

CHAPTER 177  
MIXED MARTIAL ARTS

[Prior to 10/21/98, see 347—Ch 101]

[Prior to 8/16/06, see 875—Ch 101]

**875—177.1(90A) Definitions.** The definitions contained in Iowa Code chapter 90A as amended by 2010 Iowa Acts, Senate File 2286, and the definitions in this rule shall apply to this chapter.

“*Contestant*” means a person who fights or is scheduled to fight in a match.

“*Event*” means a program or card of one or more matches covered by Iowa Code chapter 90A.

“*Match*” means a mixed martial arts match.

“*Mixed martial arts*” means a style of athletic contest that includes a combination of combative skills from the sports of boxing, wrestling, kickboxing and judo.

“*MMA*” means mixed martial arts.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.2(90A) Responsibilities of promoter.**

**177.2(1) License.** Rescinded IAB 6/30/10, effective 8/4/10.

**177.2(2) General.** The promoter shall:

- a. Ensure compliance with the rules of this chapter;
- b. Ensure that the referees are familiar with and enforce the rules;
- c. Be responsible for the conduct of all officials and participants;
- d. Answer to the commissioner for noncompliance; and
- e. Be available to the commissioner throughout an event or identify a designee who shall be:
  - (1) Available to the commissioner throughout an event; and
  - (2) Authorized by the promoter to address issues that may arise.

**177.2(3) Contracts.** A promoter shall enter into a written contract with each contestant using the form furnished by the commissioner. Telegrams, fax transmissions, electronic mail, or letters indicating acceptance of terms will be considered an agreement between a contestant, the contestant’s manager and the promoter pending the actual signing of the contract.

**177.2(4) Event officials provided.** The promoter shall provide all officials and ensure their attendance during the entire event. The officials are subject to approval by the commissioner.

**177.2(5) Protective equipment and gloves provided.** The promoter shall provide all equipment, personal protective equipment and gloves.

**177.2(6) Public safety.** The promoter shall ensure that adequate public safety is maintained at all events. At least one law enforcement officer, who is certified pursuant to Iowa Code chapter 80B, and adequate personnel provided by a private security company shall be furnished by the promoter. When the commissioner finds that failure to provide adequate security to maintain public safety imperatively requires emergency action, the commissioner may immediately suspend the event license, pending license revocation procedures pursuant to Iowa Code chapter 17A.

**177.2(7) Prohibited events.** No promoter shall arrange or advertise:

- a. A match between persons of the opposite sex;
- b. A match in which more than two contestants are to appear in the cage at the same time;
- c. A match with a contestant who is younger than 18 years of age; or
- d. A match between a contestant who has previously fought in a reported professional MMA match and a contestant who has not previously fought in a reported professional MMA match. Prior to applying for a license pursuant to subrule 177.2(9), a promoter shall confirm that each contestant on an amateur card has not participated in a reported professional MMA match by visiting [www.mixedmartialarts.com](http://www.mixedmartialarts.com).

**177.2(8) Advance notice of event.** A promoter shall submit advance notice of an event to the commissioner on the form provided by the commissioner at least 30 days prior to the event. The advance notice shall include:

- a. The date, time, and location of the event;
- b. The date, time, and location for weighing the contestants;
- c. The promoter’s name and contact information;

- d. The name, contact information, and role of each proposed official; and
- e. Other relevant information requested by the commissioner on the form.

**177.2(9) License.** A promoter shall not hold an event prior to the promoter's obtaining a license. At least seven days before the event, the promoter shall submit an application for a license on the form provided by the commissioner. The promoter shall submit with the application each of the following:

- a. A bond in the sum of \$5,000, payable to the State of Iowa, conditioned upon the payment of the tax and penalties imposed by Iowa Code chapter 90A as amended by 2010 Iowa Acts, Senate File 2286, unless the promoter has a current valid bond on file with the division;
- b. The name, address, weight, gender, and opponent of each contestant;
- c. A copy of the medical license of the ringside physician;
- d. Copies of the contracts with the contestants, the emergency medical services company, and the security company;
- e. The name and contact information for the certified law enforcement officer that will attend the event;
- f. The date, time, and location of the ringside physician's examination of the contestants;
- g. The date, time, and location for weighing the contestants;
- h. Certificates of health and life insurance as required by rule 875—177.10(90A);
- i. Proof of age for each contestant that shall consist of a copy of one of the following documents:
  - (1) A certified birth certificate;
  - (2) A passport;
  - (3) A certified baptismal record;
  - (4) A U.S. visa;
  - (5) An identification card issued to the contestant by a governmental entity and which includes the contestant's photograph and birth date; or
  - (6) A U.S. resident alien card.
- j. Other relevant information requested by the commissioner on the form.

