



SECONDS REGISTRATION

YOUR RESPONSIBILITIES AS A REGISTERED SECOND

AT THE TIME OF REGISTRATION

- Complete a Registration Form
- Complete an Industry Statement of Experience

PRIOR TO A CONTEST

- Ensure your registration is current.

DURING A CONTEST

- A Second may enter and assist the Trainer inside the contest area during a rest period for Muay Thai and Mixed Martial Arts. For Boxing, the Seconds must remain outside the contest area.
- Assist the Trainer in the preparation of the Contestant.
- During the round, Seconds must be seated at least half a metre away from the contest area.
- At the call of "Seconds out" or the sounding of the whistle, immediately vacate the contest area and remove the stool and all other objects from the contest area and apron before the bell sounds to start the round.

Seconds shall only use the following equipment:

- White petroleum jelly.
- Sterile cotton wool or cotton wads.
- Sterile gauze.
- Cotton bud sticks.
- Blunt-edged surgical scissors.
- Ice bag.
- Adhesive tape.
- Water buckets and drinking receptacles.
- Solution of adrenalin 1/1000.

No stimulant shall be used other than cold water sprinkled on the body or used as a mouthwash.

Seconds shall not apply petroleum jelly or any similar substance to any part of the Contestant's body other than the face.

A SECOND MAY NOT

- Act in the capacity of Trainer unless registered to do so.
- Attempt in any way to procure a contest for the Contestant.
- Be ringside without the Trainer present.
- Interfere in any way, either physically or verbally, with a Commission Representative, the Medical Practitioner or Officials in the performance of their duties.
- Behave in a manner that brings combat sports into disrepute.

SECONDS ARE NOT TO USE ON A CONTESTANT

- Iron chloride solution.
- Monsel's solution.
- Ammoniated liniment.
- Alcohol or alcohol mixture.
- Smelling salts.

