical injury and increasing time for additional damage or suspected injury, depending on the post-fight medical evaluation of the fighter by the ringside physician.
  - b. If a contestant has been knocked out or has incurred a technical knockout from blows to the head, a medical suspension for a period of not less than sixty (60) days.
  - c. If an MMA or Muaythai contestant has suffered two (2) knockouts or technical knockouts from blows to the head within a six (6) month period, a medical suspension for a period of not less than one hundred eighty (180) days.
  - d. If an MMA or Muaythai contestant has suffered three (3) knockouts or technical knockouts from blows to the head within a one (1) year period, a medical suspension for a period of not less than one (1) year.
  - e. If an MMA or Muaythai contestant has suffered a technical knockout due to cuts, a medical suspension for a period of not less than thirty (30) days.
4. The ECSC's ringside physician or the Chief Medical Officer may impose an indefinite medical suspension which will be removed only at the satisfaction of the Chief Medical Officer upon subsequent medical examination. Particular consideration shall be given to imposing an indefinite suspension under this section when a contestant has sustained a significant head injury.
5. A contestant (boxer, MMA or Muaythai) shall not take part in a bout/contest during a period of medical suspension or a mandatory rest period ordered by the ECSC.
6. The penalty for taking part in a contest during a medical suspension is a prohibition of up to a one (1) year prohibiting that individual from applying for and receiving a combative sports license from the ECSC.

**Latest Revision by the ECSC**

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