**177.2(10) Emergency medical service.** A promoter shall ensure that an ambulance service authorized at the EMT-B, EMT-I, EMT-P or paramedic specialist level pursuant to 641—Chapter 132 is present at the event. A promoter is fully responsible for all charges assessed by the ambulance service related to the event except:

- a. Charges covered by insurance.
- b. Charges for services provided to persons other than participants and officials.

**177.2(11) Cleaning.** The promoter shall provide and maintain a container with a solution of ten parts water to one part bleach to clean bodily fluids from any part of the cage, cage enclosure, or floor.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

### **875—177.3(90A) Equipment specifications.**

#### **177.3(1) Ring requirements.**

- a. *Size.* The cage shall not be less than 16 nor more than 36 feet square.
- b. *Enclosure.* The ring shall be equipped with an enclosure to limit persons from being tossed from the ring. The enclosure shall be at least 6 feet high. The enclosure shall consist of supports and enclosing material. The supports shall be constructed of rigid material not more than 4 inches in diameter. The supports shall be fastened securely to the floor or to the other supports. The supports shall be protected by padding to avoid injury to any contestants striking the supports. The enclosing material shall have openings not to exceed 4 inches in any direction. The enclosing material shall not be rigid and shall deflect at least ½ inch when ten pounds of pressure are exerted upon any point. All sharp objects or protrusions shall be protected with padding.
- c. *Height.* The ring shall not be elevated more than 3½ feet above the floor. Suitable steps for the use of contestants shall be provided.
- d. *Ring floor.* The ring floor shall be padded to the thickness of at least 1 inch with insulite or other soft materials to be approved by the commissioner. A canvas covering stretched tightly and laced to the ring platform shall cover the padding.

*e. Ring approval.* The promoter shall make the ring and ring enclosure system available in the state of Iowa for inspection by the commissioner at least ten days prior to any event. The specifications in this rule are general, and so actual inspection will be necessary to verify adequate contestant safety prior to the event. If the commissioner has previously inspected the ring used by the promoter, the commissioner may waive the ten-day advance inspection.

**177.3(2) Bell.** A suitable bell or gong shall be provided and used.

**177.3(3) Time keeping.** The timekeeper shall be provided with a stopwatch and whistle.  
[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.4(90A) Event.**

**177.4(1) Officials.** Officials shall consist of three judges, two referees, the physician, and the timekeeper.

**177.4(2) Referee.** The referee is charged with the enforcement of all rules of the commissioner which apply to the performance and conduct of contestants and their seconds while in the ring. The referee shall wear latex gloves at all times while in the ring.

**177.4(3) Timekeeper.** The timekeeper shall keep an exact record of time taken out at the request of a referee for an examination of a contestant by the physician, replacing a glove or adjusting any equipment during a round. The timekeeper shall notify contestants at the beginning and end of each round. The timekeeper shall be impartial and shall not signal interested parties at any time during a match.

**177.4(4) Participants.** The contestants, seconds and managers are subject to approval by the commissioner.

**177.4(5) Weighing of contestants.** Rescinded IAB 6/30/10, effective 8/4/10.

**177.4(6) Scoring.** Three judges shall score each match by evaluating striking, grappling, control of the cage, aggressiveness, and defense. The significance and number of legal strikes shall receive the greatest weight. The number of legal takedowns and reversals shall receive the second greatest weight. Control of the cage shall receive the third greatest weight. Aggression shall receive the fourth greatest weight. Defense shall receive the least weight. The winner of a round shall always receive a score of 10. The score for each round shall be one of the following:

*a.* If the contestants were evenly matched and neither dominated the round, the score shall be 10-10.

*b.* If a contestant won a round by a close margin, the score shall be 10-9.

*c.* If a contestant overwhelmingly dominated a round, the score shall be 10-8.

*d.* If a contestant totally dominated a round, the score shall be 10-7.

**177.4(7) Length of match.** Each match shall consist of no more than three rounds with no more than five minutes per round. However, the commissioner may authorize experienced contestants to compete in up to five rounds of up to five minutes each. There shall be a one-minute rest period between rounds. An overtime round shall not be allowed.

**177.4(8) Persons allowed in the cage.** No person other than the two contestants and the referee shall enter the cage during the match. However, the physician may enter the cage to examine a contestant upon the request of the referee.

