

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 the form found on our website: hawaii.gov/dcca/pvl/programs/mma.

Blood work

All amateur or professional fighters need a Hepatitis B Surface Antigen, Hepatitis C Antibody and HIV test every six (6) months. In order to compete, all test results must be negative or non-reactive. All results are valid for six (6) months from the collection date. Please remember that test results take at least two (2) days. It is the fighter's responsibility to be retested every six (6) 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. **Hard copies must be submitted at least 2 weeks prior to the weigh-in.** Copies may be emailed to: mma@dcca.hawaii.gov.

Status of your physical and/or blood work

You may call (808)586-2701 or email: 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.