



Dear Trainers and Fighters,

Thank you for being a part of our South Coast MMA event, our continued goal is to put together the best promotion for novice and amateur athletes giving them the opportunity to develop and grow in a safe fun filled environment, that will have the trainers, spectators and all that are involved walk away counting down to the next promotion. Thank you again for your continued support.

This information sheet is to give you the basic "need to know" so we can complete the final parts of our event on time without delay.

First and foremost we rely on ticket sale to run the event so we hope to have your friends by the tickets. Production has granted a special offer to fighters and coach's only (\$10 to \$5) of ticket that you can re-sell at our cost to make extra money. Please call Erin for this deal and booked seating. Erin- 0425366998 or 0431483255 (ticketing / marketing)

Anything additional information will be emailed to you in the weeks leading up to the event.

Please note the doctor will be examining all fighters at the Weigh in with the IFB officials. All IBF Registration books must be presented or if you have the CSA armature registration. You must have this to be accepted on this promotion, paper work can be downloaded from the Australian mixed martial arts web and is attached to this email, I have also attached your contract, which you need to bring completed to the weigh in.

Your involvement and support is going to help make this promotion a success, thank you for your participation.

Please forward the following information to me ASAP please.

Fighters full name and details. South coast "official" athlete profile sheet. That will consist all your information needed to place on the dvd, and power point entry plus and your entry song
Your t shirt sizes.

This information can be sent to me by replying to this email.

Rules & Regulations

All bouts will be (A class 3x5 min rounds, B class 2x5 min round and C class 1x5min round).
A full list of rules is attached and can also be down loaded from the web; No elbow or knee strikes are different in A and B class. If you have any further questions on your fight please contact me.

Venue

Name: **Snake Pitt.**

Located: **37 Foleys street. Gwynneville.** (Near the Beaton Park sports center).

All fighters must be at the venue by 4.45 pm no later than 5pm for final run down on rules, official photos.
All strapping / wraps must be completed in front of an official and marked off.

Weigh In / Accommodation

For those who are booked in accommodation, this has been booked at Flinders motel, flinders street which is less than 5 mins to town and the Venue.

The Weigh In will be at 6pm on Friday the 14th October at North Gong Pub, North Wollongong. There will be meals supplied after the weigh in for fighters and coach.

All registration and medicals must be handed in and signed off, All fighters will wear official shirts handed out. Make sure you have your contracts attached as a reminder to print it off and bring it completed with you.

Video and Photos

Compulsory at the Weigh In you will need to do a quick video clip which will be shown at the event on the big screen before your fight, you will also need to have a face off photo with your opponent and a single fighting stance photo which will also be shown on the big screen with your profile information.

These are the basic questions we will be asking.

Hi my name is (.....), I fight out of (.....) and my fight disciplines are (.....).

What do you know about your opponent?

What is your prediction for the fight? (remember this is a for the crowds entertainment and dvd)

Interstate athletes

If you are flying in from interstate, you should already have your flight itinerary, if you haven't please let me know.

Please hire a car to travel to and from the airport the weigh in and venue. Please retain all receipts for cost of hire car / fuel this will be reimbursed back to your account. Make sure you have your contracts attached as a reminder to print it off and bring it completed with you.

We will supply bucket and warm up matt area at the venue, you will need to bring your own warm up gloves if you use these before you are fitted with official MMA gloves.

Dinner / Breakfast

North Gong pub is the official sponsor and will be supplying a meal after the Weigh In, TBA at weigh in, of breakfast on the Sat morning. Both of these are for 12 officials, fighters and trainer's only.

FIGHTERS AND COACHES please make sure you're at the Venue by 4:30pm and no later than 5.00pm so the Doctor can check your fighters over and as doors open at 5:30, fighter parade is at 6:50pm.

There are a lot of fights on the card, a lot of official work to complete so please try not to be late. we would like to start the show at **7pm**. If you turn up late this may result in the cancellation of your match / bout. If you are going to be late due to some unforeseen circumstances, please don't hesitate to call us.

IBF and CSA Information

South Coast MMA is sanctioned under International Budo Federation and Australian Pangration Athlima Federation which is accepted by the CSA we do not run professional events. Please ensure that you "fighter" either have the IBF green registration book, current with Medical and or Amateur registration with the CSA that is current.

If they have expired, please ensure that you have a completed medical and the Registration completed before the night.

Failure to comply with these requests **will result in the cancellation of the fight due to IBF and CSA legislation.**

All south coast mma promotions will be overseen by an International Budo federation and Australian Pangration Athlima Federation representative and our judges / referees are certified under the IBF and APAF with Australian Mixed Martial Association accreditation.

South Coast M.M.A would like to thank you for your support and look forward to a great night of entertainment.

Yours Sincerely
South Coast M.M.A

Po Box 501
Wollongong 2520. NSW
Mick- 0412729938 (promoter)
Terry-0408297531 (Head official / match maker)
Erin- 0431483255 (ticketing / marketing)

P.S. Please do not allow your fighter to compete 30 days prior to the date of the promotion as injury or stoppage could cause a 30-day medical suspension. Thank You.