

DEPARTMENT OF REGULATORY AGENCIES

Colorado Office of Combative Sports and Colorado Combative Sports Commission

COMBATIVE SPORTS RULES AND REGULATIONS

4 CCR 740-1

[Editor's Notes follow the text of the rules at the end of this CCR Document.]

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1.3 APPLICABILITY

These Rules apply to all combative sports events where purses or prizes may or may not be given.

The standards and regulations incorporated by reference may be examined at the Colorado Office of Combative Sports and Colorado Combative Sports Commission, 1560 Broadway, Suite 1350, Denver, Colorado 80202, during normal business hours, Monday through Friday, except when such days are state holidays. Certified copies of the incorporated standards shall be provided at cost upon request. The Director or the Director's designee will provide information regarding how the incorporated standards and regulations may be examined at any state public depository library. The standards and regulations are also available from the agency, organization or association originally issuing the code, standard, guideline or rules as follows: Association of Boxing Commissions and Combative Sports (<https://www.abcboxing.com/wp-content/uploads/2024/07/unified-mma-rules-rev-july-2024.pdf> (effective November 1, 2024,)) and the Association of Boxing Commissions and Combative Sports (<https://www.abcboxing.com/unified-rules-kickboxing> (effective July 26, 2017)). This rule does not include any later amendments or editions of the code, standard, guideline, or rules.

1.4 GENERAL RULES

This Rule is promulgated pursuant to sections 12-110-107 and 12-110-104, C.R.S.

A. DEFINITIONS

1. **Bout.** Match, exhibition or contest between two participants involving a combative sport.
2. **Chief Inspector.** An official assigned to carry out all duties as assigned by the Director.
3. **Combative sport.** Boxing, kickboxing, mixed martial arts, and martial arts.
4. **Commission.** The Colorado Commission of Combative Sports.5. **Commission representative:** The Director or an official.
6. **Director.** The Director of the Colorado Office of Combative Sports.
7. **Director Approved Sanctioning Organization.** A nationally, internationally, regionally, state or tribal organization approved by the Director that may rank participants within each weight class or sanctions and approves contests or bouts in those weight classes.
8. **Division Director.** Director of the Division of Professions and Occupations, within the Colorado Department of Regulatory Agencies.

9. **Elimination Fighter.** A participant who has never received or competed for a purse.
10. **Event.** A compilation of bouts that occur at one location during a single day.
11. **Fraud.** Any licensee who cheats, obtains money or some other benefit, or misrepresents facts by deliberate and willful deception.
12. **Kick.** A strike using the foot or feet.
13. **Official.** Any person who performs an official function during the supervision of a contest or exhibition. This includes referees, judges, timekeepers and inspectors.
14. **Martial Art.** Includes by way of example and not limited to: aikido, judo, jujitsu, karate, kendo, kung fu, sumo wrestling, t' ai chi, tae kwon do, wrestling, or Muay Thai.
15. **Mixed Martial Art.** Any physical contact bout between two or more individuals who attempt to outscore, knock out, or gain submission of the opponent by using any combination of boxing, kicking, choking techniques, or martial art.
16. **Muay Thai.** Any physical bout between two individuals striking with the hand, knee, elbow and any part of the leg including the feet to outscore, knock out or otherwise disable an opponent into submission. Muay Thai shall also include the use of sweeps to off balance an individual.
17. **Non-Sanctioned organization.** Is an organization that is not governed by a state or tribal athletic Commission.
18. **Promoter.** Any person, association, corporation, or organization licensed to promote events.
19. **Purse.** A bout earning, a financial guarantee or any other remuneration for which participants are participating in a contest or exhibition and includes the participant's share of any payment received for radio broadcasting, television or motion picture rights.
20. **Recognized Sanctioning Organization.** A National Olympic Committee recognized and in good standing with the International Olympic Committee.
21. **Reinstatement.** The process by which an expired license is returned to Active status.
22. **Renewal.** The process of retaining an active license in accordance with the schedule established by the Division Director pursuant to sections 12-110-109 and 12-20-202, C.R.S.
23. **Sanctioned Organization.** An organization that sanctions I bouts of boxing, kickboxing, Muay Thai or mixed martial arts or martial arts by a state or tribal athletic Commission that has filed a permit and their rules for approval.
24. **Sponsoring Organization.** A national or international organization generally recognized in their community and which: may rank participants within each weight class or sanctions and approves bouts in those weight classes.

