

# **MMA fighter requirements**

## **Physical Exam**

All amateur or professional fighters need a physical performed by a doctor within the last year. The physical is valid for one year from the date of the exam. Please use your doctor's physical form or the form found on our website: [hawaii.gov/dcca/pvl/programs/mma](http://hawaii.gov/dcca/pvl/programs/mma).

## **Blood work**

All amateur or professional fighters need a Hepatitis B & C and HIV test every six months. In order to compete, all test results must be negative or non reactive. If you have a positive result for Hepatitis B, please request a Hepatitis Antigen test. All results are valid for six months from the collection date. Please remember that test results take at least two days. Do not wait until the day of the weigh in to get tested or you may not be able to fight. It is the fighter's responsibility to be retested every six months in order to continue fighting.

## **Submission of physical and blood work**

The State of Hawaii requires a hard copy of these documents for our files. We suggest you keep a copy for yourself. You may either provide them at the weigh in or email them to: [mma@dcca.hawaii.gov](mailto:mma@dcca.hawaii.gov).

## **Status of your physical and/or blood work**

You may call (808)586-2701 or email: [mma@dcca.hawaii.gov](mailto:mma@dcca.hawaii.gov) to check if your documents are still valid. We will inform you if you need to update your physical and/or blood work.

## **Professional License application**

Only professional MMA fighters must be licensed and are required to submit a license application and fee. Amateur fighters need to submit only a valid physical and blood work. Once an amateur fighter turns professional, they cannot return to amateur status.

## **Fighters under the age of 18 years old**

If you are not 18 years old by the day of the event, you do not need a physical or blood work to fight. You cannot fight anyone 18 years or older.