

- (A) Brazilian jiu-jitsu: Also known as "Gracie Jiu-Jitsu", it is a martial art developed in Brazil by the Gracie family during the mid-20th century. Originally based on the Japanese martial art of judo as it existed before WW II, it has since developed into an independent system with a major emphasis on ground fighting and grappling, these techniques may be used in mixed martial arts events.
- (B) Cage: A fenced enclosure in which some promotional organizations hold mixed martial arts competition. It may have four but not more than eight sides.
- (C) Fish-hooking: The action of hooking (grasping) and pulling the inside of an opponent's cheek so as to control his head movement. This is illegal.
- (D) Freestyle wrestling: An Olympic grappling sport which permits contestants to attack their opponent above and below the waist, these techniques may be used in mixed martial arts events.
- (E) Gi: The traditional uniform worn when practicing aikido; jujitsu; judo; and karate, may not be worn in mixed martial arts events.
- (F) Grappling: Techniques of throwing, locking, holding, and wrestling, as opposed to kicking and punching, these techniques may be used in mixed martial arts events.
- (G) Greco Roman wrestling: An Olympic grappling sport in which all holds are applied above the waist in an attempt to throw the opponent, these techniques may be used in mixed martial arts events.
- (H) Ground and pound: A MMA term which describes the barrage of strikes delivered by the contestant who is in his opponents guard or in the mount position.
- (I) Guard: A basic position in which one competitor lies on his back with their knees bent and legs open. If their opponent is between their legs, the opponent is in their guard. Depending upon the leg position of the fighter on their back, the guard is refereed to as being an open, closed, half, butterfly, spider, or rubber-band guard.
- (J) Hammer-fist: A strike with the small finger side of the fist, as if holding a hammer.
- (K) Judo: Meaning gentle way, it is a grappling art created by Jigoro Kano. Based on the techniques of jujitsu, these techniques may be used in mixed martial arts events.
- (L) Judoka: Judo practitioners.
- (M) Jiu-Jitsu: Also written as jujitsu, ju-jitsu, and jujutsu. Meaning gentle art, a traditional Japanese self-defense that includes kicking, striking, kneeing, throwing,

choking and joint locks, and these techniques may be used in mixed martial arts events.

- (N) Kickboxing: Adapted from Muay Thai, it is a striking sport which permits punches, kicks, and knees, these techniques may be used in mixed martial arts events.
- (O) Mixed martial arts: A general term that describes the convergence of techniques from a variety of combative sports disciplines including boxing, wrestling, judo, jujitsu, kickboxing and others. "MMA" techniques can be broken down into two categories, striking and grappling.
- (P) Mount: A basic position in which a competitor gains top position and controls their opponent by sitting on top of them in the full mount position, or from the side of the opponent in the side mount.
- (Q) Muay Thai: Known as Thai boxing, it is the national sport of Thailand. It is a pure striking art in which blows are delivered with the hands, feet, knees and elbows these techniques may be used in mixed martial arts events.
- (R) No-holds-barred: An erroneous description and characterization of the sport of mixed martial arts.
- (S) Octagon: A fenced enclosure in which some promotional organizations hold MMA competition.
- (T) Pankration: Meaning all strength or all power, this is an ancient style of Greek wrestling and boxing in which kicks, throws, and joint locks were used, these techniques may be used in mixed martial arts events.
- (U) Passing the guard: This is a term which describes a fighter's attempt to escape from their opponents guard in order to secure the mount position.
- (V) Positions:
 - (1) "Closed Guard" - most common defensive position seen on the ground. Fighter on bottom has wrapped legs around their opponent's waist and crossed their feet.
 - (2) "Open Guard" - fighter on bottom has not closed their legs around the waist of their opponent.
 - (3) "Butterfly Guard" - fighter on bottom has placed their feet inside their opponent's legs near groin area. knees are held high to prevent passing the guard.
 - (4) "X-Guard" - performed by using both legs against opponent's one leg crossing feet similar to an X. Arms attack opponent's other leg attempting to off balance the other fighter.

- (5) "Half Guard" - position of fighting when the bottom fighter controls only one leg of the top fighter with their legs.
- (6) "Side Control" - dominant position of fighting where the top fighter has cleared the legs of the bottom fighter and is now off to one side on top of their opponent.
- (7) "Mount" - dominant position where the top fighter has straddled the bottom fighter with their legs.
- (8) "Rear Mount" - the fighter who has the back will have their legs hooked into their opponent's pelvic area or will triangle their opponent's body to control position.
- (9) "North - South" - both fighters are on the ground. Fighter on the bottom is facing up, while the fighter on top is facing down. The fighters' feet will be facing opposite directions.
- (10) "Crucifix" - a technique that is used to control an opponent's arms by use of your legs and arms. Can also be a submission hold when applied as a neck crank. Usually used to control a fighter's arms in a ground and pound movement.
- (11) "Can Opener" - used to open a closed guard of an opponent by pulling on the head bringing it towards the chest area.
- (12) "Underhooks" - wrapping the arm under an opponent's arm and around the shoulder area or torso area.
- (13) "Overhooks" - wrapping the arms over the top of an opponent's arms.
- (14) "Double Underhooks" - wrapping both arms under an opponent's arms. Usually has connection of the hands for takedown attempt.
- (15) "Plumb" - muay thai technique used to control the head with both hands clasp around the neck area.
- (16) "Hip Over Sweep" - used from guard position. Fighter traps opponent's post arm, elevates hips and rotates opponent over, landing in mount position.
- (17) "Scissor Sweep" - used from the guard position bottom fighter traps post arm, brings one leg up high the other leg low and scissor kicks the legs together while pulling on the opponent's trapped arm.
- (18) "Elevator Sweep" - from the guard position the bottom fighter hooks inside the opponent's leg with their foot. Fighter then pulls opponent towards them while lifting with hooked leg. Opponent is rolled over the shoulder area to complete the sweep.

