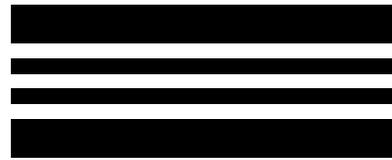




Physical Examination for Referees and Professional Combative Sports Participants



This packet must be completed and signed by a licensed M.D., D.O., or N.D. ONLY.

Give this packet to your examining licensed medical doctor to complete.

Send only page 1 to us by mail or email to:

Combative Sports Program
Department of Licensing
PO Box 9026
Olympia, WA 98507-9026

Email: dolcombativesports@dol.wa.gov

For questions or language help call: (360) 664-6644.



Memo to licensed medical doctor

To certify that an applicant is physically fit to safely compete or participate in a boxing, martial arts, or wrestling contest they must:

- be in excellent health at the time of this physical.
• have all required blood and urinalysis test results completed.
• meet the vision requirements on page 3 of this form.
• meet or exceed the minimum standard limits listed on page 4 of this form.
• not have any disease or condition that would be detrimental to their own health and safety or the health and safety of other participants or the general public.
• have negative results for HIV/HEP B Surface Antigen/HEP C (boxing, martial arts, and wrestling participants only).
• have an EKG and MRI of the brain if 37 years of age or older or have had 6 or more loses in a row

Applicant information

Form with fields: PRINT or TYPE Name, Federal ID number (Boxers only), Address, City, State, ZIP code, (Area code) Phone number, Date of birth, Height, Weight, Ring name, Military? (check if applicable), Current or former: Military member, Military spouse or domestic partner

Examining licensed medical doctor information (M.D., D.O., or N.D. ONLY)

Form with fields: PRINT or TYPE Name, (Area code) Phone number, Address, City, State, ZIP code, Medical license number, Jurisdiction, Answer the following: 1. Has the physical examination been completed? 2. Has the visual examination been completed? 3. Has the required lab and blood tests been completed? 4. Do you find the applicant to be physically fit to safely compete or participate in a boxing, martial arts, or wrestling contest?

I declare under penalty of perjury under the law of Washington that the foregoing is true and correct.

TYPE or PRINT Name of examining licensed medical doctor

X

Examining licensed medical doctor signature (M.D., D.O., or N.D. ONLY)

Date and place

**Physical Examination for Referees and Professional Combative Sports Participants**

**This packet must be completed and signed by a licensed M.D., D.O., or N.D. ONLY.**  
 When all pages of the form are completed, send only page 1 to us. Keep the remainder for your records.

**Applicant information**

PRINT or TYPE Name		Ring name	
Home address			
City		State	ZIP code
(Area code) Phone number		Date of birth	

**History—past and present**

Answer all questions below

- |  |  |
|--|--|
| 1. Bleeding disorder . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No              | 16. Hepatitis . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                 |
| 2. Seizures or convulsions . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No        | 17. Diabetes . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                  |
| 3. Rheumatic fever . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                | 18. Physical impairment . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No       |
| 4. Asthma or shortness of breath . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No  | 19. Skin disease . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No              |
| 5. High blood pressure . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No            | 20. Chronic cough . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No             |
| 6. Heart disease . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                  | 21. Frequent headaches. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No         |
| 7. Tuberculosis . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                   | 22. Swollen joint, joint injury  |
| 8. Sickle Cell Disease. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No             | or dislocation . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                |
| 9. A kidney, lung, testicle, or  | 23. Spitting of blood . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No         |
| eye removed . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                       | 24. Surgery or hospitalization. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Kidney disease . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                | 25. Substance abuse . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| 11. Concussion or unconsciousness . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No | 26. Communicable diseases . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No     |
| 12. Mononucleosis . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                 | 27. Recent fractures . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No          |
| 13. Medical allergies. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No              | 28. Rupture (hernia) . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No          |
| 14. Blurring of vision. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No             | 29. Dizzy or fainting spells . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No  |
| 15. Wear/worn glasses or   | 30. Rheumatism/Arthritis . . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No      |
| contact lenses. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No                     |  |

**No one should present himself/herself for a physical or apply for a license who has any physical impairment which limits his/her ability, or any dangerous communicable diseases or any disease of the vital organs, whether acute or chronic.**

Do you have any other information concerning your health, past or present, which is not covered by the above questions? . . . . .  Yes  No  
 If "Yes," describe fully:

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Are you taking any medication or drugs? . . . . .  Yes  No  
 If "Yes," name, address, phone number of prescribing physician, name of medication:

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How many knockouts have you suffered? \_\_\_\_\_ Date of last KO \_\_\_\_\_

Longest duration of unconsciousness \_\_\_\_\_

Length of time before resuming boxing after last KO \_\_\_\_\_

Have you ever been knocked unconscious in any other sport or activity? . . . . .  Yes  No

Do you have 6 or more loses in a row? . . . . .  Yes  No

Applicant name \_\_\_\_\_

**Vision Requirements**

The Department of Licensing shall deny, suspend or revoke a license if it determines that the applicant or licensee cannot safely engage in activities because of a visual condition, including but not limited to one of the following:

1. Uncorrected visual acuity of less than 20/100 in either eye.
2. Corrected visual acuity of less than 20/60 in either eye (amblyopia), regardless of its cause.
3. A cataract in either eye which reduces vision to 20/40 or less.
4. Presence or history of retinal detachment or retinal tear (excluding choroidal tear), whether or not such condition has been treated.
5. Presence of primary glaucoma, whether or not such condition has been treated.
6. Presence of aphakia, pseudophakia or dislocated lens in either eye.

