

The Professional Fighters' "Bill of Rights"

1. You have the right to be treated in a professional manner and to be fully informed about all aspects of your sport.
2. You have the right to have all terms of any contract with a promoter or manager in writing.
3. You have the right to have all contracts read and explained to you, either by the local commission representative or anyone of your choosing (including an attorney).
4. Before any bout you have a right to know your opponent's name, their record, the weight class of the bout the number of rounds of the bout and the amount of your purse, including any travel or training expenses. To check on any fighter's record, including your own, contact:
Fight Fax
Website: FightFax.com
officialrecords@fightfax.com
Mixed Martial Arts
Website: MixedMartialArts.com
stats@mixedmartialarts.com
5. You have a right to review, obtain and keep copies of any of your contracts.
6. You have a right to directly receive any and all payments from a bout as set forth in your bout agreement.
7. You have the right to receive a written, postbout accounting from either the promoter or your manager or both, which shows how the total amount of your purse was distributed. If you have any deductions taken from your purse you have the right to ask for a written accounting of what the deductions were, and why they were deducted from your purse.
8. You have a right to have a doctor at ringside at all times as well as emergency medical personnel and/or an ambulance present at the location at all times.
9. You have a right to have medical insurance covering any injuries resulting from a bout and to know the name of the insurance company and the amount of coverage being provided.

10. You have the right to hire individuals of your choice to serve as your managers, trainers or seconds. You are not required to hire any individual in order to obtain a bout.
11. You have a right to know why your ranking with any sanctioning body has changed and the reasons for this change. This may be done by writing to the organization and requesting why your ranking has been changed. The organization must respond to you, in writing, within seven days.
12. You have a right to appeal any and all suspensions and to be informed about exactly why you were suspended and the length of your suspension. To check if you are on the National Suspension List, go to www.fightfax.com and click on Suspensions (a fee applies).
13. You have a right to contact your local commission or the Association of Boxing Commissions to report any violations, ask any questions or seek any advice.

You should read the two federal boxing bills that detail many of your rights and responsibilities.

These bills are:

- Professional Boxing Safety Act of 1996
- Muhammad Ali Boxing Reform Act of 2000

*** We reserve the right to test for drugs on any contestant at our discretion.**

Safety and Performance Hints

- Plain water is not the best beverage to replace lost sweat. Include electrolytes, such as sodium and small amounts of potassium, and carbohydrates to aid sodium absorption.
- A cool drink speeds the absorption of fluids in your stomach.
- Taste matters. Choose a good flavor.
- If you are dehydrated, some foods will speed proper salt replacement:
 - Tomato sauce: 1481 mg. sodium per cup
 - Chicken noodle soup: 1107 mg. sodium per cup

- Tomato juice: 822 mg. sodium per cup
- Salted pretzels: 483 mg. sodium per ounce
- If you have excess body fat, plan ahead! The optimum rate of weight loss is 1-2% of your body weight per week.
- To prevent dehydration, weigh in before and after your training sessions. For every pound of body weight lost, 16 ounces (473.17 ml.) of fluid is needed to replenish and regain the lost weight.
- Thirst alone is not an accurate guide to fluid replacement. If thirsty, you are already behind in your proper balance of fluids.
- Urine should be clear or a lemon color. If your urine is darker (the color of apple juice), you are dehydrated and need to drink more fluids during and after your workouts.
- Don't use plastic/rubber suits, diuretics/ laxatives or sauna/steam/training rooms, over 79 degrees (26 degrees C).

These hints were developed by:

Association of Boxing Commissions
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Concussions

What is a concussion?

A concussion is a brain injury caused by a bump, blow or jolt to the head. They range from mild to severe and can disrupt the way the brain normally works. Even a “ding” or a bump on the head can be dangerous.

What are the signs or symptoms?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear.

Precautions for concussion injuries

If you have suffered a concussion, you should seek medical attention right away. Most concussions do not involve any loss of consciousness, so you do not have to be knocked out to have a concussion. Generally, an X-ray, CT scan or MRI will be normal, so the diagnosis is made based on the history of the injury, symptoms you have and the results of your physical examination. Concussions may involve swelling of the brain, bleeding inside the skull, and an increase in the pressure inside the head. These occur **after** the initial injury so you may have a dangerous increase in symptoms hours later.

That is why it is important to observe these precautions following the injury:

1. For the next 12 hours have someone you know monitor you for any changes in your behavior or consciousness.
2. If you show changes in consciousness, have increasing headaches or vomiting or have problems with speech, movement, or memory, seek immediate emergency care. This may save your life.
3. Do not participate in any sport or exert yourself until all symptoms, including headaches, have completely disappeared.
4. Observe the required rest period to allow your brain to recover.

Symptoms reported by athletes	Signs observed by others
Headaches or neck pain that won't go away	Appears dazed or stunned
Trouble remembering, concentrating or decision making	Is confused
Slow thinking, speaking, acting or reading	Forgets easily
Getting lost or easily confused	Is unsure of what to do
Feeling tired all the time, no energy or motivation	Moves clumsily
Mood changes (feeling sad or angry for no reason)	Answers questions slowly
Changes in sleep patterns (sleeping more or less)	Shows behavior or personality changes
Feeling light-headed or dizzy or losing balance	Can't recall events prior to hit
An urge to vomit (nausea)	Can't recall events after hit
Increased sensitivity to lights, sounds or distractions	
Blurred vision or eyes that tire easily	
Loss of sense of smell or taste	
Ringing in the ears	



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