(19) "Double Ankle Sweep from Guard" - from the guard position the top fighter stands up. The bottom drops their closed guard and grabs their opponent's ankles. The bottom fighter pinches knees together, lowers their hips and pushes the standing fighter over following the movement by getting into top position.

(W) Shoot: A wrestling technique wherein a competitor attempts to capture his opponent's legs and takes him off his feet, these techniques may be used in mixed martial arts events..

(X) Spike, Spiking: After lifting and inverting an opponent, attempting to slam them headfirst into the canvas. This is illegal.

(Y) Sprawl: A defensive wrestling technique employed to block and counter an opponents shoot.

(Z) Strikes: A cumulative number of punches administered by a contestant to their opponent.

(AA) Submissions:

(1) "Armbar" - a straight arm lock technique that locks the elbow hyper-extending the elbow joint.

(2) "Double Armbar" - performed from the guard position, the fighter brings their legs up high around their opponent's back and neck area trapping both arms.

(3) "Kimura / Double Wrist Lock" - performed from either side while standing or on the ground. Arm needs to be bent at approximately ninety degree angle at the elbow with the arm being moved from the fighter's waist toward their head.

(4) "Arm Triangle" - performed by trapping an opponent's arm against their own neck. The head is used to control the arm while the arms were wrapped around the opponent's neck and arm.

(5) "Americana" - also known as key lock, performed in a cross body or mount position. Fighter must control their opponent's head position while keeping the arm bent at a ninety degree angle.

(6) "Omoplata" - submission technique using the legs around the shoulder of the opponent.

(7) "Gogplata" - a choke hold usually performed from the guard position. The shin is brought across the opponent's neck while one arm moves under the leg and meets up with the other arm to pull down on the opponent's head.

- (8) "Rear Naked Choke" - most common choke used from behind an opponent. The fighter brings their arm around their opponent's neck and locks the arm in place by grabbing their opposite arm at the elbow and wrapping their hand behind the opponent's head.
- (9) "Guillotine Choke" - straight arm choke when facing the opponent. Usually performed from standing or guard position.
- (10) "Anaconda Choke" - started from north to south position fighter moves hand from neck area to far side of opponent and wraps hand into opposite elbow and the rolls their opponent bringing their hips towards the opponent's hips tightening the hold.
- (11) "D'Arce Choke" - performed the opposite of an anaconda choke. The hand starts from the side and moves up along the neck area and wraps into the opposite elbow.
- (12) "Front Choke" - performed by placing the blade of the forearm across the neck area and grapping the arm to fulcrum the leverage down into the throat area to create the choke.
- (13) "North / South Choke" - performed while one fighter is on top of their opponent with one fighter facing down and one fighter facing up. The top fighter slips their arm around the bottom fighter's head allowing the armpit area to settle into the throat area. The top fighter then settles their weight down applying the choke.
- (14) "Toe Hold" - performed by fighter grabbing the foot and figure fours their arms around the lower leg while applying pressure towards the inside of the foot.
- (15) "Triangle Choke" - used primarily from the guard position. The fighter must pass one leg over their opponent's shoulder trapping the head and one arm inside. The fighter then must figure four their legs applying pressure against the neck by forcing the trapped arm against the neck. Pulling down on the opponent's head intensifies the hold.
- (16) "Ankle Lock" - The fighter uses their arm and torso to apply pressure to the ankle.
- (17) " Heel Hook" - placed pressure on the knee joint. The fighter positions their opponent's foot down past their side and the heel just outside the crook of the elbow. The fighter then applies pressure by pulling the heel towards their nose.
- (18) "Inverted Heel Hook" - set up in a similar fashion as the straight heel hook applies pressure rotating the heel towards the inside. The inverted applies the rotation of the heel to the outside.

(BB) Tap-out: The physical act of tapping the opponent, the mat, or one's self to signal a submission. When unable to physically tap-out, a submission can be vocal.

(CC) Verbal tap-out -when an opponent verbally announces to the referee they do not wish to continue or makes any audible sound that would indicate pain.

(DD) Takedowns:

- (1) "Duck Under" - a grappling move in which a fighter ducks under the opponent's arm in an attempt to get behind them to position them for a lift, throw, trip, takedown or other mma maneuver.
- (2) "Single Leg" - a move in which a fighter takes the opponent down by lifting and controlling one of the opponent's legs.
- (3) "Double Leg" - a driving takedown which is accomplished when a fighter engages another fighter by grasping both of the fighter's legs, generally gripping the back of the fighter's knees and lifting to displace balance.
- (4) "Arm Drag" - a method of grabbing, pulling and controlling an opponent's arm in an attempt to throw them off balance and gain positional control.
- (5) "Ankle Pick" - a move which a fighter takes the opponent down by grabbing or lifting of the ankle of the opponent and forcing them to the ground.
- (6) "Inside Trip" - is a sweeping motion applied when one fighter sweeps or hooks with their leg, the inner leg of their opponent in an effort to displace their balance and bring them to the ground.
- (7) "Outside Trip" - is a hooking motion applied when one fighter hooks with their leg the outside leg of their opponent in an effort to displace their balance and bring them to the ground.
- (8) "Body Lock" - a hold in which a fighter locks their arms around the opponent's body as a method of control and from this position may take their opponent to the ground.
- (9) "Osoto Gari" - is a throw where a fighter steps to the outside of their opponent, pushing the opponent off balance while at the same time sweeping the opponent's legs.
- (10) "Hip Toss" - a forward throw common to most grappling competitors where one fighter is thrown over the other fighters hips

- (11) "Power Bomb" - a lifting technique generally used when a fighter is stopped during a double legs takedown attempt. The fighter grabs their opponent by the waist and uses a swinging motion while simultaneously elevating their opponent. The fighter performing the move steps back and throws their opponent onto the mat.
- (12) "Seoinagi" - a throw common to grappling competitors. It is a forward throwing technique in which one fighter is thrown over their opponent's shoulder.
- (13) "Iranian Lift" - a wrestling technique used when a fighter has pushed their weight too far forward when their opponent attempted a takedown. Usually performed from the knees the fighter will raise their back straight up while holding their opponent's legs causing their opponent to be inverted.
- (14) "Whizzer" - Defensive technique to prevent a single leg takedown attempt.
- (15) "Switch" - defensive technique used against a single leg takedown attempt to switch the position and gain control.

