

## Fighter/corner information handout (MMA)

### General Information

- Fighters: Try on BOTH gloves at glove assignment. Gloves are occasionally mismatched (two lefts, different sizes, etc.) and it is difficult to correct this during the event.
- All fighters and corners must have a valid Minnesota fighter or corner license.
- Amateur fighters are allowed no more than two corners and professional fighters are allowed no more than three corners. Amateur fighters are allowed three corners for any title fights. Fighters are allowed to have one individual working exclusively as a cutman that would not count towards the maximum allowed corners. The designated cutman cannot provide instruction or coaching in the locker room or during a bout. The Office of Combative Sports (OCS) may increase or decrease the maximum allowable corners based on venue size and promotion requests.
- Only the fighter and their approved licensed corners are allowed in the technical zones. Technical zones include locker rooms, walkway to cage/ring, blocked off area around cage/ring and any other area under the oversight of OCS. **No family, friends, sponsors, etc are allowed in the technical zones.**
- Managers, promoters and other non-licensed fight team members will NOT be allowed all-access to the technical zone areas. Any managers or promoters that want to be granted access to briefly speak with their fighter will need to speak with one of the lead inspectors and be escorted into the technical zone. OCS can at any time fully restrict technical zone access for managers and promoters.
- No alcohol or drugs (prescription or street) are permitted in the technical zones.
- Only water, juice and sports drinks (ie. Gatorade, Body Armor) are allowed in the technical zones. All allowable beverages must be in a sealed container. **Reusable water bottles are not allowed.**
- No heavy foods are allowed in the technical zones. Only sealed snacks, fruit, etc are allowed.
- Fighters should provide their own towel, bucket and Vaseline. Vaseline must be applied cage/ringside prior to entering the cage/ring. Once Vaseline has been applied, the fighter may not be touched by anyone other than the referee, inspector or OCS representative. Vaseline is allowed to be applied in the cage/ring between rounds.
- When walking to the cage/ring, it is acceptable for fighters to “high-five” or “fist bump” members of the crowd. However, the fighter’s gloves MUST be wiped down with a clean towel upon entering the cage/ring.
- Please be respectful of the other fighters and corners in the locker room.
- All fighters, corners and cutmen must check-in with OCS upon arriving at the event and be issued a wristband gaining them access to the technical zones. **NOTE: Only fighters, corners and cutmen with a valid license and photo ID will be issued a wristband. Each fighter is allowed a limited number of persons in the locker room and in their corner.**
- Fighters are not allowed to wear any facial cosmetics or excessive hair care products. Only soft and non-abrasive materials shall be used to secure hair. Bobby pins are not allowed to hold hair in place.

- Any creams or liquids used to treat cuts or other impairments must be approved by the ringside physician. Smelling salts and liniments applied to the skin are not allowed. Vaseline that is pre-mixed with a coagulant is NOT allowed. Any mixing of this sort must be done in the presence of an inspector.
- Corners and cutmen should remain seated during the duration of rounds and wait until a round ends to get up. Corners should only be providing direction to their fighter and not speaking to their opponent, opponent's team or officials. Only clean language should be used in the corner.
- Two corners will be allowed in the cage/ring between rounds. OCS can, at any time, fully restrict the number of corners allowed to enter between rounds. If a cutman enters the cage, only one corner will be allowed to enter.
- Cell phones are only allowed to be used as timekeeping devices in the corners. Cell phones cannot be used to record the fight, take photos, make calls or send/receive texts.
- After their bout, fighters should immediately exit the cage and go directly to the designated area for medical examination. Fighters should not be stopping to interact with crowd, family or friends. Fighters will be notified ahead of time if they are to remain in the cage for interviews. Additionally, coaches/teams should not enter the cage post-fight to take photos unless given permission ahead of time.
- All fighters must see the ringside physician following their bout. Failure to do so will result in fighter being placed on an indefinite medical suspension until cleared by their primary care physician.
- All fighters, regardless of winning or losing, will be put on a mandatory 14-day rest suspension. Any additional suspensions will be issued by the ringside physician and the fighter will be given a copy of their suspension notice which they, or their representative, will sign.

## Hand wrapping

- Fighters must provide their own hand wrapping materials. Check with your promoter to see if they have these materials available should you need them.
- ***Only one roll of soft, cloth-based, gauze may be used. The roll of gauze may not be more than 15 yards in length and two inches in width. Only one roll of cloth surgeon's adhesive tape may be used. The roll of tape may not be more than 10 feet in length and 1.25 inches in width. NOTE: An inspector must approve all hand wrapping materials before you begin wrapping your hands.***
- ***A single layer of elastic or flex-type tape is allowed to be applied over the completed wrap.***
- Any pads made to be placed on the back of the hand must be approved by an inspector.
- Tape or gauze may be used between the knuckles, provided it is no higher than the padding on the knuckles. No more than two strips of tape may be placed over the knuckles to lock the wrap in place.
- Stacking (ie. gauze, tape, gauze, tape) is not allowed.
- Once a fighter's hands are wrapped, and/or gloved, the fighter is not permitted to leave the locker room area unless accompanied by an inspector. This includes bathroom trips and warming up outside of the locker room. The inspectors will make every effort to accommodate requests to accompany fighters outside of the locker room. If a fighter leaves the supervision of the inspectors, their hand wraps will need to be removed and done again.

## Equipment

- All equipment needs to be in good condition and MUST be approved by your inspector prior to use.
- Fighters must provide their own protective cup, properly fitted mouthguard and fight shorts.
- Any material worn under the fight shorts must not contain material that is “ribbed,” “sticky” in nature, or padded.
- ***Other than fighters’ hands, there will be no taping, covering or protective gear of any kind on the upper body. This includes, but is not limited to, joint sleeves, padding or any form of brace or body gauze/tape.***
- ***A fighter may use soft neoprene type sleeves to cover only the knee or ankle joints. Approved sleeves may not have padding, Velcro, plastic, metal, ties or any other material considered to be unsafe or that may create an unfair advantage. Tape and gauze or any materials other than the approved sleeves are not permitted on the lower body. The sleeves must be black in color, with the exception of matching the fighter’s assigned corner with sleeves being red or blue in color as appropriate.***
- Fight shorts must be in good condition. Fight shorts must not contain any sort of pockets or have loose strings. Any shorts with a tie waistband must have the extra string tucked into the shorts. Fight shorts must not contain zippers or metal snaps/buttons. Fight shorts must not have “tassels,” gems or other accessories. Any screen printing that is peeling from the shorts must be removed completely.
- No jewelry or body piercings to be worn during competition. No shoes are permitted.
- Female fighters must wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra. No loose-fitting tops are allowed.

**NOTE: All fighter and/or coach bags and equipment will be checked by OCS prior to being allowed access to the technical zones. Any items deemed to be illegal will need to be removed from the bag(s) and brought out of the building before the fighter and/or corner(s) are allowed to enter the technical zones.**