



Members of the Advisory Committee on
Medical & Safety Standards

Dr. Paul Wallace
Dr. Rudolph-Bear Gamboa
Dr. Brian Estwick
Dr. Rhonda Rand
Dr. Jonathan Schleimer
Dr. Diego Allende

Members of the Commission

John Carvelli, Chair
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Martha Shen-Urquidez
Van Gordon Sauter
Vernon Williams
Luis Ayala
James Araby

ADVISORY COMMITTEE ON MEDICAL AND SAFETY STANDARDS

DRAFT-MEETING MINUTES

Saturday, August 3, 2019
9:00 a.m. – 11:00 a.m.

Location

*LASD Academy
BC Classroom
1060 N. Eastern Avenue
Los Angeles, CA 90063*

Members Present

Dr. Paul Wallace
Dr. Rhonda Rand
Commissioner Dr. Williams

Staff Present

Andy Foster, Executive Officer
Patrisha Blackstock, Staff

Open Session

Agenda Item 1-Call to Order/Pledge of Allegiance/Roll Call

The meeting was called to order by Chairperson Dr. Wallace.

Agenda Item 2-Opening Remarks by Chairperson

Dr. Wallace thanked everyone for coming and stated this is currently a sad time for boxing as the boxing community has experienced two deaths in a short amount of time. Dr. Wallace stated that no Commission has the safety record that CSAC does and this was his thirtieth year as a licensed ringside physician. Dr. Wallace added that he hoped everyone has had a chance to look at the highlights of the two deaths in boxing as the videos are a good training tool. He stated that the good news is that California hasn't had anything happen this severe as everyone involved from the referees to the inspectors play an important role to keep the ringside physicians informed. Dr. Wallace advised that another ringside physician training will occur in the fall. EO Foster stated the boxer that died in Argentina was medically suspended for head blows. The Commission where he

fought made the conscious decision to allow him to fight. EO Foster stated one of the deaths was probably preventable, however the other wasn't.

Agenda Item 3-Update on C3 Logix Testing

EO Foster provided results of C3 Logix tests for the MAC review because both the baseline and follow-up tests were interesting. It was pointed out the balance and trials part of the test all had a decrease and delayed memory was worse. One of the tests showed thirty-two errors on the balance portion of the test. Commissioner Dr. Williams stated that now is the time to move to the next step which is to develop a hypothesis. We need to use the data to look at individuals who have had a hard bout, a lot of weight gain and look at how long it takes the brain to recover. For years the industry has stated 30/45 days is appropriate to sit out for a KO or TKO, but the evidence shows that dehydration plays a big part. Commissioner Dr. Williams stated the Commission needs to mine this data and compute the analytical side of the what they have. Dr. Wallace added when the Commission started this journey on testing, the goal was to get a large number of tests completed, they have done that, now the Commission needs to improve the neurological test that has been used for the past twenty years.

Dr. Wallace stated the Commission should be working on getting more regular assessments both pre and post bout to see what changes are occurring. He added that the fighters tested passed their neurological exam, but the data should be used to evaluate if the thresholds for suspensions should be increased or decreased. Commissioner Dr. Williams pointed out that the Commission has done a great job with getting so many C3 tests. He added more technology is being developed, one company, Bioeye, has developed a test that is basically conducted on a cell phone to tell if a person has a concussion. He added another company; Brain Scope has developed a three-minute EEG that can identify smaller brain bleeds. He added this new technology will be helpful to study and use when doing post-bout assessments.

EO Foster informed the Committee that the staff will work on getting follow up C3 tests on the tests that were presented to the MAC of the ones that live in the Sacramento area. Dr. Wallace added that dehydration could have been one of the factors that led to the decline of some of the tests.

