

IOWA RULES FOR FIGHTERS

* **Corners.** A contestant can only have two corners. Corners must wear gloves while attending a contestant and should stay seated except between rounds. Corners and fighter shall be held accountable for all corner conduct. Chief second may enter cage between rounds. Corners should be responsible that contestant has everything he/she needs. Water only between rounds.

* **Gloves.** Approved MMA gloves shall be provided by the promoter.

* **Hand-wraps.** Deputy Commissioners will be checking hand wraps. No tape on the knuckles (between the fingers is okay); must be a finger length off knuckles. **A Commissioner must sign off on wraps before gloves are on.** The Commissioner will watch the gloves go on. Pre-wrap is not allowed.

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 1 1/2 inches in width, may be placed directly on the hand to protect that part of the hand near the wrist. The tape may cross back on the hand twice, but shall not extend within 1 inch of the knuckles when the hand is clenched to make fist. Practice wraps (training handwraps) may be used in lieu of gauze and tape.

* **Medical Check and Suspension.** Contestants must wait for doctor to perform a medical check post-fight. Iowa observes the Unified Rules guidelines for suspensions. Thirty days for a TKO; 45 days for a KO. Variable suspension based upon doctor recommendation for an injury. If the doctor recommends treatment, a contestant needs to follow up on the recommendation.

* **Injury.** If a fighter is injured, referee will stop the action and bring the doctor in for a check. "The referee shall stop a fight when the referee deems is 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."

* **Proper Athletic Attire.** No swim trunks, piercings. Toe and fingernails trimmed. No pads or padding of any kind. No shirts or rash guards.

* **Professional Behavior.** Must behave professionally at all times or subject to suspension.

* **Oils, Vaseline, Etc.** No contestant should apply any foreign substance to their body prior to getting to the cage. At the cage, the referee shall apply a limited amount of Vaseline or will observe as the corner applies. Any fighter caught using an illegal substance or even Vaseline outside the presence of the referee, shall be suspended.

* **Water Only in the Corner.** Once the fight begins, the fighter may only consume water in the corner.

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. (Iowa does not follow the unified rules or the Mohawk rule. Iowa follows the "headphone" rule; no punching behind the ears).**
- 10) Striking using the point of the elbow. (Iowa does follow the unified rules that only 12 to 6 floor to ceiling elbows are violations).**
- 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. (Iowa follows the unified rules, including with regard to submission holds. Other than submission holds, no contestant shall attempt to drop or slam an opponent on the 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 of 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) Threatening or intentionally striking or injuring any person other than the contestant's opponent.