C. VIOLATIONS OF RULES

Violations of any provision of these Rules may result in immediate ejection from event, a ban from future events and subject the licensee to disciplinary action.

D. RESPONSIBILITY

All promoters, participants, corners and officials associated with combative sport events shall acquaint themselves with and comply with all applicable laws and rules of the Commission.

E. IMPROPER CONDUCT, FOUL OR ABUSIVE LANGUAGE EJECTION

1. The use of foul or abusive language or mannerisms or threats of physical harm by any person at any permitted event shall not be tolerated. This includes all press conferences, weigh-ins and any aspect of an event. In addition, prohibited conduct includes unfair dealings, unsportsmanlike conduct, protesting the decisions of the officials, or violating any laws or rules.
2. If improper conduct occurs at any permitted event, the Director or chief inspector may eject the individual and forbid such person from acting in any capacity in connection with that or any subsequent permitted event. Any licensee who refuses to obey an order by the Director or chief inspector to leave the premises because of conduct prohibited in this paragraph, or any person who returns to the premises in violation of the Director's or chief inspector's order may be subject to further disciplinary action.

F. MODIFICATION OF BOUT RESULT

1. Should the Director determine one or more of the following factors exist, the Director may request a hearing on a result modification matter:
 - a. Indications of collusion affecting the result of the bout are present;
 - b. The compilation of the scorecards of the judges disclosed an error which showed that the decision was given to the wrong participant;
 - c. An error interpreting the rules that may have resulted in an incorrect decision or that improper referee mechanics contributed to an incorrect stoppage; or
 - d. A positive test result reveals the use of a prohibited drug, substance, or method.
- b. In determining whether to modify a bout result, the Director may consider any relevant information submitted. The Director may also use any additional outside opinions or resources to determine the modification of any results.

G. LIMITED USE OF INSTANT REPLAY

The use of instant replay shall be limited to the below criteria:

1. Should the Director approve the use of instant replay prior to an event, only the referee may determine if the use of instant replay is indicated.
2. The referee shall only use instant replay for the purpose of determining if a foul was committed that caused a "bout ending sequence" that brought about the final end of the fight.
3. Based on the instant-replay review, the referee may make the final call with respect to the bout that could result in one of the following decisions: a winner of the bout; a "nocontest" determination; a disqualification; or a technical decision by the judges.

H. SANCTIONING ORGANIZATIONS

1. Combative sports events, contests or bouts sanctioned by organizations recognized as a National Olympic Committee by the International Olympic Committee are Recognized Sanctioning

Organizations and approved by the Director without any additional requirements. Combative sports events, contests or bouts sponsored by a Recognized Sanctioning Organization do not meet the definition of tough-person fighting under section 12-110-104(16)(a), C.R.S. It is the responsibility of the committee to notify the Director if the committee is no longer recognized as a National Olympic Committee by the International Olympic Committee within 30 days of their change in status.

2. Combative sports events, contests or bouts not sanctioned by an organization recognized as a National Olympic Committee by the International Olympic Committee must submit the organization's by-laws and rules for review by the Director. If approved by the Director, the organization will be deemed a Director Approved Sanctioning Organization and may apply for a permit. A Director Recognized Sanctioning Organization does not meet the definition of tough-person fighting under section 12-110-104(16)(a), C.R.S. It is the responsibility of the organization to notify the Director of any changes to the organization's rules and re-submit them for the Director's review 30 days prior to any permitted event, contest or bout.
3. Combative sports events, contests or bouts sanctioned or sponsored by an organization not recognized as either a Recognized Sanctioning Organization or a Director Approved Sanctioning Organization are not permitted, meet the definition of tough-person fighting under section 12-110-104(16)(a), C.R.S., and are subject to disciplinary action under article 10 of Title 12 of the Colorado Revised Statutes.

I. REINSTATEMENT OF AN EXPIRED LICENSE

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J. REPORTING CONVICTIONS, JUDGMENTS AND ADMINISTRATIVE PROCEEDINGS

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K. REQUIREMENT TO NOTIFY DIRECTOR OF ADDRESS AND NAME CHANGES

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1.5 REQUIREMENTS FOR PARTICIPANTS IN ALL BOUTS

This Rule is promulgated pursuant to sections 12-20-105, 12-20-202(1) and (2), 12-110-107, 12-110-108, 12-110-109, and 12-110-111, C.R.S.

