



# NLMAF

NETHERLANDS MIXED MARTIAL ARTS FEDERATION

## NLMAF Championships

### Competition apparel:

It is mandatory for NLMAF 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

### Safe weight Management:

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

- NLMAF holds weigh ins each morning of competition, requiring athletes to maintain a steady weight across the week.
- NLMAF 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. NLMAF encourages its athletes to compete close to their 'walk-around' weight.
- NLMAF does not permit self-administration of intravenous infusions (IVs) in line with its WADA compliant Antidoping policy and No Needles policy. These policies discourage extreme weight-cuts and inappropriate rehydration methods.



# NLMAF

NETHERLANDS MIXED MARTIAL ARTS FEDERATION

## **Medical Safety at Events:**

- One doctor per event
- Two paramedic per event
- Fully equipped ambulance
- Referral for CT scans for athletes that have suffered head injuries

## **Medical examinations and suspensions**

- All athletes undergo pre and post bout medical examinations
- 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 will be kept on record with NLMAF for reference purposes

## **Medical Pre-clearance**

Athlete medical clearance for competition is handled independently by a registered medical practitioner

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

Post event injury suspensions to include mandatory suspension periods for a 1<sup>st</sup> KO or TKO of 45 days



# NLMAF

NETHERLANDS MIXED MARTIAL ARTS FEDERATION

## YOUTH MMA championships

- Ages: 12-17 years
- Head strikes to the head are prohibited for all under 18's
- Youth rules are modified in three tiers for 12's – 13's, 14's – 15's, 16's – 17's with respect to competitors' developmental stage

### COMPETITION PATHWAY





# NLMAF

NETHERLANDS MIXED MARTIAL ARTS FEDERATION

## **NLMAF Anti-doping Policy**

Athletes are subject to drug tests in accordance with NLMAF's WADA compliant, Anti-doping policy. Athlete TUE submissions and education are managed by the Dutch Anti-doping authority.