



Changes to the weigh-in rules, Certificate of Fitness forms and serology submissions

February 2024

Secondary weigh-ins: Will not be at every contest

Why: Following several years of data collection from the secondary weigh-in process the associated PhD research is nearing completion. Mandatory secondary weigh-ins for all contests will no longer be required, but the Combat Sports Commission (Commission) may notify a secondary weigh-in requirement for some contests.

What does this mean for contestants? You are no longer required to attend a secondary weigh-in unless advised that the contest you have entered is having a secondary weigh-in. The timeframe for attending a notified secondary weigh-in will be from when doors open until any time prior to your bout and attendance will still be compulsory.

Official weigh-ins: Opportunity to retake the scales for the purpose of removing further clothing/accessories

Why: An inability to remove additional clothing, after stepping on the scales, was implemented when the single attempt weigh-in rule was introduced. This rule is now being changed by allowing contestants to re-weigh for the sole purpose of removing additional clothing/accessories, if required.

What does this mean for contestants? If you miss weight, you can request a re-weigh be re-taken but **only** for the purposes of immediately removing further clothing/accessories (you may request a privacy towel if required) and you must retake the scale immediately.

Official weigh-ins: Title bout weigh-ins (only) will be allowed a restricted opportunity to attempt to make weight

Why: The weigh-in rules have been changed to accommodate distinctions between title bouts and non-title bouts. Sanctioned title bout contestants will be allowed two attempts to make weight within a two-hour period, up to a maximum permitted weight loss of 500 g. The single weigh-in rule will still apply for all non-title bouts.

What does this mean for title bout contestants? You will have two hours to complete a weigh-in commencing from the official weigh-in start time. If you miss weight by 500 g or less, you will have a second opportunity to re-weigh at any time before the final closing time for an official weigh-in. Any attempt to reduce body weight during this time must be strictly in accordance with the [Code of Conduct](#), which prohibits the use of heat/rubber suits or sauna use.



Certificate of Fitness: New forms to be used

Why: A new [Certificate of Fitness form](#) has been introduced. Greater responsibility is being placed on contestants to fully discuss their body weight and any proposed body weight loss with their doctor during a certificate of fitness assessment. Contestant's will also be required to report any history of concussion or knock outs to their doctor.

What does this mean for contestants? When you renew your next certificate of fitness, please ensure you use the new [Certificate of Fitness form](#) and provide to your doctor – incomplete or unsigned forms will not be accepted. Also, make sure you have allowed enough time to get a blood test and the results – see your doctor and get the forms submitted a minimum of five working days before your contest.

Serology reporting: New serology clearance forms, do not directly send your test results

Why: The process of submitting serology reports is changing. The Commission will no longer accept direct receipt of serology (blood) laboratory results. Contestants will be required to instead supply a [serology clearance form](#) signed by a doctor who has sighted the serology tests. There will be a transition period provided over the following six months to switch over to the new process.

What does this mean for contestants? If you are renewing either a serology report or certificate of fitness, let your doctor know, in advance of your appointment, that you will need a serology test. If you are renewing your annual certificate of fitness please use the updated [Certificate of Fitness form](#) which already includes a serology clearance. If you only need to renew your six-monthly serology report then please organise a serology test with your doctor and forward them the [serology clearance form](#).