**177.4(9) Seconds.**

*a.* Unless special permission is granted by the commissioner, there shall be no more than two seconds. Before the start of the match, each corner shall notify the referee of the name of the chief second.

*b.* Seconds shall not enter the cage except as authorized by this paragraph. The chief second may enter the cage after the timekeeper indicates the termination of the round, and the chief second must leave before the beginning of a round.

*c.* Before leaving the ring at the start of the round, the seconds shall remove all obstructions, buckets, stools, bottles, towels and robes from the ring floor and ring enclosure.

*d.* Seconds shall not smoke in the ring or corners and shall not wear a hat or cap while working in the corner.

*e.* Seconds shall wear latex gloves at all times while attending any contestant.

*f.* Seconds shall not throw or splash water upon a contestant. Excess water on the floor of the cage shall be wiped up immediately. Water discharged from the mouth of a contestant shall be caught in a bucket.

**177.4(10) Decorum of officials and participants.**

*a.* Except as allowed in this subrule, a promoter, official, or participant shall not:

- (1) Intentionally or recklessly strike or injure a person;
- (2) Speak or act in a threatening manner toward a person; or
- (3) Damage, destroy, or attempt to damage or destroy property.

*b.* The commissioner may immediately suspend the promoter's license if the promoter does not comply with paragraph 177.4(10) "a" or if the promoter does not take appropriate action to curtail activities in violation of paragraph 177.4(10) "a" by an official or a participant.

*c.* The commissioner may immediately suspend the authorization to participate in the event of an official or a participant who does not comply with paragraph 177.4(10) "a."

*d.* A contestant is exempt from 177.4(10)(a)(1) and (2) while interacting with the contestant's opponent during a round. However, if the round is stopped by the physician or referee for a time out, 177.4(10)(a)(1) and (2) shall apply to a contestant.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.5(90A) Contestants.**

**177.5(1) Time between matches.** No contestant shall be permitted to compete if the contestant participated in a boxing, wrestling, kickboxing, judo, or mixed martial arts event within the previous five-day period.

**177.5(2) 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 foulproof protective cup. All female contestants shall wear foulproof pelvic area protection and breast protection.

**177.5(5) Mouth protection.** Each contestant shall wear a mouthpiece throughout each match. 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.** A contestant shall not use any substance including, but not limited to, cocoa butter, petroleum jelly, grease, ointments or strong-smelling substances without permission of the referee.

**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.

**177.5(12) Weighing contestants.**

a. The promoter shall arrange for each contestant to be weighed in Iowa during the 24-hour period prior to the event.

b. Accurate scales shall be furnished by the promoter.

c. An official who has been approved by the commissioner shall weigh each contestant and accurately record the contestant's name and weight and the date and time. The weight records shall be submitted to the commissioner on the date of the event.

d. All contestants scheduled for an event shall be weighed on the same date.

e. Contestants shall be weighed in the presence of their opponents and without shoes, clothes or equipment.

f. Unless both contestants weigh more than 200 pounds, there shall not be a weight difference of more than 20 pounds between opponents without the commissioner's consent.

g. No less than two weeks before the event, a promoter may request that a representative of the commissioner be present when contestants are weighed. The fee for this optional service shall be \$200 plus reasonable and necessary travel expenses.

**177.5(13) Examination of contestants.** On the day of the event, at a time and place to be approved by the commissioner, the ringside physician shall conduct a rigorous physical examination to determine the contestant's fitness to participate in an MMA match. A contestant deemed not fit by the physician shall not participate in the event.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.6(90A) 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.** As set forth in this subrule, the referee may penalize a contestant for fouls by disqualifying the contestant or by deducting points. The referee shall immediately determine if each foul is flagrant or accidental. "Flagrant" means the foul was intentional or reckless. "Accidental" means the foul was unintentional or incidental.

a. *Disqualification.* If the referee determines that the foul was flagrant and the contestant who was fouled is unable to continue due to an injury resulting from the foul, the contestant who committed the foul shall be disqualified.

b. *Deduction of points.* In determining the number of points to be deducted, the referee shall consider the nature and severity of the foul and its effect upon the opponent. As soon as practical after the foul, the referee shall notify the judges, contestants, and the commissioner of the number of points, if any, to be deducted from the score of the offender and whether the foul was flagrant or accidental. Points shall be deducted in the round in which the foul occurred.

c. *Continuation of match.* This paragraph governs how a match shall be continued if a foul that does not result in disqualification occurs.