A. LICENSE TO FIGHT APPLICATIONS

A license is required for a participant to fight in a professional combative sports contest. All participants shall submit an application for a license to fight in a manner prescribed by the Division Director. Incomplete or incorrect applications will not be accepted.

B. FEES

Each applicant for a license shall pay the required fee before the license to fight is granted. The license fee schedule is established by the Division Director pursuant to section 12-20-105, C.R.S.

C. MINIMUM AGE REQUIREMENT

Any person who wishes to apply for a participant license must be a minimum age of eighteen, unless a signed verification of approval and waiver is signed by the parent or legal guardian and the Director approves.

D. FEDERAL REGISTRATION REQUIREMENT

1. Pursuant to the "Professional Boxing Safety Act of 1996" all professional boxing participants must be registered with the recognized boxing federal registry and obtain a federal identification card in order to participate in boxing bouts anywhere in the United States. Therefore, all professional boxing participants shall show proof of registration. All Mixed Martial Arts participants must register for a National Identification card.
2. Any boxing debut participant must be registered with a federal identification card within seven days prior to the first bout. The participant shall not be permitted to box in any contest scheduled for more than four rounds for the participants first four bouts and shall not be permitted to compete in any bout of more than six rounds until the participant has participated in ten or more professional bouts, unless approved by the Director.
3. Each participant will present their identification card or completed application to the Director or chief inspector no later than the scheduled time of the weigh-in for a bout. A participant, who is unable to produce their identification card or establish with the Director or chief inspector that they have a current federal identification, will not be permitted to participate in the bout.

E. WEIGH-INS AND FIGHT APPEARANCE

1. Each participant must be weighed in the presence of a Commission representative as designated by the Director, on scales approved by the Director and at a place designated by the Director. Except for fight attire, participants must have all items of weight stripped from their body before they are weighed in. All participants shall appear at the weigh-in and event on time as required by the Director. All participants must report to the Director or chief inspector as soon as they arrive to the weigh-in and event at a place designated by the Director. Failure to report to the Director or chief inspector on time may disqualify the participant from competing and may subject the participant to disciplinary action. Unless a championship bout, participants' weights will be rounded down to the nearest pound. The weigh-in shall be no less than six hours and no more than 36 hours prior to the scheduled event. The Director may require participants to be weighed more than once for major bouts/events.
2. Participants are not allowed to leave the designed weigh-in area until such time as they are notified by the Director or the chief inspector.
3. Participants shall be given one hour from the designated time to weigh in, unless otherwise approved by the Director. Failure to weigh in within the designated time frame may result in the bout being cancelled. No pre-weight checks may be done on the official scale prior to or during the weigh in period.
4. Participants missing weight during the initial one-hour period may be given an additional hour to make weight, provided that a Colorado licensed physician is present. The additional time shall start when the Director or Commission representative records the participants initial weight.

F. FAILURE TO MAKE CONTRACTED WEIGHT

A participant who at the scheduled time of weigh-in fails to meet the weight specified in the contract between the promoter and the participant may be disqualified from competing and may be subject to disciplinary action.

G. PARTICIPANTS' APPEARANCE

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1.6 REQUIREMENTS

This Rule is promulgated pursuant to section 12-110-107, C.R.S.

A. NUMBER OF BOUTS

The Director has the discretion to control and limit the number of bouts held in any one event. Bouts in which more than two participants appear in the ring or cage at the same time will not be approved.

B. BOUT REVIEW

The Director may refuse to permit a bout to proceed upon a determination that either or both participants should not compete because of one or more of the following factors:

1. Skill level and ability of their opponent;
2. Age disparity between opponents;
3. Consecutive losses or wins on recent record;
4. Fighting history, including recent TKO' or KO's;
5. Disqualifications and/or poor performances;
6. Recent injuries;
7. Failure to appear at any scheduled weigh-in or event;
8. Failure to compete at any event;
9. Request of a weight that may be unattainable given weight history, build, or physique;
10. Failing to make weight;
11. Lack of experience with consecutive rounds or bouts;
12. Medical test results;
13. Professional debut participants verification that they have trained for a minimum of 30 days prior to bout approval;
14. Recent positive drug or substance test or any known positive test result;
15. Failure to submit to a drug test in any jurisdiction;
16. Physical impairment(s), eye blindness, missing limb;

17. Serious head or brain injury, trauma, impact or damage;
18. Age and date of most recent bout;
19. Overall physical and mental fitness;
20. Any action by any athletic or combative sports Commission in any jurisdiction;
21. History of bad faith or dealings with any promotions or Commissions;
22. Not completing the bout requirements in a timely manner;
23. Conduct that discredits or tends to discredit any sport regulated by the Commission in which the participant is competing;
24. Any related Medical condition that affects a participants' ability to fight.

