

# HEALTH & SAFETY

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## GOVERNMENT REGULATION

MMA is regulated by athletic commissions in 45/48 states.

Fighters must pass the same physical exam used to screen professional boxers before being licensed by the state in which the event takes place.

MMA & boxing are the only two sports in which drug testing is conducted by a governmental agency.

## FIGHTER MEDICAL BENEFITS

UFC provides **medical insurance** which covers the athlete when they are fighting.

UFC also provides **accident insurance** (instituted June 2011), which covers the athlete when they're not fighting.

## INDEPENDENT MEDICAL STUDIES

Knockout rates are lower in MMA competitions than boxing – 6.4% compared to the reported 11.3% of professional boxing matches.

*From the John Hopkins University Study*

While injury rates in regulated professional MMA competition are similar to other combat sports, the overall risk of critical sported-related injury appears low. *From the British Journal of Medicine Study*

## SPORTS INJURIES

**Football** From 1977 – 2006, there were 222 spinal cord injuries resulting in permanent disabilities at the high school level and 9 at the professional level. *American Journal of Sports Medicine, August 2007*

**Cheerleading** From 1982 – 2007, there were 93 incidents resulting in death, head injury or permanent disability in female high and college cheerleading. *National Center for Catastrophic Sport Injury Research*

**Hockey** NHL's brightest star, Sydney Crosby of the Pittsburgh Penguins, was hit hard at the Winter Classic on Jan 1, 2011 but continued to play despite neck pain. Four days later he was hit again, and, on Jan. 7 diagnosed with a concussion. As of August 24<sup>th</sup>, Crosby was still attempting to shake lingering post-concussion symptoms. *August 24, 2011 ESPN.COM*

**The UFC has never had a serious injury or death in the history of the brand**

## CONCUSSION POLICY

In the **UFC**, a fighter diagnosed with a concussion is required to refrain from any contact of any kind for at least a period of **45** and is normally prohibited from any further competition for **60** days.

The **NBA** currently has no league-wide concussion policy.

The **MLB's** new policy includes a 7-day disabled list for players with concussions.

The **NFL** requires players to sit out the remainder of the game if the athlete is showing signs of a concussion.

The **NHL's** new policy requires a player suspected of concussion to be removed from the game.

