



## Regulation #8

### Edmonton Combative Sports Regulation #8:

#### Medical

##### Description

Contestants must meet medical requirements and be medically fit to participate in an Event. Therefore, Contestants will be medically assessed as part of the Contestant Licensing process and before, during, and after each event.

##### Rationale

The purpose of this Regulation is to enhance the safety of Contestants in combative sports. Safety is enhanced by (a) establishing medical requirements that all Contestants must meet; (b) ensuring emergency medical personnel are present at Events; and (c) ensuring physicians are available to:

- review medical information provided by Contestants prior to Events;
- check Contestants' blood pressure and heart rate before Events;
- administer physical tests to Contestants to determine fitness and health to participate in Events;
- provide Occupational Medical Care to Contestants during Events;
- refer Contestants to a medical treatment facility in the event of serious injuries;
- stop the contest if a Contestant ceases to be fit to participate in the Event;
- provide post-Event examinations of Contestants;
- provide post-Event rehabilitation recommendations for Contestants;
- impose medical suspensions in accordance with Commission Regulations and policies; and
- inform event Officials of medical suspensions issued.

This Regulation is intended to provide transparency to Contestants by informing them what the Commission is looking for when it requires medical tests.

This Regulation is to be used in conjunction with Bylaw 15594. Terms not defined here have the same meaning as in the Bylaw. Defined terms begin with an upper-case letter. Headings are for clarity.

In the event of a conflict between the contents of Bylaw 15594 and this Regulation, the Bylaw supersedes this Regulation.

## I. DEFINITIONS

### 1.1 In this Regulation:

- (a) Attending Physician means any physician who attends the post-Event medical evaluation of a Contestant;
- (b) “Baseline CT Scan” means the CT scan done at the beginning of the screening process and that forms the first comparison for later rounds (repeat) in the screening process;
- (c) “Concussion” means a brain injury caused by a blow to the head or body, or a fall, that results in a temporary or prolonged loss of normal brain function;
- (d) “CT Scan” means a computerized tomography (CT) that combines a series of X-ray images taken from different angles around the body and uses computer processing to create cross-sectional images of the bones, blood vessels, and soft tissues inside the body;
- (e) Chief Medical Advisor or CMA means the senior-most medical professional on site during an Event that advises the Executive Director, and may also be called Chief Medical Officer (CMO), and who may or may not be the Ringside Physician;
- (f) Chief Medical Officer or CMO means the senior-most medical professional on site during an Event that advises the Executive Director, and may also be called Chief Medical Advisor (CMA), and who may or may not be the Ringside Physician;
- (g) “ECG” means electrocardiogram that records the electrical signal from the heart, and is also known as “EKG”;
- (h) EMS means Emergency Medical Services;
- (i) “Hepatitis” means an inflammatory condition of the liver, and includes Hepatitis A, Hepatitis B, and Hepatitis C;
- (j) “HIV” means human immunodeficiency virus which attacks the body's immune system and allows life-threatening opportunistic infections and cancers to thrive;
- (k) “MRI” means Magnetic Resonance Image which is a medical imaging technique used in radiology to form pictures of the anatomy and the physiological processes of the body using strong magnetic fields, magnetic field gradients, and radio waves to generate images of the organs in the body;
- (l) “Neurological Exam” means a medical examination conducted by a neurologist or a qualified sports medicine physician that includes an ImPACT concussion test or equivalent, and is completed only after the Contestant has fully recovered from a head injury;

- (m) Occupational Medical Care means medical care that is specific to a Contestant's work environment;
- (n) Primary Care Physician means the Contestant's personal physician who is most likely not affiliated with the Contest;
- (o) Ringside Physician means a physician who is trained in the type of trauma that could happen in a Contest and who is positioned at ringside during a Contest, and who may or may not have been present at the pre-Event medical, and who will be present at the post-Event medical;
- (p) "Signs of Incomplete Concussion Recovery" means observable or reported symptoms and/or signs indicating a Contestant has not fully recovered from a Concussion, which may include, but are not limited to, persistent headaches, dizziness, sensitivity to light/noise, and balance problems.
- (q) Translator means a person who is brought in to convey information from Officials and medical personnel to Contestants who are not fluent in English.