(1) If a foul occurred but did not cause a serious injury, the referee may order the match to continue after a five-minute delay for recuperation. If subsequent fair blows aggravate the injury inflicted by a foul and the referee orders the contest stopped because of the injury, the outcome will be determined by scoring the completed rounds and the round during which the referee stopped the match.

(2) If an accidental foul results in a concussive impact to the head, if a contestant's chance of winning has been seriously jeopardized as a result of an accidental foul, or if a contestant is not able to

continue the match due to an injury caused by an accidental foul, “no contest” will be declared or the winner will be determined based on points as set forth below.

1. “No contest” will be declared if:
  - The foul occurs during the first two rounds of a match scheduled for three rounds or fewer.
  - The foul occurs during the first three rounds of a match scheduled for four or five rounds.
2. The winner will be determined by scoring the completed rounds and the round during which the referee stopped the match if:
  - The foul occurs during the third round of a match scheduled for three rounds.
  - The foul occurs during the fourth or fifth round of a match scheduled for four or five rounds.
- d. Prohibited acts.* Each of the following actions is a foul:
  - (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, cut, or laceration on an opponent.
  - (8) Small joint manipulation.
  - (9) Striking to the spine or behind the ears.
  - (10) Striking using the point of the elbow.
  - (11) Throat strikes of any kind, including, without limitation, grabbing the trachea.
  - (12) Clawing, pinching or twisting the flesh.
  - (13) Grabbing the clavicle.
  - (14) Kicking the head of a grounded opponent.
  - (15) Kneeing the head of a grounded opponent.
  - (16) Stomping a grounded opponent.
  - (17) Striking the kidney.
  - (18) Dropping or slamming an opponent on an opponent’s head or neck.
  - (19) Throwing an opponent out of the cage or fenced area.
  - (20) Holding the shorts or gloves of an opponent.
  - (21) Spitting at an opponent.
  - (22) Engaging in any unsportsmanlike conduct that causes an injury to an opponent.
  - (23) Holding the ropes or the fence.
  - (24) Using abusive language in the cage or fenced area.
  - (25) Attacking an opponent during a break.
  - (26) Attacking an opponent who is under the care of the referee.
  - (27) Attacking an opponent after the bell has sounded the end of the round.
  - (28) Flagrantly disregarding the instructions of the referee.
  - (29) Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
  - (30) Interference by a second.
  - (31) Throwing in the towel during competition.
  - (32) Threatening or intentionally striking or injuring any person other than the contestant’s opponent.

**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 a match, 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.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.7(90A) Decision.** A professional match concludes when:

**177.7(1)** A contestant submits.

**177.7(2)** The timekeeper indicates that time has expired in the final round of the match. The win will be awarded based on the judges' scores.

**177.7(3)** The referee stops the match.

**177.7(4)** The referee disqualifies a contestant for committing a foul pursuant to rule 875—177.6(90A).

**177.7(5)** A second or manager throws a towel into the cage to indicate the defeat of a contestant. The referee shall stop the match and award the win to the opponent.

**177.7(6)** A second or manager is in the cage when prohibited. The referee shall stop the match and award the win to the opponent.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

**875—177.8(90A) 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 the contestant was not performing in good faith.

**875—177.9(90A) Attendance of commissioner.** Rescinded IAB 8/1/07, effective 9/5/07.

**875—177.10(90A) Health and life insurance.**

**177.10(1)** Each promoter shall obtain \$25,000 of health insurance coverage on each fighter to provide for medical, surgical and hospital care for injuries sustained and illnesses contracted during the event. If the fighter pays for covered care, the insurance proceeds shall be paid to the fighter or the fighter's beneficiaries as reimbursement for payment. The deductible, if any, shall be the sole responsibility of the promoter and shall not be charged to or paid by the fighter.

**177.10(2)** Each promoter shall provide no less than \$20,000 of life insurance coverage on each fighter to cover death caused by injuries sustained or illnesses contracted during the event.

**177.10(3)** The promoter shall provide a certificate of health and life insurance to the labor commissioner at least one week before an event. Failure to provide timely proof of insurance that is acceptable to the labor commissioner shall be grounds to deny the issuance of a license for the event.

**177.10(4)** Insurance policies shall be purchased from companies authorized to do business in the state of Iowa.

[ARC 8916B, IAB 6/30/10, effective 8/4/10]

These rules are intended to implement Iowa Code sections 90A.2 and 90A.5.

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[Filed ARC 8916B (Notice ARC 8752B, IAB 5/5/10), IAB 6/30/10, effective 8/4/10]

<sup>◇</sup> Two or more ARCs