3773-7-02 Conducting mixed martial arts events.

- (A) "MMA" is a general term used to identify a mixed martial arts event that describes the convergence of techniques from a variety of unarmed combative sports disciplines including boxing, wrestling, judo, jujitsu, kick boxing and others.
- (B) All professional and amateur mixed martial arts events and all unarmed combat sports must be conducted under the supervision of the Ohio athletic commission, unless otherwise provided by specific statute of the Ohio Revised Code.

3773-7-03 Weigh in procedures.

- (A) The weigh-ins must be conducted by an inspector or a representative of the Ohio athletic commission at a place and time designated by the promoter in accordance with the rules bearing agency 3773 of the Administrative Code.
- (B) All contestants must weigh in. With the exception of super heavyweights' contestants are limited to shorts, shirt and socks.
- (C) The scale used for the official weigh-in shall be provided by the Ohio athletic commission. If authorized by the executive director or the commission the scale may be provided by the promoter. If more than one scale is used, each contestant shall weigh in on the same scale as their opponent.
- (D) Allowance in weight class is the weight difference permitted between contestants in two different weight classes.
 - (1) There may not be a difference of more than three pounds between weight classes from strawweight up to and including the bantamweight class.
 - (2) There may not be a difference of more than five pounds between weight classes from lightweight up to and including the welterweight class.
 - (3) There may not be a difference of more than seven pounds between weight classes from middleweight up to and including the heavyweight class.
- (E) When a weigh-in is conducted the day prior to the event, with the exception of the heavyweight and super heavyweight class, all other contestants may be required to weigh-in at a second weigh-in the next day scheduled by the commission within eight hours of the starting time of the event. Contestants weighing one hundred fifty-five pounds and lower will not be permitted to exceed the weight of the previous weigh-in by more than ten pounds. A contestant weighing more than one hundred fifty-five pounds will not be permitted to gain more than thirteen pounds, from their recorded weight from the day prior. The random second day weigh-in will be at the discretion of the executive director.
- (F) Amateur contestants may not weigh in earlier than ten a.m. the day of the event.
- (G) A contestant one hundred fifty-five pounds and lower may not lose more than two pounds within one hour. A contestant above one hundred fifty-five pounds may not lose more than three pounds within one hour. There are no restrictions to the number of times a contestant may attempt to re-weigh within the prescribed time period. This rule does not apply to next day weigh-in, there may be no losing weight after weighing in.
- (H) Penalties for a fighter being overweight:
 - (1) Up to a sixty-day suspension and/or a fine.
 - (2) Overweight by one ounce to two pounds shall be fined by paying opponent two hundred dollars or twenty per cent of purse whichever is higher.
 - (3) Overweight by more than two pounds but not over four pounds shall be fined by paying the opponent

- (4) Overweight by greater than four pounds and if within the regulations for the bout to continue, shall be fined by paying the opponent five hundred dollars or thirty per cent of purse whichever is higher.
- (5) If the fine or fee is ten thousand dollars or more the opponent will receive fifty per cent and the state of Ohio will receive fifty per cent.
- (6) If the bout goes on no suspensions will be issued for not making weight.
- (I) Weight allowances between weight classes do not apply to amateur contestants. They must compete within the weight class.

Weight classifications, weight allowance between weight classes and glove sizes

Weight class	Weights	Allowances	Glove sizes
Flyweight	up to 115 lbs	3 lbs	4 oz to 8 oz
Strawweight	116 to 125 lbs	3 lbs	4 oz to 8 oz
Bantamweight	126 to 135 lbs	3 lbs	4 oz to 8 oz
Featherweight	136 to 145 lbs	5 lbs	4 oz to 8 oz
Lightweight	146 to 155 lbs	5 lbs	4 oz to 8 oz
Welterweight	156 to 170 lbs	5 lbs	4 oz to 8 oz
Middleweight	171 to 185 lbs	7 lbs	4 oz to 8 oz
Light Heavyweight	186 to 205 lbs	7 lbs	4 oz to 8 oz
Heavyweight	206 to 265 lbs	7 lbs	4 oz to 8 oz
Super Heavyweight	over 265 lbs		4 oz to 8 oz

- (A) All bouts will be scored by three judges.
- (B) The "Ten-Point Must System" will be the standard system of scoring a bout. The winner of the round will be awarded ten points and the loser of the round will be awarded nine points or less, except for the rare occasion of an even round, which is scored ten to ten.
- (C) Judges shall judge mixed martial art techniques, such as effective striking, effective grappling, and control of the opponent, effective aggressiveness and defense.
 - (1) Effective striking is judged by determining the total number of legal heavy strikes landed.
 - (2) Effective grappling is judged by considering the amount of successful executions of a legal takedown and reversal. Factors to consider are take downs from the standing position to a mount position, passing the guard to the mount position, and bottom position fighters using an active threatening guard.
 - (3) Effective control is judged by determining who is dictating the pace, location and position of the bout. Factors to be considered are, countering a grappler's attempt at a takedown by remaining standing and legally striking; take down an opponent to force a ground fight; creating threatening submission attempts, passing the guard to achieve a mount, and creating striking opportunities.
 - (4) Effective aggressiveness means moving forward and landing legal strikes.
 - (5) Effective defense means avoiding being struck, take down or reversals while countering with offensive strikes.

3773-7-05 Fouls - intentional, unintentional, procedures and types of fouls.