## II. PROCEDURE

### Medical Oversight

- 2.1 The Executive Director will retain the services of a Chief Medical Advisor (CMA) to provide medical advice and to identify and assign physicians to provide pre-Event, Event, and post-Event Occupational Medical Care.
- 2.2 The CMA may also act as an Attending Physician at an Event.
- 2.3 The Executive Director will arrange for EMS personnel to provide paramedical emergency services during the Event.

### Costs of Medical

- 2.4 Promoters will pay all costs for physicians and EMS personnel providing medical services during an Event.

### Timeline for Contestant Names

- 2.5 Promoters will provide to the Executive Director the name of the proposed Contestant for an Event no later than five (5) days prior to the Contestant's weigh-in date.
- 2.6 The Executive Director may, in exceptional circumstances, provide written permission to change the time requirement for providing the Contestant name.

### Timeline for Medical Information

- 2.7 The Promoter or the Contestant will provide the Contestant's medical information to the Executive Director no later than five (5) days prior to the date of the Contestant's weigh-in.

### **Medical Information Required**

- 2.8 The Contestant's medical information must reflect the requirements of the Commission, including:
- (a) A CT Scan or MRI that was taken within two (2) years of the proposed Contest;
  - (b) Twelve - (12) Lead tracing or tape for ECG taken within twelve (12) months of the proposed Contest;
  - (c) Blood serology taken within three (3) months of the Contestant's weigh-in date, showing a negative result for the following conditions:
    - (i) Hepatitis B - Surface Antigen – (NOT just HbsAB);
    - (ii) Hepatitis C;
    - (iii) HIV; and
    - (iv) Syphilis.
  - (d) Indirect Fundoscopy (indirect eye exam) conducted by an optometrist or ophthalmologist within twelve (12) months of the proposed Contest;
  - (e) General physical exam by a Primary Care Physician within twelve (12) months of the proposed Contest;
  - (f) Results of any additional tests that the CMA or physician requires, particularly at the weigh-in (physical tests, plus heart rate and blood pressure check);
  - (g) the name and contact information of a person in case of a medical emergency.
  - (h) The Contestant may contact the Executive Director for clarification on the purpose of any medical tests or procedures required by the Commission.

### **Contestants Age 40 and Above // Contestants Who Have Not Fought for 1 Year**

- 2.9 If the Contestant is over forty (40) years of age or has not fought in one (1) year:
- (a) All tests outlined in 2.8 and in addition:
    - (i) An MRI Head, dated within one (1) year prior to the Contest (the "MRI Head" is to be repeated on an annual basis if the Contestant continues to fight);
    - (ii) ECG within three (3) months of the Contest in addition to the baseline ECG; and
    - (iii) Physical exam no more than two (2) weeks before the Contest.

### **Female Contestants**

2.10 If the Contestant is Female, all tests outlined in 2.8 and a pregnancy test no earlier than two (2) weeks before the proposed Contest is required.

### **Medical Requirements Following Head Trauma**

2.11 A Contestant who suffered a Concussion in their last bout or lost their last bout by Knockout (KO) or Technical Knockout (TKO) due to head strikes must meet the following additional requirements:

- (a) The Contestant must provide the results of a Neurological Exam completed since their last bout and after they have fully recovered from a head injury. The exam must be conducted by a neurologist or a qualified sports medicine physician and include an ImPACT concussion test or equivalent.
- (b) The Contestant is prohibited from competing if the competition date is within 90 days of the last bout.

### **Additional Requirements to Compete**

2.12 The Executive Director may request medical information from any Contestant in addition to that specified in 2.8-2.11, and the Contestant is responsible to ensure that the requested information is provided in a timely manner.

### **Inability to Compete**

2.13 The Executive Director will not permit a Contestant to compete if:

- (a) the Contestant has not provided the medical information specified in 2.8-2.12, failed to return any forms issued and required by the Executive Director, or has not provided the required medical information in time for the physician to review prior to weigh-in, or
- (b) The CMA or a Ringside Physician determines the Contestant is displaying any Signs of Incomplete Concussion Recovery, or any other medical reason that the Contestant is not medically fit to compete.

### **Notification of Medical Care Available**

2.14 The Executive Director will inform a Contestant, in writing and in plain language, about the level of occupational medical care the Commission will provide.