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1.8 REQUIREMENTS FOR BOXING PARTICIPANTS

This Rule is promulgated pursuant to section 12-110-107, C.R.S.

A. WEIGHT ALLOWANCES

Before a participant will be permitted to fight an opponent, who exceeds the weight allowance as shown, the participant must first receive approval by the Director:

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1.9 REQUIREMENT FOR PROFESSIONAL KICKBOXING AND MUAY THAI PARTICIPANTS

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E. WEIGHT ALLOWANCES

Before a participant will be permitted to fight an opponent, who exceeds the weight allowance as shown, the participant must first receive approval by the Director:

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1.10 REQUIREMENTS FOR PROFESSIONAL MIXED MARTIAL ARTS (MMA) AND MARTIAL ARTS (MA) PARTICIPANTS

This Rule is promulgated pursuant to section 12-110-107, C.R.S.

- A. RULES AND PROCEDURES** The Commission adopts by reference the Association of Boxing Commissions and Combative Sports Unified Rules of Mixed Martial Arts (<https://www.abcboxing.com/wpcontent/uploads/2022/08/unified-rules-mma-july-2022.pdf> (effective July 26, 2022)).

The standards and regulations incorporated by reference may be examined at the Colorado Office of Combative Sports and Colorado Combative Sports Commission, 1560 Broadway, Suite 1350, Denver, Colorado 80202, during normal business hours, Monday through Friday, except when such days are state holidays. Certified copies of the incorporated standards shall be

provided at cost upon request. The Director or the Director's designee will provide information regarding how the incorporated standards and regulations may be examined at any state public depository library. The standards and regulations are also available from the agency, organization or association originally issuing the code, standard, guideline or rules as follows: Association of Boxing Commissions and Combative Sports (<https://www.abcbboxing.com/wpcontent/uploads/2024/07/unified-mma-rules-rev-july-2024.pdf> (effective November 1, 2024)) and the Association of Boxing Commissions and Combative Sports (<https://www.abcbboxing.com/unified-rules-kickboxing> (effective July 26, 2017)). This rule does not include any later amendments or editions of the code, standard, guideline, or rules.

B. MARTIAL ARTS

1. A contest or bout of martial arts must be conducted pursuant to the official rules promulgated by the sponsoring organization for the martial art.
2. The promoter must file a copy of the official rules and a permit with the Director before approval will be given for the contest to be held.
3. Prior to the event, the Director will provide the promotor a list of specific requirements, including those concerning fouls. The promoter will be responsible for ensuring that all participants comply with the specific requirements.
4. Where applicable, provisions of Rules 1.8, 1.9, and above sections of Rule 1.10 may also constitute requirements for martial arts contests.

1.11 REQUIREMENTS FOR BAREKNUCKLE PARTICIPANTS

The Rule is promulgated pursuant to section 12-110-107, C.R.S.

A. WEIGHT ALLOWANCES

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C. PARTICIPATION RESTRICTIONS

1. All Bouts shall be placed in the appropriate Federal database for tracking. Prior to approving a bout, the Director shall consider the following:
 - a. Fighter's Professional Record
 - b. Combative Sport Experience
 - c. Skill Level
 - d. Physical Condition
 - e. Current BSI assigned in BoxRec
 - f. Successive losses or wins
 - g. History of technical knockouts or knockouts
 - g. Any other factor the Director reasonably believes is appropriate.

2. Professional Debut Participants shall not enter a bareknuckle bout without prior combative sports experience.
3. Professional debut participants shall be restricted to four rounds until participants have at least four professional bouts in a sport regulated by the Commission.
4. Professional Participants with previous experience in boxing, mixed martial arts, or other Combative Sports regulated by the Commission are not considered Professional Debut Participants and can participate in any number of rounds without restriction.
5. Elimination fighters shall be prohibited from participating in any bareknuckle bout.

1.12 REQUIREMENTS FOR CORNERS

This Rule is promulgated pursuant to sections 12-20-105, 12-110-107, 12-110-109, and 12-110-111, C.R.S.