(A) Procedures:

- (1) Referee shall issue a warning. After the initial warning a penalty will be issued. The penalty may be a deduction of points or disqualification depending on the severity of the foul. Any points deducted for any foul must be deducted in the round which the foul occurred.
- (2) The referee as soon as practical after the foul, call time and notify which contestant is being penalized and the total points the contestant is being penalized.
- (3) If a bottom contestant commits a foul and in the referee's, judgment is not in control, unless the top contestant is injured, the bout shall continue, so as not to jeopardize the top contestant's superior positioning at the time.
 - (a) The referee shall verbally notify the bottom contestant of the foul.
 - (b) When the round is over, the referee shall notify the judges and the inspector of the foul and the total point deduction.
- (4) Only the referee can assess a foul and any point deductions. Judges may not deduct points for what they interpret is a foul.
- (5) Referee shall check the fouled contestant's condition to see if they can still participate in the contest.
- (6) Disqualification occurs when after any combination of three fouls or if the referee determines the foul to be flagrant.

(B) Intentional foul:

- (1) If an injury results that is severe enough to terminate the bout, the contestant causing the injury loses by disqualification.
- (2) If an intentional foul causes an injury and the bout is allowed to continue a mandatory two point penalty shall be assessed to the contestant committing the foul.
- (3) If an injury sustained by a contestant because of the intentional foul causes the contestant to be unable to continue at a subsequent point, the injured contestant shall win by a technical decision, if they are ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of the stoppage, the bout shall be declared a technical draw.

(C) Unintentional foul:

- (1) If a bout is stopped because of an unintentional foul, the referee shall determine whether the contestant who has been fouled can continue or not. If the contestant's chance of winning has not been seriously jeopardized as a result of the foul and if the foul did not involve concussive impact to the head of the contestant who has been fouled, the referee may order the bout continued after a recuperative interval of not more than five minutes. Immediately after stopping the bout or at the end of the round the referee must immediately inform the inspector or commission representative of their determination that the foul was accidental and unintentional.
- (2) If the referee determines either from their observation or that of the ringside physician that the bout may not continue because of the injury from the unintentional foul the bout will be declared a no contest if the foul occurred:
 - (a) During the first two rounds of a non-championship bout, or;
 - (b) During the first three round of a championship bout;
- (3) If the unintentional foul renders the contestant unable to continue the bout; or an injury from an intentional foul later becomes aggravated by fair blows and referee stops bout because of the injury.
 - (a) After the completion of the second round in a non-championship bout;
 - (b) After the completion of the third round of a championship bout;
 - (c) The outcome shall be determined by scoring the completed rounds and the partial round which the referee stops the bout.
- (4) A contestant may not be declared the winner of a bout on the basis of their claim that the opponent fouled them unintentionally by hitting them in the groin. If after a recuperative interval of not more than five minutes, a contestant is unwilling to continue because of the claim of being hit in the groin, the bout will be declared a no contest if the second round has not been completed in a three round bout or the third round has not been completed in a five round bout.

(D) Types of fouls in a mixed martial arts contest.

- (1) Butting with the head.
- (2) Eye gouging of any kind.

- (3) Biting.
- (4) Hair pulling.
- (5) Fishhooking.
- (6) Groin attacks of any kind.
- (7) Putting a finger into any orifice or into any cut or laceration on an opponent.
- (8) Small joint manipulation.
- (9) Striking to the spine or back of head.
- (10) Striking downward using the point of the elbow. (Arcing elbow strikes are permitted).
- (11) Throat strikes of any kind, including, without limitation grabbing the trachea.
- (12) Clawing, twisting or pinching the flesh.
- (13) No extended fingers when striking opponent to the face
- (14) Kicking the head of a grounded opponent.
- (15) Kneeing the head of a grounded opponent.
- (16) Stomping on a grounded opponent.

A contestant is considered grounded when their torso or three points of their body are touching the canvas: (example: two legs and the weight bearing hand is touching the canvas or floor. Applies to paragraphs (D)(13), (D)(14), and (D)(15) of this rule.

Note: A downed opponent may kick up to all legal striking points of the body.

- (17) Kicking to the kidney(s) are prohibited from the upright position. Heel strikes are permitted to the kidney(s) when a fighter is on their back in the guard position.
- (18) Throwing an opponent out of the ring area or fence area.
- (19) Holding the shorts or glove of an opponent.

- (20) Spitting on an opponent.
- (21) Engaging in any unsportsmanlike conduct that causes an injury to an opponent.
- (22) Holding the ropes or cage.
- (23) Using abusive language or illicit gestures in the cage or ring area.
- (24) Attacking an opponent on or during the break.
- (25) Attacking an opponent who is under the care of the referee.
- (26) Attacking an opponent after the bell has sounded to end the round.
- (27) Flagrantly disregarding the instructions of the referee.
- (28) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- (29) Interference from anyone working the corner or corner men leaving their area.
- (30) Any act in the judgment of the referee that is detrimental and places an opponent at a disadvantage.

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Certification

Date

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3773-7-06

Mouthpiece rule.

All contestants are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action. The referee may deduct points if it is judged the mouthpiece is being purposely spit out.

3773-7-07 Restarting fighters.

Following any medical time-out, or when a ring is being used and one or both opponents are under the ropes on the apron of the ring or in danger of falling from the apron of the ring, time will be called by the referee and both fighters will be positioned in the middle of the ring or cage and assume the same position as the one prior to the time out being called.

3773-7-08 Appearance and attire.

(A) Groin and breast protectors.

(1) Male fighters must wear a groin protector which will protect them against injury from a foul blow.

(2) Female fighters may not wear groin protectors but must wear a breast protector or sports bra.

(B) Female fighters must submit a negative pregnancy test prior to the event.

(C) Each contestant shall wear mixed martial arts shorts, biking shorts, or kick boxing shorts. Shorts must be approved by the inspector or commission representative.

(D) No "GI"'s or shirts permitted.

(E) No shoes are permitted.

(F) No grappling shin guards.

(G) Absolutely "no" body grease, gels, balms or lotions may be applied. Vaseline may be applied to the facial area at cage side or ringside in the presence of a inspector, referee, or a person designated by the commission. Any contestant applying anything prior to this could be penalized a point or disqualified.

