

## **Abstract**

**Title:** Methods of rapid weight loss used by Czech combat sports athletes.

**Objectives:** The aim of this research project was to determine the prevalence of rapid weight loss (RWL) methods and their specific forms in Czech combat sports athletes.

**Methods:** To determine the use of the methods of rapid weight loss (RWL) we used a purpose-built online questionnaire that was distributed via social media. This research project was open to men and women over the age of 18 who were actively competing in combat sports in the Czech Republic. Although only certain data from men were used for this project.

**Results:** We found, that 94,7 % of participants reduce their body weight before competitions. This reduction then averages 5.33 kg (SD = 3.42) of body weight. The most commonly used methods to reduce weight across combat sports athletes included reducing energy intake (59,1 %), water loading (38,1 %), restricting fluid intake (33,3 %) and more conditioning (28,6 %).

**Keywords:** contact sports; weight manipulation; athletes; weight categories