A. LICENSE FOR CORNERS

A license is required in order to serve as a second in a professional combative sports contest. All corners shall submit an application for a license to assist a fighter and must be licensed at least 48 hours prior to the scheduled start of an event. Incomplete or incorrect application forms will not be accepted and will be returned to the applicant to be corrected.

B. FEES

Each applicant applying for a license shall pay the required fee before the license is granted. The license fee schedule is established by the Division Director pursuant to section 12-20-105, C.R.S.

C. MINIMUM AGE REQUIREMENT

No person under the age of eighteen years shall be licensed to act as a second.

D. EQUIPMENT REQUIREMENTS

Corners are required to provide all materials and equipment necessary to conduct themselves as a second. Such equipment includes water buckets, gauze and tape for hand wraps, spit buckets, scissors, towels, petroleum jelly, enswell, q-tips, mouthpieces and cut solutions. Water bottles must be clear and all hand wrapping materials must be white.

E. NUMBER OF CORNERS

1. Unless special permission is given by the Director, the number of corners shall not exceed three, one of whom will announce to the referee at the start of the bout that they are the chief corner. The Director may reduce the number of corners per bout or event.
2. If at any time during a bout there are more corners in a corner than allowed, the bout may be stopped until corrected or the chief corner may be disqualified and may be subject to disciplinary action.

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1.13 REQUIREMENTS FOR PROMOTERS

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D. PROMOTION PERMIT AND EVENT REQUIREMENTS

1. Promotion Permit Application and Fee

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2. If a promoter promotes, advertises or sell tickets for an event before the promoter is licensed and appropriate permits have been granted for the event, the promoter may be subject to a fine or disciplinary action and the license or permit may not granted.

3. Limitations and Expectations on Permits

- a. There are no limitations on the number of permits allowed at any one time. However, the Director may deny a permit for the following reasons:

- (1) Back-to-back events;
- (2) Same-day events;
- (3) Inadequate number of officials to properly regulate the event;
- (4) Failure of a promoter or any person connected with the promotion to comply with any statute or rule;
- (5) A bout listed on the promotion permit application fails to meet the requirements of Rule 1.6;
- (6) Inadequate or unsafe location, site or arena selection; or,
- (7) For other reasons indicating that the requested permit may not be in the best interest of the sport, the participants, spectators, or the officials.
- (8) Failure to consult with the Director about the date prior to submitting a permit.

- b. Promoters are expected to comply with the following:

- (1) Fulfill all obligations of the permit. Any promoter who cancels an event after a permit is granted may be subject to disciplinary action and future permits may be denied.
- (2) By completing the permit, promoters agree to pay in guaranteed funds all officials' fees established by the Division Director within the time frames established by the Director.
- (3) Ensure that all bouts are documented in the proper Association of Boxing Commission database for review. Failure to do so may result in the bout being cancelled.
- (4) No weigh-in will begin without official fees paid in full. If the official fees have not been paid in full, the weigh-in cannot be rescheduled and the event will be canceled.
- (5) Bout cards shall be finalized at least 48 hours prior to the weigh in date, unless otherwise approved by the Director.

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J. SECURITY AT EVENTS

The promoter is responsible for working with owner or operator of the premises in which the event and weigh-in is held to ensure that adequate security is provided for the participants and other persons who are present.

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1.14 REQUIREMENTS FOR CONTRACT, FINANCIAL ARRANGEMENTS AND REPORTING FRAUD

This Rule is promulgated pursuant to section 12-110-107, C.R.S.

A. CONTRACT BETWEEN THE PROMOTERS AND THE PARTICIPANT – WRITING REQUIRED

No professional bout will be approved without a contract with the promoter and the participant. The contracts must contain a minimum of the following:

1. Name and signature of promoter or an authorized designee of the promoter.
2. Name and signature of participant.
3. Name of the opponent.
4. Type of Bout.
5. Date and start time of the event.
6. Date and start time of weigh-in.
7. Location of event and weigh-in.
8. Number of rounds in the bout.
9. Time limit of each round.
10. Maximum and minimum weight allowable.
11. Purse amount (Includes show and win money and ticket amount given), including a statement identifying the form of purse payment.
12. Statement that failure to make contract weight will result in a fine of twenty (20) percent of their compensation that distributed to the opponent, as well as twenty (20) percent of all bonuses (including win bonuses) to the opponent.
13. Statement that participant will be present and on time to the weigh-in and the event.
14. Statements that the purse may be held by the Commission for violations.
15. Any deducted fees must be listed (this does not include Commission permit or license fees).
16. Statement that indicates participants will be paid by the promoter immediately following the event.
17. Statement that indicates a substitute participant will be paid by the promoter if they do not engage in a bout.
18. Statement whereby the participant acknowledges the inherent risk of engaging in the sport. The participant, agrees to waive any claim that they or the participant's heirs may have

against the State of Colorado, or any of its employees or official representatives as the result of any injury the participant may suffer while engaging in any bout.