(H) Taping of hands wrists and ankle is permitted.

(I) Neoprene joint supports only. No metal supports can ever be worn.

(J) Finger and toe nails must be trimmed.

(K) The inspector or commission representative shall determine whether head or facial hair presents any hazard to the safety of the contestant or their opponent or will interfere with the supervision and conduct of the event. Facial hair may not be braided.

(L) May not wear any equipment that does not pass the inspector or commissions approval.

Glove specifications.

- (A) All mixed martial arts contests must wear grappling gloves that weigh not less than four ounces and not more than eight ounces.
- (B) The gloves shall be supplied by the promoter.
- (C) Both contestants shall wear same size gloves.
- (D) Must be inspected and passed by the inspector, referee or commission representative prior to starting the bout.
- (E) New gloves never previously worn must be supplied for both contestants for all title bouts including state title bouts. Gloves must be approved by executive director or inspector.

Specifications for bandages on hands for mixed martial art contestants.

- (A) In all weight classes, the bandages on each contestant's hands shall be restricted to soft gauze type cloth not more than fifteen yards in length and two inches in width, held in place by not more than ten feet of surgeon's tape, one inch in width for each hand.
- (B) Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.
- (C) The bandages shall be evenly distributed across the hand.
- (D) Bandages and tapes shall be placed on contestant's hands in the dressing room and must be inspected by the inspector or commission representative.
- (E) The manager or chief second of the opponent may elect to be present when hands are being wrapped.
- (F) Under no circumstances are gloves to be placed on the hands of a contestant until checked by the inspector or commission representative.

3773-7-11 **Requirements for a ring, cage or fenced area.**

(A) Mixed martial arts may be held in a cage or a fenced area.

A manufactured cage convert unit may be secured on a boxing ring if it conforms with the specifications and standards for a cage for mixed martial arts.

(B) The fenced or cage specifications for mixed martial arts must meet the following requirements:

- (1) The fenced or cage area must be of circular type dimensions or have as many as eight equal sides;
- (2) Two sides opposite of each other must each have a designated color, one side blue the opposite red;
- (3) Must be no smaller than twenty feet wide and no larger than thirty-two feet across;
- (4) The floor of the fenced area must be padded with ensolite or another similar closed-cell foam, with at least a one inch layer of foam padding, with a top covering of canvas, duck or similar material tightly stretched and laced to the platform of the fenced or cage area. Material that tends to gather in lumps or ridges must not be used;
- (5) The platform of the fenced or cage area must not be more than four feet above the floor of the building and must have suitable steps for use of the contestants;
- (6) Fence posts must be made of metal, not more than six inches in diameter, extending from the floor of the building to between five and seven feet above the floor of the fenced or cage area, and must be properly padded in a manner approved by the executive director, inspector or commission representative;
- (7) The fencing used to enclose the fenced or cage area must be made of a material that will prevent a contestant from falling out or breaking through the fenced or cage area onto the floor of the building or onto spectators, including, without limitation, chain link fence coated with vinyl;
- (8) Any metal portion on the interior of the fenced or cage area must be covered and padded in a manner approved by the executive director, inspector or commission representative and must not be abrasive to the contestants;

- (9) The fenced or cage area may have one or two entrances. The entrances must be padded or covered and padded so that there is no exposed metal on the interior of the fence or caged area;
- (10) There must not be any obstruction on any part of the fence surrounding the area in which the contestants are competing;
- (11) Any metal parts used to enforce the fenced or caged area wall must be positioned as to not interfere with the safety of the contestants;
- (C) The executive director or commission may request a promoter of a mixed martial arts contest to place at least two video screens which meet the approval of the executive director or commission, which will allow patrons to view action inside the fenced or caged area.
- (D) A promoter may request that a ring be used which must meet the standards approved by the executive director or commission.

3773-7-12

Rubber gloves.

When a ring is used all seconds working in the corner will wear rubber gloves. When a cage or fenced area is used only the second who enters the cage or fenced area must wear rubber gloves.

3773-7-13 Types of bout results.

(A) A mixed martial arts contest may end under the following results:

(1) Submission:

- (a) Tap out: when a contestant physically uses their hand(s) to indicate that they no longer wish to continue.
- (b) Verbal tap out: when a contestant verbally announces to the referee that they do not wish to continue.

(2) Knockout "(KO)": failure to rise from the canvas.

(3) Technical knockout "(TKO)":

- (a) Referee stops bout because contestant can no longer defend themselves; or
- (b) Ringside physician advises referee to stop bout; or
- (c) When an injury as a result of a legal maneuver is severe enough to terminate the bout.
- (d) Whenever the towel is thrown into the cage by one of the fighter's corner persons.
- (i) The timekeeper should immediately signal the end of the round when this occurs

(4) Decision via scorecards:

- (a) Unanimous: when all three judges score the bout for the same contestant.
- (b) Split decision: when two judges score the bout for one contestant and one judge scores for the opponent.
- (c) Majority decision: when two judges score the bout for the same contestant and one judge scores the bout a draw.

(5) Draws:

- (a) Unanimous: when all three judges score the bout a draw;
- (b) Majority: when two judges score the bout a draw;
- (c) Split when all three judges score it differently and the score total results in a draw.

(6) Disqualification: when an injury sustained during competition as a result of an intentional foul severe enough to terminate the contestant.

(7) Forfeit: when a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or indicating a tap out.

(8) Technical draw:

- (a) When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of the stoppage.
- (b) When an injury sustained during competition an a result of an unintentional foul causes the injured

contestant to be unable to continue and the sufficient number of rounds have been completed with the results of the scorecards being a draw.

- (9) Technical decision: when the bout is prematurely stopped due to an injury and a contestant is leading on the scorecards.
- (10) No contest: when a contestant is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the scorecards.

3773-7-14 Number of rounds required for mixed martial arts bouts, boxing and kickboxing events.

