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# THE CLASH 2026 — RISK INFORMATION SHEET FOR PARENTS

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## PLEASE READ BEFORE YOU SIGN

Your child wants to compete at The Clash: European Combat Sports Festival (20.–24.10.2026, Unibet Arena, Tallinn) in a full-contact combat sport. This sheet tells you honestly what that means, so your consent is informed.

**The risks.** Full-contact competition, even with youth rules, protective equipment and correct refereeing, carries real risks: bruises, cuts and nosebleeds are common; sprains, fractures and joint injuries happen; concussion and other head injuries are possible and can have long-term effects; very rare but real are severe outcomes such as spinal injury, paralysis or death. These risks can materialise even when nobody makes a mistake.

**What the youth rules change.** Young athletes compete under age-adapted rules: shorter rounds, mandatory protective equipment (head guard, body protector, shin guards, mouthguard), and restricted techniques for the youngest categories. Muay Thai U12 bouts, for example, ban strikes to the head entirely; youth MMA uses the IMMAF youth ruleset with the Clash Youth Annex. The full rules are published on the registration page.

**What the event provides.** Doctors check every athlete on each competition day before they compete; a physician-led medical team and ambulance service are on site; referees stop bouts early to protect athletes; weight cutting by dehydration is prohibited, and event doctors may check any athlete they are concerned about; every coach in your child's corner is registered by name, and coaches working with minors pass a criminal-record check.

**What you decide and control.** You sign the consent; your child (12+) signs their own assent — nobody should compete who does not want to. You remain the decision-maker for medical treatment; the event needs a phone number where you are reachable on competition days. If you are not at the venue, you name the accompanying adult responsible for your child.

**Our honest advice.** Talk the risks through with your child and their coach. Ask the coach whether your child is ready for competition. A child who is unsure, unwell, or has had any recent head injury should not compete — and our doctors will not let them.

**After the event.** If your child takes hard head contact or is knocked out, they must rest from contact sport for the period the doctor sets (minimum 30 days after a knockout) — this applies at home too, and their brain needs it. Watch for headaches, dizziness, nausea, confusion or unusual tiredness in the days after competition, and see a doctor if they appear.

Questions: [info@theclash.ee](mailto:info@theclash.ee) · Safeguarding Officer: Heleri Tähtre, +372 5828 0200, [heleri@theclash.ee](mailto:heleri@theclash.ee)



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