



APPLICATION FOR FEDERAL ID- BOXING

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| Application Fee: \$20 APPLICATION FEE IS NON-REFUNDABLE | <i>For Office Use Only</i> Receipt # _____ Date Cashiered: _____ | <i>For Office Use Only</i> Date Received |
|--|--|--|

All items in this application are mandatory. If not applicable, use N/A. Failure to provide any of the requested information will delay the processing of your application. Please email the completed Federal ID application, a recent color photo and 2 forms of governmental identification (social security card, passport, Student ID, military ID, green card) to csac@dca.ca.gov. Non-US citizens are required to provide a copy of a current passport.

| SECTION 1: PERSONAL INFORMATION | | | | | | |
|---|---------------------------------|--------------------------------|--|-------------------------------|-----------|-----------------------------|
| First Name | | Middle Name | | | Last Name | |
| SSN/ITIN | | Telephone Number | | Email Address | | |
| Place of Birth (Country) | | Place of Birth (City) | | Place of Birth (State) | | |
| Street | | City | | State | Country | Zip |
| <input type="checkbox"/> Male | <input type="checkbox"/> Female | Date of Birth (MM / DD / YYYY) | | Height _____ Ft. _____ In. | | Weight (pounds) |
| Stance (check only 1) <input type="checkbox"/> Left <input type="checkbox"/> Right | | Hair Color | | Eye Color | | Reach (if known) In. |

| SECTION 2: APPLICATION TYPE | |
|-----------------------------|---|
| Application type: | ORIGINAL: <input type="checkbox"/> RENEWAL: <input type="checkbox"/> Federal ID#: _____ |

| SECTION 3: WEIGHT CLASS | | | |
|--|------------------|---|----------------|
| <i>Please specify the Weight Class you INTEND to compete in:</i> | | | |
| <input type="checkbox"/> Strawweight/Mini Flyweight | through 105 lbs. | <input type="checkbox"/> Super Lightweight/Junior Welterweight | 135.1-140 lbs. |
| <input type="checkbox"/> Light Flyweight/Junior Flyweight: | 105.1-108 lbs. | <input type="checkbox"/> Welterweight | 140.1-147 lbs. |
| <input type="checkbox"/> Flyweight | 108.1-112 lbs. | <input type="checkbox"/> Super Welterweight/Junior Middleweight | 147.1-154 lbs. |
| <input type="checkbox"/> Super Flyweight/Junior Bantamweight | 112.1-115 lbs. | <input type="checkbox"/> Middleweight | 154.1-160 lbs. |
| <input type="checkbox"/> Bantamweight | 115.1-118 lbs. | <input type="checkbox"/> Super Middleweight | 160.1-168 lbs. |
| <input type="checkbox"/> Super Bantamweight/Junior Featherweight | 118.1-122 lbs. | <input type="checkbox"/> Light Heavyweight | 168.1-175 lbs. |
| <input type="checkbox"/> Featherweight | 122.1-126 lbs. | <input type="checkbox"/> Cruiserweight | 175.1-195 lbs. |
| <input type="checkbox"/> Super Featherweight/Junior Lightweight | 126.1-130 lbs. | <input type="checkbox"/> Heavyweight | 195.1 lbs. + |
| <input type="checkbox"/> Lightweight | 130.1-135 lbs. | | |
| <i>NOTE: The Commission permits athletes to move up in weight class at the athlete's discretion. However, an athlete may not move down in weight class without prior approval from the Commission.</i> | | | |

SECTION 4: TRAINER OR MANAGER CONTACT

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|----------------------|-------------------------------|
| Manager Name: | Email or Phone Number: |
| Trainer Name: | Email or Phone Number: |

SECTION 5: EXPERIENCE

| | | |
|--|--|---|
| Amateur Experience: <input type="checkbox"/> Yes <input type="checkbox"/> No | Amateur Record (If turning Professional) _____ Wins _____ Losses | Professional Record _____ Wins _____ Losses |
|--|--|---|

SECTION 6: TERM AND CONDITIONS

- Boxers must apply for a Boxer Federal ID card in the state in which he/she is a resident, if the state has a Commission or where the Boxer's first bout in the United States is scheduled to occur.
- Boxers Federal ID card will not be issued unless an accurate and truthful completed application for ABC Boxer Federal ID card, photo and two forms of identification are submitted.
- Boxer understands that he/she will not be allowed to fight without a Boxer Federal ID.
- Any false or misleading statements on this application may result in the Boxer being placed on the National Suspension list.
- The use of performance enhancing drugs may result in the Boxer being placed on the National Suspension list.
- Boxer agrees that the following entities have the authority to place Boxer on the National Suspension list with cause and subject to due process. (a) The Commission issuing this Boxer Federal ID (b) Any Commission under whose jurisdiction an alleged rules violation has occurred if the Boxer is scheduled to fight in that jurisdiction (c) the ABC.
- Boxer understands that the ABC with the cooperation of the Boxing Commission that issued the Boxer Federal ID card will settle any disputes or violations of the terms and conditions for these ID's.
- Boxer agrees to abide by the terms and conditions and any other rules set forth by the ABC and/or the Boxing Commission that issued the Boxer Federal ID.
- The ABC reserves the right to amend these terms and conditions.