- (A) Professional bouts will be three or five rounds of five minutes each with a one minute rest period that includes a ten second warning signal.
- (B) Championship bouts will be five rounds of five minutes each with a one minute rest period that includes a ten second warning signal.
- (C) Amateur bouts will be three rounds of three minutes each with a ninety second rest period that includes a ten second warning signal.
- (D) Mixed Martial Arts contestants may not participate in more than 5 rounds in an event. Exception if the bout is a tournament elimination bout and the bout ends in a draw after five rounds, there may be one more round to determine a winner. If the bout ends after the additional round and it is still a draw a coin toss will determine the winner.
- (E) A minimum number of twenty-four rounds and eight bouts must be scheduled. The executive director or commission may grant a waiver of bouts.
- (F) "Pro/Am" events, there must be a minimum of eight scheduled bouts. The combination of three professional bouts and five amateur bouts or five professional bouts and three amateur bouts. All events must start with the amateur bouts and they must be in succession. Professional bouts will follow amateur bouts no intermixing bouts. The executive director or commission may grant a waiver of bouts.
- (G) Kickboxing/boxing event combination:
 - (1) Bouts must be either all professional or all amateur, or pro/am events.
 - (2) Minimum of seven bouts: four kickboxing and three boxing or three kickboxing and four boxing.
 - (3) Boxing bouts must be a minimum of four scheduled rounds.
 - (4) Kickboxing bouts must be a minimum of three scheduled rounds.
 - (5) Weight classes for kickboxing are the same as those used in boxing unless waived by commission. .
 - (6) All bouts must be conducted in a ring.
 - (7) No intermixing bouts. All kickboxing followed by all boxing bouts or all boxing bouts followed by all kickboxing bouts.
- (H) Kickboxing or combination of kickboxing and boxing event:
 - (1) Minimum of six bouts and eighteen rounds.
 - (2) Pro/am must have two professional bouts and five amateur bouts. All amateur bouts must occur followed by all professional bouts.

3773-7-15 Promoter's responsibilities.

- (A) Must have surety bond in the amount of twenty thousand dollars for the event coverage and two thousand five hundred for the treasurer of the state of Ohio and be licensed as a mixed martial arts promoter.
- (B) Bout agreements.
 - (1) The bout agreement between a promoter and a contestant must be executed on a form provided by the Ohio athletic commission. All information including name and address of contestant must be included.
 - (2) A bout agreement which provides that a contestant must fight exclusively for one promoter or at the option of the promoter is prohibited for amateur contestants.
- (C) Must submit permit for event that includes: date of the event, starting time of event, admission charges, location of event that includes venue name, street address and city, promoter's name, address and phone number. No more than one permit will be issued for the same type of event within a forty-five mile radius on the same day. This is determined from zip code to zip code.
- (D) Upon approval of permit all contestants and their opponents names must be submitted to MMA LLC the recognized national database for approval of their bout by executive director or commission. All professional contestant's names must be submitted in time to be presented at commission meeting for approval.
- (E) All required medicals must be in the commission office five days prior to the event. This includes all required blood work or eye examinations. No medicals will be accepted at an event.
- (F) The commission office will only accept contestants' names of fighters from the promoter or the designated matchmaker. Opponents will not be discussed with anyone but the promoter or assigned matchmaker.
- (G) Event insurance must be submitted no later than five days prior to the date of the event.
- (H) Cancellation of any event must be done within five days prior to the date of the event or the promoter will be required to pay all officials base pay.
- (I) All contestants must have a national mixed martial arts identification card or get one issued to them prior to competing.
- (J) Must have a separate divider between ring, cage or fenced area and fans. This must be approved by the inspector or commission representative. If not a solid barrier then a uniformed law enforcement officer must be present at the ring, cage or fenced area.
- (K) Must follow all ticket and tax rules as defined in agency 3773 of the Administrative Code.
- (L) Must have event insurance coverage in the amount of ten thousand dollars in case of injury and ten thousand dollars in case of a death. No contestant may waive the insurance coverage. Further, contestants are not responsible for any deductible payments.
- (M) No event may start without the presence a licensed medical doctor or doctor of osteopathic medicine present at ringside or cage side and an ambulance with medical personnel on site.
- (N) The executive director or the Ohio athletic commission shall assign all officials for all mixed martial arts events.

- (O) Must supply the contestant's gloves used at the event. They must be approved by the inspector or commission representative. New gloves must be provided for any title bout.
- (P) Have disposable garbage bags in each dressing room.
- (Q) Have cleaning solution used to clean blood and debris for inside the cage or ring. A solution of ten per cent bleach and ninety percent water is an acceptable solution.
- (R) Must provide security with at least one commissioned police officer.
- (S) All events must start on the time designated on permit.
- (T) Outdoor events shall not be scheduled before Memorial Day or after Labor Day
- (U) Must comply with all rules and regulations relating to promoting events defined in agency 3773 of the Administrative Code.
- (V) Zuffa inc (UFC) has the exclusive patented copyright for using an eight-sided cage to conduct a mixed martial arts event.

3773-7-16 Licensing.

- (A) All contestants, managers and seconds shall be licensed as required by the rules and regulations of agency-level 3773 of the Administrative Code.
- (B) All judges, referees, time keepers, physicians and inspectors shall be licensed as required by the rules and regulations of agency-level 3773 of the Administrative Code.
- (C) All license applicants must be a minimum of eighteen years old.

3773-7-17 Seconds duties when working in a corner.

- (A) There may be two licensed seconds for amateur events and three licensed seconds for professional events positioned in a designated area by a cage or fenced area or positioned in each corner of a ring. For championship bouts there may be three licensed seconds.
- (B) No person other than the contestants and referee shall enter the ring, fenced area or cage during a bout.
- (C) The referee may, in their discretion, stop a contest if an unauthorized person enters the ring, fenced area or cage during a round.
- (D) Only one second may enter the cage or fenced area to tend a fighter between rounds and at the end of the fight. In case of an open cut a medical person or cut person may also enter the cage or fenced area.
- (E) There may be no loud yelling or profanity from anyone working the corner.
- (F) If a manager or second leaves the designated area the fighter will be disqualified.
- (G) A fighter getting knocked out of a ring and onto the floor must get back into the ring within twenty seconds without assistance from anyone working their corner.
- (H) Any person violating any rule working the corner will be disqualified for the remainder of the event and suspended for a minimum of sixty days. They may appeal in writing, within thirty days from the date of the event to the athletic commission office.