Applicants with the following conditions may be licensed if he/she presents satisfactory written evidence from an ophthalmologist stating that the person can safely engage in activities. The written evidence shall specifically address the problem, the effect if any, that participation may have on the problem, and the frequency of subsequent examinations.

- a. Cataract in either eye and corrected vision is better than 20/40 or less.
- b. Ocular pathology of any kind which is self-limiting or treatable and which generally results in a return to normal ocular function.
- c. Any other visual condition which the Department determines would prevent the applicant or licensee from safely engaging in activities.

**Eye exam**

	<b>Right</b>	<b>Left</b>
Distant vision	20/	20/
Near vision	20/	20/
Pupils (size & shape)	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Accommodation & light reflex	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Fundi (describe if abnormal)	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Cataracts (describe)	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Lids	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Glaucoma	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes

Applicant name \_\_\_\_\_

**Minimum standards** (All areas listed on physical exam must be within normal limits)

1. Blood pressure no higher than 160/90.
2. Temperature below 100.
3. No abnormal conditions that would limit participation ability.
4. No hernias containing abdominal contents on coughing or straining.
5. Normal reflexes.
6. No suppurative lesions on skin.
7. No indication of active renal disease.
8. Negative controlled substance and blood tests.
9. No history of cerebral hemorrhage or any other serious head injury.
10. No communicable diseases present or other conditions that can be transmitted by blood or detrimental to applicant or others.

Height \_\_\_\_\_ Weight \_\_\_\_\_ Temperature \_\_\_\_\_ Pulse \_\_\_\_\_

Blood pressure \_\_\_\_\_

Ears: . . . . .  Normal  Abnormal **Perforated drums:** . . . . .  Yes  No

Mouth and pharynx: . . . . .  Normal  Abnormal

Teeth: . . . . .  Normal  Abnormal

Lungs: . . . . .  Normal  Abnormal

Heart: Pulse rhythm . . . . .  Regular  Irregular  
Apical pulse . . . . .  Heaving  Normal  
Enlargement . . . . .  Yes  No

**Murmurs:** . . . . .  Yes  No

**Abdomen:** Enlargement of liver  Yes  No  
Enlargement of spleen . . .  Yes  No  
Hernia . . . . .  Femoral  Inguinal  Ventral  No

**Enlarged glands:** . . . . .  Yes  No **Goiter:** . . . . .  Yes  No

**Genitalia:** . . . . .  Normal  Abnormal  
Discharge . . . . .  Yes  No  
Varicocele . . . . .  Yes  No

**Reflexes:** . . . . . Normal Abnormal  
Knee jerk . . . . .  Rt  Lft  Rt  Lft  
Babinski . . . . .  Rt  Lft  Rt  Lft  
Romberg . . . . .    
Finger to nose . . . . .    
Pupils . . . . .  Rt  Lft  Rt  Lft

**Upper extremities:** (check for recent injury, fracture or swellings)

	Normal	Abnormal
Hands . . . . .	<input type="checkbox"/>	<input type="checkbox"/>
Wrists . . . . .	<input type="checkbox"/>	<input type="checkbox"/>
Elbows . . . . .	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder girdle . . . . .	<input type="checkbox"/>	<input type="checkbox"/>
Lower extremities . . . . .	<input type="checkbox"/>	<input type="checkbox"/>

Applicant name \_\_\_\_\_

**Skin:** Open or suppurative lesions:  Yes  No

Rash: .....  Yes  No

Boils: .....  Yes  No

<b>Urinalysis:</b>	Total protein _____	Sugar _____
<b>Blood:</b> Test for the following communicable diseases transmitted by blood; HIV/HEP B Surface Antigen/HEP C (see Memo to Physician on page 1 of this form). <input type="checkbox"/> Positive <input type="checkbox"/> Negative		

**Controlled substance:** (If indicated or requested)

Results \_\_\_\_\_

**Chest x-ray:** (If indicated or requested)

Results \_\_\_\_\_

**EKG:** (If indicated or requested)

Results \_\_\_\_\_

**EEG:** (If indicated or requested)

Results \_\_\_\_\_

**CT:** (If indicated or requested)

Results \_\_\_\_\_

**MRI:** (If indicated or requested)

Results \_\_\_\_\_

**Physician's remarks:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_