

IKF WEIGH-IN PHYSICAL RULES AND REQUIREMENTS

WAITING FOR THE DOCTOR

1. MAKE SURE Your PRE BOUT PHYSICAL Form Is Filled Out.
2. If You Need "FULL PHYSICAL" - Make sure Top Of Form Is Filled Out.
3. FULL PHYSICALS Are \$40 And You Pay This To The Doctor Directly.
4. Please SIT QUIETLY Waiting Your Turn.
5. Fighters & Trainers ONLY Should Be In Waiting Area.
6. You May DRINK But DO NOT EAT While Waiting In Line.
7. Shoes and Socks OFF.

WHEN YOUR TURN IS NEXT - BE PREPARED!

DO NOT MAKE THE DOCTOR "WAIT" FOR YOU!

1. If You Have A Completed FULL PHYSICAL - Have It Out.
 2. ALL IKF Medical Paperwork Should Be Filled Out!
 3. PUT AWAY hats, music devices, ear phones & cell phones.
 4. Strip down so that whatever part of your body which will be visible While Fighting will be visible for the doctor to examine.
 5. It Is Ok To Pull Up Sweats Or Pants Above Your Knees.
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