3773-7-18 Disciplinary action.

- (A) All contestants and participants may be disciplined for any violation of the rules and regulations of agency-level 3773 of the Administrative Code.
- (B) The executive director, inspector or commission representative may hold a contestant's purse for initially failing any drug test administered at the event.
- (C) The executive director, inspector or commission representative may order the purse withheld of a mixed martial arts contestant for failing to perform to the best of their ability. The contestant may appeal in writing to the executive director within thirty days of the event, when such action is taken. If no appeal is made the commission will have a hearing to determine the amount of the purse that will be transferred to the treasurer of the state of Ohio at the next regularly scheduled commission meeting.
- (D) A contestant will be suspended for a period of not less than one year for participating in any mixed martial arts event not sanctioned and approved by the Ohio athletic commission.
- (E) If a licensed professional mixed martial arts contestant competes in an amateur event they will be suspended for a period of not less than one year and a maximum of two years.
- (F) When the contestant fails to appear in a contest in which they signed a bout agreement to appear shall be suspended immediately for up to 6 months. The contestant may produce a valid certificate from a physician and approved by the executive director or commission in the case of any physical disability. The contestant who files a certificate from a physician stating they are unable to fulfill a bout agreement because of physical disability, shall be immediately given a medical suspension for a period of sixty days. The executive director or commission may remove any suspension if the contestant is released from the bout agreement by mutual agreement.
- (G) After signing a contestant/promoter contract form, a contestant may not enter into another contracted bout that is scheduled thirty days prior to the previously signed contract. If the contestant participates in a bout within this thirty day time period and because of participating in this event is not able to participate in the originally contracted event, they shall be suspended for not more than six months. The contestant may appeal by certified mail to the executive director or commission for a hearing within thirty days of the mailing date of the notice of the suspension. The suspension will start at the end of any previously administered suspension.
- (H) A contestant who fails to make the required weight listed on the contestant/promoter contract form and as a result the bout is cancelled the contestant will be suspended for not more than six months and may be fined or both. If the bout is continued within the legal weight class limits the contestant will be fined. The contestant may appeal by certified mail to the executive director within thirty days of the mailing date of notice of suspension or fine.
- (I) If after the weigh-in a contestant fails to honor the contestant/promoter bout contract by not showing for the bout or refuses to compete, shall be fined and suspended for not more than twelve months. The contestant may appeal by certified mail to the executive director within thirty days of the mailing date of the notice of suspension.

- (J) A contestant or promoter will be suspended indefinitely, until payment is made in full of any judgment awarded by a court of law that is presented to the Ohio athletic commission for any violations of rules bearing agency level 3773 of the Administrative Code
- (K) A contestant, manager, trainer or any representative of the contestant may not verbally harass any official representing the Ohio athletic commission, before, during or after any event regulated by the Ohio athletic commission. This includes but is not limited to an inspector, referee, judge, timekeeper, physician, commission member or anyone assigned by or representing the Ohio athletic commission. Any contestant or person representing the contestant violating this rule may cause them or the contestant to be suspended for a period no longer than one year. The suspension may be appealed thirty days after receiving notice from the commission.
- (L) A contestant, manager, trainer or any representative of the contestant may not physically abuse any official representing the Ohio athletic commission, before, during or after any event regulated by the Ohio athletic commission. This includes but is not limited to an inspector, referee, judge, timekeeper, physician, commission member or anyone assigned by or representing the Ohio athletic commission. Any contestant or person representing the contestant violating this rule may cause them or the contestant to be suspended indefinitely. The suspension may be appealed thirty days after receiving notice from the commission.

3773-7-19 Suspensions and mandatory rest period.

- (A) Sixty day suspension for a knockout "KO".
- (B) Thirty day suspension for a technical knockout "TKO".
 - (1) Referee stoppage from submission or choke hold prior to verbal commitment or tap out.
 - (2) Referee stoppage from strikes prior to verbal commitment or tap out.
- (C) Throwing the mouthpiece into the audience during or after the event will result in a suspension of no more than sixty days. This would be in addition to any other suspension that contestant may have received.
- (D) Physician's suspension:
 - (1) Whatever length of time the physician designates after post fight check-up that will allow sufficient time for contestant to be physically able to compete.
 - (2) Until any medical requirements issued by a physician are successfully submitted and approved for release by executive director or commission.
 - (3) Failure to report or comply with post fight examination by the attending physician or their representative will result in a suspension of no more than six months.
- (E) Without a release from the executive director or commission a contestant may not compete until seven days have elapsed from their last bout. The seven day period starts the day following the event in which they competed.
- (F) If a contestant is listed on "Fight fax", MMA LC or any state or tribal athletic commission suspension lists recognized by the Ohio athletic commission.

3773-7-20 Amateur rule differences.