I solemnly swear (or affirm) that the statements made on this application are true and the photograph attached is a true likeness of me. By signing this application, I agree to be bound by the rules and regulations of the ABC. If I make a false or misleading statement in this application the ABC at any time thereafter may place me on suspension for one year. I acknowledge that I have read, understand, and agree to the terms and conditions of the ABC Boxer Federal Identification Card.

Applicant's signature: _____ **Date:** _____

SECTION 7: ASSOCIATION OF BOXING COMMISSIONS HEALTH AND SAFETY DISCLOSURE

As per the Muhammad Ali Boxing Reform Act (federal law), each Commission must present to every professional boxer, a medical disclosure upon issuance of an ABC Boxer Federal Identification card. As a professional boxer you should be aware that this is a sport that includes many health and safety risks, particularly the risk of brain injury. Therefore, it is strongly recommended that a professional boxer undergo the necessary medical exams that can detect brain injury. If you need further information about these exams, please contact your local Commission. I affirm that I understood the above statement.

Applicant's signature: _____ **Date:** _____

Please email the completed Federal ID application, a recent color photo and 2 forms of governmental identification (social security card, passport, Student ID, military ID, green card) to csac@dca.ca.gov. Non-US citizens are required to provide a copy of a current passport. Please mail payment in the form of a check or money order to:

**California State Athletic Commission
2005 Evergreen St., Suite 2010
Sacramento, CA 95815**



THE DANGERS OF CUTTING WEIGHT AND DEHYDRATING



Unhealthy and dangerous weight loss practices continue to be a serious problem in combat sports. One recent study found that 39% of MMA fighters were entering competition in a dehydrated state. Heat illness and death in athletes have already happened in the sports of wrestling and MMA. It's been shown that excessive weight loss, rapid weight loss, and repeated cycling of weight gain/loss causes decreased performance, hormonal imbalance, decreased nutrition, and increased injury risk. Other life-threatening problems associated with improper weight loss and dehydration include:

- **Decreased Muscle Strength and Endurance:** Decreased blood flow to muscles makes them work less well.
- **Decreased Heart and Cardiovascular Function:** The heart works harder *and* less efficiently.
- **Reduced Energy Utilization, Nutrient Exchange and Acidosis:** With decreased blood flow to tissues, nutrients don't get delivered, and the body's waste products do not get removed as well. A buildup of acid occurs which changes cells' functions in the body.
- **Heat Illness:** This takes on four forms: heat cramps, heat syncope (loss of consciousness), heat exhaustion, and heat stroke (which may be fatal). Dehydration results in decreased blood flow to skin and muscles. This is followed by decreased ability to regulate body temperature. The ability to sweat becomes impaired and core body temperature can rise. This increases the threat of all of these to poorly hydrated athletes doing strenuous workouts.
- **Decreased Kidney Function:** Dehydration leads to decreased kidney blood flow and decreased kidney function. This contributes to the problems listed in the points here, in addition to decreased urine output, concentrated urine, and leakage of protein into the urine. (It is not known if these changes can result in permanent kidney damage.)
- **Electrolyte Problems:** Decreased kidney function results in imbalances of electrolytes such as unhealthy increases in potassium and sodium.
- **Mood Swings and Mental Changes:** All of the above contribute to increased mood swings, poor concentration and focus, disorientation and other mental changes.
- **Eye Trouble:** Dehydration can cause blurred vision and dry eyes.
- **Increased Risk of Brain Injury:** There are likely increased risks of brain bleeding and concussion.

DON'T:

- Don't use extreme methods for making weight such as excessive heat methods (rubberized suits, steam rooms, saunas), excessive intense bouts of exercise, vomiting, laxatives and diuretics.
- Don't use dehydration as a mainstay of making weight. In addition to the above, it puts you at risk of improper rehydration techniques — when, in reality, proper re-hydration takes several hours to days. (Many cases of intravenous fluids being used for rehydration after weigh-ins have been reported – this is a doping violation with several organizations.)

DO:

- Commit to year-round proper diet and training for proper weight control and body composition.
- By maintaining your weight year-round near an appropriate competition weight and not competing in a weight class outside your appropriate weight class you will help avoid large swings in weight.
- Maintain a good state of hydration by drinking fluid throughout the day and staying hydrated during workouts.
- Follow nutritional programs that meet your needs for adequate amounts of calories from a balanced diet high in healthy carbohydrates, the minimum requirement of fat, and appropriate amounts of protein.
- Be wary of nutritional supplements as they are not regulated by the FDA and some have been shown to be harmful.

For more information visit: www.associationofringsidephysicians.org