



## **EXHIBIT 6 Fighter Safety & Comprehensive Preparedness Standards**

Submitted by: USA Combat Sports LLC

To: Indiana Gaming Commission Athletic Division

USA Combat Sports LLC is committed to elevating athlete safety, performance integrity, and public confidence in all sanctioned events. In alignment with the Unified Rules for Kickboxing and Mixed Martial Arts, we introduce the following holistic readiness framework, which expands the traditional dimensions of physical and medical preparedness to include mental preparedness, ensuring a complete approach to fighter safety.

### **Key Readiness Domains:**

#### **1. Physical Readiness**

Fighters must demonstrate athletic readiness and conditioning appropriate for competition, as verified through weigh-ins, pre-fight physical inspections, and ongoing gym-based training.

#### **2. Technical & Rules Proficiency**

All fighters and corners must be familiar with the applicable Unified Rules of Kickboxing and/or MMA, including legal techniques, fouls, scoring criteria, and round structures. Officials will reinforce this understanding during rules meetings.

#### **3. Equipment & Protective Gear**

Fighters and corners must comply with all safety equipment requirements, including gloves, mouthguards, groin/chest protectors, and other gear as specified by the Unified Rules and event-specific guidelines.

#### **4. Medical Clearance & Injury Protocols**

All fighters are required to undergo standard medical screenings, including concussion baseline checks, cardiac assessment, and other jurisdictional requirements. Post-fight evaluations will be conducted by ringside medical staff. Suspensions and medical referrals will be issued as appropriate.

## 5. Mental Preparedness (New Requirement)

Recognizing the role of mindset, focus, and emotional regulation in fighter safety and in-competition decision-making, USA Combat Sports LLC includes the following mandatory components:

### 5.1. Fighter Mental Preparedness Orientation

All fighters must complete a brief (4560 min) IronMind Combat Orientation, focused on:

- Managing pre-fight anxiety and stress
- Mental focus and in-fight composure
- Visualization and tactical mental drills

This module is delivered digitally prior to weigh-ins or via live session at select events.

### 5.2. Certified Mental Coach in Corner (Phase-in Requirement)

Beginning January 1, 2026, at least one licensed corner per fighter must hold an IronMind Mental Coach Combat Sports Certification, issued by the MindMentor Institute. This ensures mental support during rounds and in recovery moments.

### 5.3. Mental Toolkit for Gyms and Promoters

Sanctioned gyms and promoters will be provided optional access to IronMind Team Toolkits, which include:

- Pre-fight breathwork protocols
- Post-round mental reset tools
- Scripts for visualization and corner focus

### Enforcement & Oversight:

- These standards will be part of the pre-fight checklist used by officials and administrative personnel.
- Non-compliance with the mental preparedness orientation will delay or prevent fighter clearance.
- Promoters must confirm participation prior to event finalization.

### Summary:

This enhanced protocol reflects a modern, holistic approach to combat sports regulation. Mental preparedness is now widely recognized as a critical safety and performance factor, and USA Combat Sports LLC is proud to establish this as a model standard for the State of Indiana and beyond.

## EXHIBIT 6 – RULES AND REGULATIONS (AMATEUR MIXED MARTIAL ARTS)

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USA Combat Sports LLC hereby adopts the Unified Rules of Mixed Martial Arts, as defined and maintained by the Association of Boxing Commissions (ABC), as the official rule set for all amateur MMA events sanctioned in the state of Indiana.

These rules govern bout structure, legal techniques, scoring, fouls, medical oversight, and equipment standards, ensuring fighter safety and consistent regulation across sanctioned events.

A full copy of the ABC Unified Rules of MMA is publicly available and can be accessed at:

<https://www.abcboxing.com/unified-rules/>

USA Combat Sports LLC agrees to:

- Enforce these rules through certified referees and judges.
- Ensure promoter and athlete compliance.
- Report rule violations and medical suspensions to the Indiana Athletic Division as required.

Submitted by:

Dr. Kiko Suarez, Founder

USA Combat Sports LLC

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