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1.15 PERSONNEL, FACILITY AND EQUIPMENT REQUIREMENTS

This Rule is promulgated pursuant to section 12-110-107, C.R.S. Promoters and others involved in an event have the responsibility to understand and comply with the following Rules.

A. PERSONNEL REQUIRED DURING BOUTS

1. Physician

- a. A bout shall not start or continue unless the physician(s) are actively licensed in Colorado, approved for the event, is seated at ring or cage side, and the physician shall not leave until after the decision in a final bout.
- b. Televised bouts may require two physicians so that bouts may continue as one physician attends to a participant in the dressing rooms or in the near proximity.
- c. Physicians shall be prepared to assist if any serious emergency arises, and shall render temporary or emergency treatments for cuts and minor injuries sustained by the participants.

2. Emergency Medical Technician (EMT)

- a. Promoters are responsible for ensuring that all bouts have a minimum of two EMT's onsite and must ensure that the EMT's have medical equipment that at a minimum contains the following items and is located within twelve feet of the ring or cage:
 - (1) A resuscitator;
 - (2) An oxygen tank properly charged with suitable masks;
 - (3) A stretcher;
 - (4) An airway.
- b. Promoters must arrange for an ambulance to be onsite throughout the entire event and must arrange for and give advance notice to the nearest hospital and persons in charge of its emergency room of such event.
- c. The Director may require additional medical equipment and personnel as appropriate.

3. Securities

- a. Promoters are responsible for ensuring that public safety is maintained at all events by hiring a minimum of one certified peace officer.
- b. Additional officers may be required as determined by the Director.
- c. Any peace officer hired for this purpose must be Colorado State certified and must be employed by the local agency having jurisdiction in that area.

- d. The decision of whether a uniform is not worn by the peace officer shall be a joint decision of the law enforcement agency and the Director.
- e. Failure to comply may result in the cancellation of the event and may result in disciplinary action.

B. FACILITY REQUIREMENTS

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3. Ring, Cage, or Competition Area Safety Zone

A physical barrier surrounding the entire ring, cage, or competition area shall be placed at a minimum nine feet away from the outside edge of the apron or competition area. Anything within this area is the safety zone. The safety zone shall be under the control and jurisdiction of the Director or the chief inspector assigned to supervise the event.

- a. The safety zone is to be used for designated working officials, participants, seconds, physicians, announcers, Commission members and their guests and media representatives as approved by the Director or chief inspector.
- b. Promoters must ensure that the safety zone is controlled and free of nonessential individuals and the only beverage allowed is water.
- c. At no time during the bout may any items be on the ring apron.
- d. The tables next to the ring or cage must be free of any obstructions and shall not be higher than the fighting area platform. All areas surrounding the ring or cage must be suitable and safe as approved by the Director or chief inspector.
- e. Spectator seats shall be a minimum of ten feet away from the outside edge of the apron.
- f. The ring or cage safety zone must be completely set up at least three hours prior to the start of the first bout. This includes properly tightened ropes and all necessary equipment at ring or cage side.

C. RING AND CAGE REQUIREMENTS

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1.17 REQUIREMENTS FOR ELIMINATION BOUTS

This Rule is promulgated pursuant 12-110-107, C.R.S. Rules 1.5, 1.6, 1.8, 1.9, and 1.10 apply to elimination bouts unless otherwise noted in this Rule.

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D. ROUNDS AND TIME LENGTH

- 1. With Director approval, elimination boxing, kickboxing, and Muay Thai bouts may consist of three, three-minute rounds with a one-minute rest period between rounds.
- 2. Elimination MMA bouts shall consist of three, three-minute rounds with a one-minute rest period between each round.

