

Rules and Laws per Iowa Code and Swing First MMA

Contestants

Age restrictions.

No contestant under the age of 18 years shall be permitted to participate in any event except by special permission of the commissioner.

177.5(3)

Proper attire.

Contestants must wear proper athletic attire. Athletic attire of opposing contestants shall be of contrasting colors.

177.5(4)

Body protection.

All male contestants shall wear a foul-proof protective cup. All female contestants shall wear foul-proof pelvic area protection and breast protection.

177.5(5)

Mouth protection.

A mouthpiece shall be worn by all contestants throughout the fight. If the mouthpiece is knocked from a contestant's mouth, it shall be washed and then replaced.

177.5(6)

Gloves.

Gloves shall be approved martial arts gloves. All gloves shall be approved by the commissioner.

177.5(7)

Hand protection.

Only one roll of cotton gauze surgical bandage, not to exceed 2 inches in width and 10 yards in length, shall be used for the protection of each hand. Only one winding of surgeons' adhesive tape, not more than 1½ inches in width, may be placed directly on the hand to protect that part of the hand near the wrist. The tape may cross the back of the hand twice, but shall not extend within 1 inch of the knuckles when the hand is clenched to make a fist. Practice wraps (training handwraps) may be used in lieu of gauze and tape.

177.5(8)

Hair protection.

Where necessary, hair shall be secured in a manner that it will not interfere with the vision or safety of either contestant.

177.5(9)

Use of substances.

Excessive use of cocoa butter, petroleum jelly, grease, ointments or strong-smelling substances by a contestant during the progress of a fight will not be permitted.

177.5(10)

Contestants' grooming.

Fingernails will be trimmed closely.

177.5(11)

Blood-borne disease testing.

At least one week before each event, the promoter shall submit to the labor commissioner and to the ringside physician test results showing that each contestant scheduled for the event tested negative for the human immunodeficiency, hepatitis B, and hepatitis C viruses within the six-month period prior to the event. The contestant shall not participate and the physician shall notify the promoter that the contestant is prohibited from participating for medical reasons if any of the following occurs:

- a. The promoter does not produce timely proof of testing;
- b. The test results are positive;
- c. The laboratory is not properly certified in accordance with the federal Clinical Laboratory Improvement Act;
- d. The test was performed more than six months prior to the event; or
- e. The test results are otherwise deficient.

Procedural Rules

177.6(1)

Inspection for foreign substances.

The referee shall inspect the gloves, bandages, and bodies of the contestants and make sure that no foreign substances have been applied to the gloves, bandages, or bodies of the contestants that might be detrimental to an opponent.

177.6(2)

Prohibited materials in ring.

Contestants shall not take anything not permitted by these rules into the ring or pick up anything thrown into the ring and use the material or object in any way to gain an advantage over an opponent.

177.6(3)

Fouls.

The following activities will be deemed a foul:

- Striking of any kind in the groin area.
- Striking after the bell has terminated the round.
- Butting the opponent with the head.
- Biting the opponent.
- Gouging of an eye.
- Pulling of hair.
- Striking an opponent with an elbow while the opponent is on the mat.
- Striking deliberately at that part of the body over the kidneys.
- Striking the back of the head with a closed fist.
- Using abusive, foul or profane language or mannerisms by any person associated with any contestant.
- Failing to obey the referee.
- Deliberately leaving the enclosed ring during the course of a fight in pursuit of another contestant.
- Using any physical actions which may injure a contestant, except by fair sporting-like means.

177.6(4)

Mouth protection ejected.

If the mouth protection is knocked from a contestant's mouth, it shall be replaced with no penalty.

177.6(5)

Spitting mouth protection.

The referee shall caution a contestant who deliberately spits out a mouthpiece the first time and disqualify the contestant the second time.

177.6(6)

Gloves.

The gloves shall not be damaged or manipulated in any way by the contestants or their handlers. If a glove breaks or becomes undone during the fight, the referee will instruct the timekeeper to take time out while the glove is being adjusted or replaced.

177.6(7)

Injury.

If a contestant claims to be injured or when a contestant has been injured seriously or knocked out, the referee shall immediately stop the fight and summon the attending ring physician to make an examination of the stricken fighter. If the physician decides that the contestant has been injured, the physician shall advise the referee of the severity of the injury. If the physician is of the opinion the injured contestant may be able to continue, the physician shall order a five-minute intermission, after which the physician shall make another examination and again advise the referee of the injured contestant's condition. Managers, handlers and seconds shall not attend to the stricken fighter, except at the request of the physician.

Decision

A fight concludes as follows:

- A contestant submits to another fighter.
- A draw is announced at the end of overtime.
- The referee stops the fight.
- The referee may award the fight to a contestant who was fouled if, in the referee's judgment, the foul was of a serious nature or intentionally inflicted.
- Throwing of a towel into the ring by a second or manager to indicate the defeat of a contestant shall be recognized by the referee. The fight will be stopped and awarded to the opponent of the contestant's second or manager.
- The fight shall be terminated and awarded to the opponent of a second who is in the ring before the bell ending the round or overtime has sounded.
- The referee can award the fight to the fouled contestant who was seriously or deliberately fouled.
- The referee shall stop a fight when the referee deems it advisable because of the physical condition of one of the contestants, when one of the contestants is clearly outclassed by an opponent, when the referee decides that the best effort is not being made by a contestant, or for any other reason the referee deems sufficient. The referee shall disqualify one opponent.
- The contestant is disqualified.

Forfeit of Purse

The commissioner, in consultation with the referee, has the power to declare forfeited all or any part of a contestant's purse whenever in the commissioner's judgment