



# Checklist

## PHASE 1: PRE-TOURNAMENT (2-4 WEEKS OUT)

Handle these logistics before you travel:

- **Registration Check:** Confirm you are in the correct Weight Class & Experience Class (A, B, C, or D).
- **Medical Exam:** Complete physical exam signed by a Licensed Medical Doctor.
- **Blood Work:** (Ages 16+) Printed lab results for Hep B, Hep C, and HIV (Negative).
- **Fighters over age 36 and older** are also required to furnish the results of a stress test administered by a licensed MD or DO
- **Coach Registration:** Ensure Head Coach has registered all assistant coaches for corner passes.
- **Read the Rules:** Review the US Open Code of Conduct and specific division rules.
- **Reserve Check-in Slot:** Reservations from 12:00 PM – 8:00 PM. Walk-ups after 4:00 PM – 8:00 PM.
- **Documentation:** Bring your ID and medical/blood work forms.

## PHASE 2: CHECK-IN/ WEIGH-IN PROTOCOL

- **Safe Weight Management:** Check your weight often to ensure you are on track for weigh-ins without drastic cutting. Apply for a Transfer if you need to change weight divisions.
- **Be a VIP:** Book you team's Private VIP Room (limited quantities)
- **Weight Check:** Ensure you are within your division's weight limits. You cannot strip nude or weigh in underwear only.
- **Missed Weight:** If you miss weight, you have only one (1) hour to re-weigh and cannot cut more than 2 lbs.
- **Pregnancy Test (Females 15+):** Be prepared to take a mandatory urine hCG test (provided free).

Notes:

More on next page



# Checklist

## PHASE 3: THE ATHLETE'S GEAR BAG

### Mandatory items based on US Open Rules §9 & §10.

#### Uniform

- Shorts: Muay Thai style shorts (mandatory).
- Top (Classes A, B, C): Official US Open Jersey (Provided).
- Top (Class D): A shirt of your choosing that covers the entire torso.

#### Protective Equipment

- Gloves: US Open® Officially Licensed gloves only.
  - Note: 10 oz for ≤146 lbs; 12 oz for ≥147 lbs.
- Headgear: Competition-grade, open-faced (no cheek/nose/chin protection).
- Shin Guards: Cloth shin guards.
- Elbow Pads: Cloth elbow pads (Mandatory for classes allowing elbows).
- Mouthguard: Form-fitting (cannot be removed during bout).
- Body protectors: Certain classes must wear a chest protector

## PHASE 3: THE ATHLETE'S GEAR BAG

- Groin Protection:
  - Males: Jock strap or athletic supporter mandatory.
  - Females: Optional pelvic protector.
- Hand Wraps: Soft surgical bandage or boxing wrap (max 180 inches). Tape cannot be applied directly to knuckles.
- No Jewelry/Glasses: Contact lenses are permitted.

## PHASE 4: THE COACH'S CORNER

### Required Ringside Equipment per Rule §21.2.

- Corner Pass: Visible credential (max 2 coaches ringside).
- Bucket: One (1) corner tote or bucket.
- Water: One (1) plastic bottle for hydration/rinsing.
- Spray Bottle: One (1) plastic spray bottle.
- Towels: Two (2) clean towels.
- Wound Care: Standard wound care instruments.