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H. ELIMINATION RULES FOR BOXING, KICKBOXING, MUAY THAI AND MIXED MARTIAL ARTS

1. Unless specifically modified elsewhere under these rules, the Commission adopts the Boxing rules starting in Rule 1.8.
2. Unless specifically modified elsewhere under these rules, the Commission adopts by reference the Association of Boxing Commissions and Combative Sports Unified Rules of Amateur Kickboxing (<https://www.abcboxing.com/unified-rules-of-amateurkickboxing/>)(effective July 29, 2019))
3. Unless specifically modified elsewhere under these rules, the Commission adopts the Muay Thai rules starting in Rule 1.9.
4. Unless specifically modified elsewhere under these rules, the Commission adopts by reference the Association of Boxing Commissions and Combative Sports Unified Rules of Mixed Martial Arts (<https://www.abcboxing.com/wp-content/uploads/2024/07/unifiedmma-rules-rev-july-2024.pdf> (effective November 1, 2024)).

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I. ELBOW AND KNEE STRIKES PROHIBITED

Knee strikes to the head are prohibited in any elimination bout and the participant may be disqualified and subject to disciplinary action. Elbows to the head are prohibited in an elimination Muay Thai bout with the following exceptions:

1. Participants with 0-3 fights are required to wear all protective gear including headgear and shin guards. No elbows are allowed.
2. Participants with 4-9 fights are required to wear all protective gear including headgear, shin guards, and elbow pads.
3. Participants with 10 or more fights may wear all protective gear but shall wear elbow pads.
4. If elbow pads are used, they must be securely fashioned in such a manner to prevent slipping or the elbow pad from turning. White athletic tape may be used to secure both the top and bottom of the elbow pad.

5. Should an elbow pad come loose, the referee will immediately secure the elbow pad before allowing the bout to continue.

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Editor's Notes

History

Rule 1.018 emer. rule eff. 09/24/2010; expired eff. 01/22/2011.

Entire rule eff. 09/01/2011.

Rules 1.1, 1.5, 2.6, 2.8, 2.9, 2.11, 3.2, 3.6, 5.11, 7.6, 12.4, 13.2, 13.3, 14.1 eff. 07/01/2016.

Entire rule eff. 07/01/2018.

Rules 1.1, 1.2, 1.7, 1.8, 2.5, 2.9-2.20, 3.3, 3.4, 5.1, Chapters 6-7, rules 8.6-8.13, 11.3 D.ix, 13.2, 13.3, 13.7-13.9, 14.1, 14.15-14.17 emer. rules eff. 06/18/2019.

Rules 1.1, 1.2, 1.7, 1.8, 2.1, 2.5, 2.9-2.20, 3.3, 3.4, 5.1, 5.4, 6.1-6.5, 7.1, 7.2, 8.6-8.13, 10.1, 11.3, 12.212.4, 13.1-13.9, 14.1, 14.2 D, 14.15-14.17 eff. 12/30/2019.

Entire rule eff. 05/30/2021.

Rule 1.4 K.2 eff. 11/30/2021.

Rule 1.18 emer. rule eff. 10/12/2022.

Rules 1.3, 1.6 F.6, 1.8 B, 1.10 A, 1.11 A, 1.12 D.4.b, 1.12 E.1, 1.13 A.11, 1.14 C.6.a, 1.16 D.1, 1.16 G.1.d, 1.16 H.4, 1.17 U, 1.18 eff. 11/30/2022.

Rules 1.3, 1.4 A, 1.4 D, 1.4 F, 1.5 D.2, 1.5 E, 1.6 D-I, 1.7 F, 1.8 D, 1.8 O, 1.11-1.18 eff. 10/15/2024.

Rule 1.18 repealed eff. 10/15/2024.

Rules 1.3, 1.9 A, 1.10 A, 1.17 G.1.d, 1.17 H.4 emer. rules eff. 11/01/2024.

Rules 1.3, 1.9 A, 1.10 A, 1.17 G.1.d, 1.17 H.4 emer. rules eff. 02/19/2025.

Rules 1.3, 1.9 A, 1.10 A, 1.17 G.1.d, 1.17 H.4 emer. rules eff. 06/03/2025.

Rules 1.3, 1.9 A, 1.10 A, 1.17 G.1.d, 1.17 H.4 eff. 07/30/2025.

Annotations

Rules 33.00.00 D. and 33.00.00 E. (adopted 09/29/2022) were not extended by Senate Bill 23-102 and therefore expired 05/15/2023.