- (A) Amateur mixed martial arts events will follow all existing rules in agency 3773 of the Administrative Code.
- (B) Any contestant competing as an amateur may not currently or have ever been a professional fighter with a winning record in any unarmed combat sports; this includes but is not limited to mixed martial arts, boxing, karate or any other form of unarmed combat sports. A professional fighter in any of the listed sports that has a losing record will be evaluated on an individual basis determined by the number of bouts and the type of losses incurred. Any contestant found in violation of this will be suspended for a period of not less than one year nor more than two years.
- (C) All weigh-ins must be scheduled no earlier than ten am the day of the event, unless authorized by the commission. No weight allowances for amateurs, they must compete within the weight class.
- (D) Rule differences from professional mixed martial art rules:
 - (1) Rounds: there shall be three rounds scheduled for three minutes each with a ninety second rest period between rounds with a ten second warning signal prior to the start of the next round.
 - (2) Gloves: minimum size of four ounces and maximum of eight ounces.
 - (3) Neoprene; ankle wraps or elbow pads are optional. Contestants may tape their ankles and have a neoprene wrap or similar type material covering the tape.
 - (4) No elbow strikes anytime.
 - (5) No knees to the head at any time.
 - (6) No kicks of any type to the head.
 - (7) A contestant may only strike their opponent to the head with their fists.
 - (8) No twisting leg submissions.
- (E) A mixed martial arts fighter will be required to have a minimum of nine recorded amateur bouts with a winning record prior to being permitted to compete as a professional mixed martial arts fighter. They may appeal to the executive director or Ohio athletic commission to have this waived.
- (F) Masters division: applies to all amateur mixed martial arts contestants ages thirty-five and over. They must compete in this division until they have competed in a minimum of three events. After three events and a winning record they may apply to the executive director or commission to be able to compete in all levels of amateur or professional competition.

3773-7-21 Medical requirements for mixed martial arts contestants.

- (A) The following test results from a certified laboratory or physician must be submitted to the commission office prior to competing in a mixed martial arts event
 - (1) Negative HIV;
 - (2) Negative hepatitis B surface antigen (SA);
 - (3) Procedures to complete when failing hepatitis B surface antigen test:
 - (a) Must pass a hepatitis B "PCR" quantitative test;
 - (b) The quantitative limit must be within permissible limits according to the laboratory where test was administered;
 - (c) Test and results must have been taken be within two weeks of the event.
 - (4) Negative hepatitis C antibody;
- (B) Professional contestants must submit a dilated eye exam performed no later than twenty four hours prior to any competition by an ophthalmologist, optometrist or qualified physician.
- (C) A cat scan examination of the brain will only be accepted when given within five days of the last date a contestant competes in a combat sports event. Any required post fight neurological examination after five days must be an MRI or MRI/MRA examination.
 - (1) These results must be from a medical facility, certified laboratory or physician.
 - (2) Must include the date of test, the address and phone number of the facility where test was conducted.
- (D) The results of an MRI or MRI/MRA examination will be accepted if conducted within five years.
 - (1) When a neurological clearance is needed for a pre-fight examination;
 - (2) When competing in a five-round title fight;
 - (3) A contestant that is thirty-five years old or older.
- (E) The commission, executive director or ringside physician may order a Electrocardiogram or MRI or MRI/MRA examination when a contestant:
 - (1) Has lost three or more bouts in a row by KO or TKO;
 - (2) Has lost five bouts in a row;
 - (3) Has an extensive losing record.
 - (4) Has not competed within two years
- (F) Contestants thirty-five and older must submit in addition to all other required medical examinations:
 - (1) MRI brain examination;
 - (2) A stress echo cardiogram examination with cardiology clearance;

- (3) A chest X-ray that has been given within two years.
- (G) All tests must have been taken within thirty days to get a one year license. All tests taken more than thirty days but within one year the expiration date for the Ohio license will be ninety days or less from the date of issuance, depending on the expiration date of the medicals that were submitted. Test results from other states are accepted if they meet Ohio's standards.
- (H) The commission will not issue a license or renew any applicants license for a contestant who is found to be blind in one eye or whose vision in one eye is so poor that an ophthalmologist, optometrist, or physician recommends that a license not be granted. This rule is effective regardless of how good the vision of the contestant may be in the other eye.
- (I) The commission will not issue or renew the license of any applicants who wishes to compete in any sport regulated by the Ohio athletic commission who has suffered from any type of cerebral hemorrhage.
- (J) If any applicant applying for a contestant's license has suffered a serious head injury the applicant must have their application for license reviewed by the executive director or commission before any license is issued or renewed.

3773-7-22 Conduct when contestant enter the ring or cage.

- (A) No contestant or promoter may display any type of entrance theme that includes music, video, or any type of physical display that contains any profanity or any derogatory ethnic remarks. Anyone violating this rule may be suspended for up to six months.

3773-7-23 Sports drinks at ringside or cage side.

- (A) The Ohio athletic commission shall allow electrolyte-replacement drinks, regardless of color such as "Gatorade, Powerade, Propel, Smart Water," etc during events regulated by the commission.
- (B) These drinks must be brought to ringside or cage side un-opened and sealed and only in a plastic container. Unsealed drinks are not acceptable.
- (C) The inspector, executive director or a representative of the commission must approve and sign off on the drink.
- (D) No stimulant drinks or drinks with caffeine, such as "Red Bull, Rock Star," etc are allowed. The commission reserves the right to inspect, test, or remove any drink from ringside or cage side . The commission may also test any contestant that they may believe is in violation.
- (E) Any drink that is tested and found to have been adulterated in any manner will result in a suspension of the contestant and all corner persons for a period of not less than six months and not more than one year. The suspensions may be appealed to the athletic commission in writing within thirty days after notification of suspensions.
- (F) Any contestant that is tested and the test reveals that there is an excessive amount of caffeine or any other enhancements will result in a suspension for a period of not less than six months and not more than one year. The suspension may be appealed to the athletic commission in writing within thirty days after notification of suspension.

3773-7-24 First aid equipment used in contestants corners.

- (A) No spirits of ammonia may be used in the ring.
- (B) Only discretionary use of petroleum jelly may be used on the face prior to start of fight
- (C) In case of cuts, only the following are allowed all other solutions are prohibited:
 - (1) A sealed solution of adrenaline 1/1000 at ringside
 - (2) Aventine
 - (3) Thrombin
- (D) All first-aid equipment used by a second, trainer, or manager shall in all cases and at all times be subject to inspection by the assigned physician or upon the commission representative's request, and the decision as to the use shall be final.
- (E) No prescribed inhalers or any other type of aerosol inhaler may be used in the corner of any fighter. A prescribed inhaler may be given to the ringside physician prior to the start of the bout.