RA 26-410

INSPECTIONS, APPEALS, AND LICENSING DEPARTMENT[481]

Regulatory Analysis

Notice of Intended Action to be published: 481—Chapters 250 and 255
"Professional Kickboxing; General Requirements for Athletic Commission Events"

Iowa Code section(s) or chapter(s) authorizing rulemaking: 90A.7
State or federal law(s) implemented by the rulemaking: 2026 Iowa Acts, House File 2303

Public Hearing

A public hearing at which persons may present their views orally or in writing will be held as follows:

December 15, 2026	6200 Park Avenue, Suite 100
9 a.m.	Des Moines, Iowa

Public Comment

Any interested person may submit written or oral comments concerning this Regulatory Analysis, which must be received by the Department of Inspections, Appeals, and Licensing no later than 4:30 p.m. on the date of the public hearing. Comments should be directed to:

Mitchell Mahan
Department of Inspections, Appeals, and Licensing
6200 Park Avenue, Suite 100
Des Moines, Iowa 50321-1270
Phone: 515.443.1051
Email: mitchell.mahan@dia.iowa.gov

Purpose and Summary

This proposed rulemaking updates the publication dates of regulations adopted by reference. The rulemaking also corrects citations.

Analysis of Impact

1. **Persons affected by the proposed rulemaking:**

- **Classes of persons that will bear the costs of the proposed rulemaking:**

Kickboxing promoters will bear the costs.

- **Classes of persons that will benefit from the proposed rulemaking:**

Kickboxing promoters and kickboxers will benefit.

2. **Impact of the proposed rulemaking, economic or otherwise, including the nature and amount of all the different kinds of costs that would be incurred:**

- **Quantitative description of impact:**

Members of the public would incur no costs other than payment for match services provided. Promoters would be responsible for ensuring they meet the requirements for licensure.

- **Qualitative description of impact:**

Including amateur matches in the rules increases safety for the licensee and consumer. The cost of inaction would be an increase in the potential for injury to the public by a licensee who is not qualified to perform the work in the field.

3. **Costs to the State:**

- **Implementation and enforcement costs borne by the agency or any other agency:**

The agency has insignificant additional costs associated with these updates.

- **Anticipated effect on State revenues:**

This rulemaking has no anticipated fiscal impact.

4. **Comparison of the costs and benefits of the proposed rulemaking to the costs and benefits of inaction:**

The benefit of safe kickboxing outweighs the associated costs.

5. **Determination whether less costly methods or less intrusive methods exist for achieving the purpose of the proposed rulemaking:**

The Department has not identified any less costly or less intrusive methods.

6. **Alternative methods considered by the agency:**

- **Description of any alternative methods that were seriously considered by the agency:**

No alternative methods were seriously considered.

- **Reasons why alternative methods were rejected in favor of the proposed rulemaking:**

This rulemaking is consistent with other rules on contests covered by the Athletic Commission.

Small Business Impact

If the rulemaking will have a substantial impact on small business, include a discussion of whether it would be feasible and practicable to do any of the following to reduce the impact of the rulemaking on small business:

- Establish less stringent compliance or reporting requirements in the rulemaking for small business.
- Establish less stringent schedules or deadlines in the rulemaking for compliance or reporting requirements for small business.
- Consolidate or simplify the rulemaking's compliance or reporting requirements for small business.
- Establish performance standards to replace design or operational standards in the rulemaking for small business.
- Exempt small business from any or all requirements of the rulemaking.

If legal and feasible, how does the rulemaking use a method discussed above to reduce the substantial impact on small business?

The updated rules do not have a substantial impact on small business.

Text of Proposed Rulemaking

ITEM 1. Amend subrule 250.3(3) as follows:

250.3(3) A match with a contestant who is younger than 18 years of age except for junior kickboxing.

ITEM 2. Rescind 481—Chapter 255 and adopt the following **new** chapter in lieu thereof:

CHAPTER 255
PROFESSIONAL AND AMATUER KICKBOXING

481—255.1(90A) Scope and purpose. Professional and amateur kickboxing are within the scope of Iowa Code chapter 90A. The commissioner shall have final decision-making authority concerning the enforcement, implementation, and interpretation of the rules in this chapter.

481—255.2(90A) Definitions. The following definitions apply to this chapter:

"Amateur" means not paid or awarded a prize for participation.

"Junior" means being age 8 through age 17.

"Kickboxing" means a combative sport in which blows are delivered with the hand and any part of the leg below the hip, including the foot; that is open to the public; and for which an admission fee is charged, a donation is requested from those in attendance, or merchandise or refreshments are available for purchase.

"Professional" means paid or awarded a prize for participation.

481—255.3(90A) Professional and amateur kickboxing.

255.3(1) *General requirements for all athletic commission events.* Professional and amateur kickboxing shall comply with 481—Chapter 250.

255.3(2) *Professional boxing rules followed.* Professional and amateur kickboxing shall comply with 481—Chapter 251 on the following:

a. Limitations on the number of bouts;

b. Contestants' arrival; and

c. Attendance of the commissioner.

255.3(3) *Recording contest results.*

a. Exclusive kickboxing events and events consisting of mixed martial arts with kickboxing shall be recorded on the Combat Registry website (combatreg.com).

b. Events consisting of boxing with kickboxing shall be recorded on the Boxrec website (boxrec.com).

c. Professional kickboxers shall obtain a national ID.

481—255.4(90A) Adopted rules and exceptions.

255.4(1) *ABC Unified Rules of Professional Kickboxing adopted by reference.* The commissioner adopts by reference the professional kickboxing rules and regulations of the ABC Unified Rules of Professional Kickboxing as in effect on July 26, 2017. The ABC rules shall be used for all professional kickboxing matches and events to the extent they do not conflict with the following:

a. Knee strikes are permitted consistent with the mixed martial arts rules in 481—Chapter 254.

b. Elbow strikes are prohibited.

c. Hand wraps shall comply with the professional boxing rules in 481—Chapter 251.

d. Each non-title match shall consist of no more than three rounds with no more than three minutes per round.

e. Title matches shall consist of no more than five rounds with no more than three minutes per round.

f. Contestants shall wear gloves weighing 8, 10, or 12 ounces.

255.4(2) *ABC Unified Rules of Amateur Kickboxing adopted by reference.* The commissioner adopts by reference the amateur kickboxing rules and regulations of the ABC Unified Rules of Amateur Kickboxing as in effect on July 19, 2019. The ABC rules shall be used for all professional kickboxing matches and events to the extent they do not conflict with the following:

a. Knee strikes are prohibited.

b. Elbow strikes are prohibited.

c. One strike only is permitted in a clinch.

d. Contestants shall wear gloves weighing 8, 10, or 12 ounces.

e. Each non-title match shall consist of no more than three rounds with no more than two minutes per round.

f. Title matches shall consist of no more than five rounds with no more than two minutes per round.

481—255.5(90A) Junior kickboxing.

255.5(1) *Oversight.* Bouts for junior contestants shall be overseen by the International Kickboxing Association, Heartland Combat Sports, or another sanctioning organization approved

by the athletic commission. The sanctioning organization shall supply event information to the commissioner as requested.

255.5(2) *Restrictions.*

a. Junior kickboxers are prohibited from professional kickboxing.

b. Junior kickboxers may only fight other junior amateur kickboxers.

These rules are intended to implement Iowa Code chapter 90A.