Agenda Item 4-Ostarine and other SARMS adverse analytical findings in supplements

EO Foster informed the MAC that WADA was changing some of the thresholds for testing from 5 nanograms to 2 nanograms. He stated that the organizations that the Commission deals with are moving slow on the issue of SARMS, but it needed to be dealt with now. EO Foster stated they are dealing with SARMS in tainted supplements, it has the effect of a steroid without being a steroid. The most common that is being seen is Ostarine, LDG4313 and they have no threshold on this. EO Foster stated the labs conducting these tests can detect the levels in the picograms and fighters are being suspended for levels that low. SARMS wasn't designed to be used in this manner, it was designed for people with Osteoporosis. EO Foster posed the question to the MAC, what should they do with this as a regulator. EO Foster informed the MAC that in one high profile case the athlete

spent thousands of dollars on testing, stopped using his supplements but SARMS was still detected in his urine years later.

Dr. Wallace stated he didn't feel as though they could be the authority on this matter and set a limit. He added that currently the Commission uses WADA and they are saying all or none. EO Foster stated USADA has proven that so far seventy-two different supplements contain SARMS but it wasn't listed on the labels as being in the supplement. EO Foster added currently they don't know what to do with this because they don't know how long SARMS hangs around in an athlete, which is why a threshold needs to be established. EO Foster informed the MAC on October 15, 2019 a stakeholders meeting has been scheduled to discuss this issue.

Dr. Wallace asked if a level could be established that an athlete can't go above and if they test higher than that level then they are punished. Dr. Wallace asked EO Foster how many times can the Commission punish an athlete for this? EO Foster stated that he is seeing this a lot of these tests and believes that it is being released in the urine, he doesn't believe that SARMS would act any different. Dr. Wallace stated he wants the Committee to look further into this and report back at the next meeting. He added that the MAC can't get into a situation where they decide to set a threshold without having more knowledge and information. Dr. Wallace asked EO Foster to present the Committee with a number that is reasonable after they have been able to investigate the matter more.

EO Foster stated that the problem is they are seeing more and more of these cases where the athlete isn't using anabolic steroids, they are using a supplement that is tainted and they are unaware of it. This is hanging around in the urine for years. Dr. Wallace stated that as a regulatory body they must address this issue and be a pioneer on the issue. Dr. Wallace added that fighters need to be aware that they have this in their system, it is illegal, and they will get disciplined. Dr. Wallace thanked EO Foster for being proactive in this matter. EO Foster stated that they Commission can't wait for WADA to figure this out, this is the Commissions problem and they must act.

Agenda Item 5- WADA changes regarding Clenbuterol

EO Foster provided the Committee with WADA's stakeholder notice regarding meat contamination.

Agenda Item 6-Discussion regarding the 10 Point Plan to refuse sanctioning fighters that weigh more than 15% from the official weigh-in to the day of the fight.

EO Foster informed the MAC that for professional boxing and professional MMA the Commission is considering passing a regulation that if a fighter gains 15% or more between weigh-in day and fight day that the fight is canceled for medical reasons, that basically the fighter cheated. EO Foster added that a fighter gaining that much weight is not healthy. EO Foster stated that he believes this will make promoters and matchmakers move these fighters up to the appropriate weight class. EO Foster acknowledged that he understands and knows this may affect some title fights, but this is the solution he is presenting. Dr. Wallace stated the Commission has been conducting day of weigh-ins for four years now, the public and the fighters are aware that the Commission has been

looking into this issue. He also stated that the Commission should also consider fining athletes that gain more than 15% or more of his/her body weight between weigh-in day and fight day, in addition to the fight being cancelled.

Dr. Wallace requested that EO Foster move forward with the proposed regulation that any fighter that gains 15% or more of his/her body weight between weigh-in day and fight day will have their fight cancelled.

Agenda Item 7- Public Comments not on the agenda

Dr. Wallace stated he was concerned about the officials not having food or drinks when they are assigned to work an event that has sixty plus rounds scheduled. EO Foster stated he would discuss this with the promoters and work on having food and drinks provided.

Closed Session

Agenda Item 8- The Committee will meet in closed session as authorized by Government Code § 11126(c) (2) and will discuss matters that constitute an unwarranted invasion of privacy of an individual license or applicant.

Agenda 9- Adjournment

Meeting adjourned at 11:20 a.m.