- (a) The Executive Director will ensure the Contestant has this information prior to or on the date of the weigh-in to allow the Contestant to make an informed decision about whether to compete.

### **Pre-Event Medical Services**

2.15 The Executive Director will ensure that the following pre-Event Occupational Medical Services are available from a physician:

- (a) to review the medical information provided by each Contestant;
- (b) to measure each Contestant's blood pressure and heart rate and to undertake any additional tests they believe are essential to ensure Contestant safety;
- (c) to require the Contestant to participate in physical testing to determine fitness of the Contestant's hands, knuckles, wrists, knees, or ankles;
- (d) to determine, based on physical examination and available medical information, if the Contestant is displaying any Signs of Incomplete Concussion Recovery.

### **Event Medical Services**

2.16 The Executive Director will ensure the following Occupational Medical Services by physicians are in place during the Contest:

- (a) Two (2) Ringside Physicians per Contest who will rotate corners between Contests;
- (b) Medical examination to determine the nature and seriousness of injuries sustained during the Contest;
- (c) Determination of whether the Contestant is fit to continue the Contest;
- (d) Determination of whether the Contest must be stopped entirely or temporarily if a Contestant is injured;
- (e) Occupational Medical Care for less serious injuries;
- (f) Referral to a medical treatment facility if the physician determines that the Contestant's injuries warrant more than Occupational Medical Care;
- (g) Arrangements for EMS transport of Contestants who require treatment at a medical facility.

### **Post-Event Medical Services**

2.17 At least one (1) Ringside Physician who observed the Contest must conduct the post-Event assessment.

2.18 The Executive Director will ensure the following Occupational Medical Services by Physicians are in place post-Event:

- (a) Medical assessment of the Contestant;
- (b) Recommendations for rehabilitation prior to competing in another Contest.

### **Medical Suspensions**

2.19 A Physician may suspend a Contestant for a specified period or for an indefinite period if the Physician believes the Contestant is not medically fit to fight or refuses a post-fight medical assessment.

- (a) A Physician will automatically issue a suspension for an indefinite period to a Contestant who refuses to sign a waiver confirming refusal of Occupational Medical Care or who is unconscious.

### **Contestant's Refusal**

2.20 A conscious Contestant may refuse medical care or referral to a medical treatment facility, and bear the risks associated with that decision.

- (a) A Contestant who refuses Occupational Medical Care or a medical referral by the Attending Physician must sign a waiver confirming the refusal.

### **Unconscious Contestants**

2.21 Unconscious Contestants will be transported to a medical treatment facility for further examination.

### **Physicians' Rights and Responsibilities**

2.22 A Physician may disclose a Contestant's medical information to medical personnel providing medical services to the Contestant.

2.23 A Physician will report medical suspensions to the Official recording the results for the Event.

2.24 A Physician may not waive any medical requirements set out in this Regulation.

### **Executive Director's Rights and Responsibilities**

2.25 Consistent with Bylaw 15594 Section 15, within forty-eight (48) hours of a Contest the Executive Director will report medical suspensions to the governing body of the Contestant's sport that retains records of all medically suspended Contestants.

### **Commission Forms**

2.26 The Commission requires various forms to be completed by the Contestant with respect to pre-Event, Event, and post-Event medical matters.

- (a) These forms are not part of this Regulation and are at the discretion of the Executive Director.

### **Collecting Medical Information**

2.27 Medical information collected from Contestants is collected pursuant to the Access to Information Act (ATIA), the Protection of Privacy Act (POPA), and the Health

Information Act (HIA), as applicable. That information will be retained, used, and disclosed in accordance with those Acts.

2.28 All records created by physicians while providing services to the Commission are the property of the City of Edmonton and may not be used by the physician or anyone else without the permission of the City or the Commission.

**General Rules: Special Considerations**

2.29 If the Contestant is not fluent in English, a Translator will be present to interpret information from Officials during the weigh-in, the Event, and at the post-Event medical.

(a) The cost of a Translator will be borne by the Promoter or the Contestant.

2.30 Prior to the Event, the Promoter is required to confirm with the Executive Director that each Contestant has appropriate medical insurance coverage.

2.31 This Regulation is subject to a mandatory review by the Commission every five (5) years.

**Regulation #8 Approval Date: December 15, 2025**