

**TRANSMITTAL SHEET FOR
NOTICE OF INTENDED ACTION**

Control _____ Department or Agency: Alabama Boxing Commission
Rule No.: 165-X-16
Rule Title: Amateur Mixed Martial Arts Additional Competition Guidelines
X New _____ Amend _____ Repeal _____ Adopt by Reference

Would the absence of the proposed rule significantly Harm or endanger the public health, welfare, or safety? Yes

Is there a reasonable relationship between the state's Police power and the protection of the public health, Safety, or welfare? Yes

Is there another, less restrictive method of regulation Available that could adequately protect the public? No

Does the proposed rule have the effect of directly or Indirectly increasing the costs of any goods or services Involved and, if so, to what degree? No

Is the increase in cost, if any, more harmful to the public Than the harm that might result from the absence of The proposed rule? No

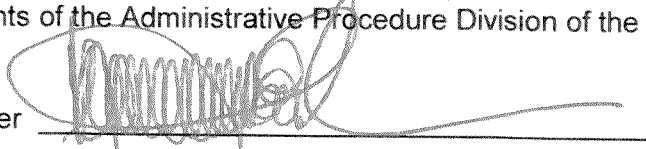
Are all facets of the rulemaking process designed solely For the purpose of, and so they have, as their primary Effect, the protection of the public? Yes

Does the proposed rule have an economic impact? No

If the proposed rule has an economic impact, the proposed rule is required to be accompanied by a fiscal note prepared in accordance with subsection (f) of Section 41-22-23, Code of Alabama, 1975.

Certification of Authorized Official

I certify that the attached proposed rule has been proposed in full compliance with the requirements of Chapter 22, Title 41, Code of Alabama, 1975, and that it conforms to all applicable filing requirements of the Administrative Procedure Division of the Legislative Reference Service.

Signature of certifying officer 

Date: October 20, 2011

(DATE FILED)
(STAMP)

Alabama Athletic Commission

NOTICE OF INTENDED ACTION

AGENCY NAME: Alabama Boxing Commission

RULE NO. & TITLE: 165-X-16 Amateur Mixed Martial Arts Additional
Competition Guidelines

INTENDED ACTION: New

SUBSTANCE OF PROPOSED ACTION: The Board proposes to promulgate
rules for mixed martial arts additional requirements.

TIME, PLACE, MANNER OF PRESENTING VIEWS: Written comments will be
received by the Board until 4:30 p.m. on Monday, December 5, 2011. Comments
should be directed to Keith E. Warren, Executive Director, at 610 S. McDonough
Street, Montgomery, AL 36104 or via electronic mail at keith@warrenandco.com
or via telephone at 334-269-9990.

FINAL DATE FOR COMMENT AND COMPLETION OF NOTICE:
Monday, December 5, 2011.

CONTACT PERSON AT AGENCY: Keith E. Warren
Executive Director
610 S. McDonough Street
Montgomery, AL 36104
(334) 269-9990



Keith E. Warren, *Executive Director*
Alabama Athletic Commission

Chapter 165-X-16 Amateur Mixed Martial Arts Additional Competition Guidelines

165-X-16-.01 Amateur Novice vs. Advanced Divisions

165-X-16-.02 Fouls for Novice Competitions

165-X-16-.03 Fouls for Advanced Competitions

165-X-16-.04 Forbidden Substances

165-X-16-.01 Amateur Novice vs. Advanced Divisions

Novice Division Rules. Fighters who have competed in less than (3) bouts must follow novice division rules.

Advanced Division Rules. Fighters who have competed in more than three (3) verifiable bouts regulated by a recognized commission or state approved sanction body and subject to commission matchmaking approval.

- (a) Bouts between fighters who have more than three fights may be contested using novice division rules.
- (b) Bouts between fighters with three fights or less may not be contested using advanced division rules.

Author: Casey C. Sears

Authority: Code of Ala. 1975, § 41-9-1020

History: New Rule:

165-X-16-.02 Fouls for Novice Division

Novice Amateur Rules. The following are fouls and will result in penalties such as warning, point deduction or disqualification, if committed:

1. Holding or grabbing the fence or ropes.

- (a) A fighter may put their hands on the fence and push off of it at anytime. A fighter may place their feet onto the cage and have their toes go through the fencing material at any time. When a fighter's fingers or toes go through a cage and grab hold of the fence and start to control wither their body position or their opponent's body position it now becomes an illegal action. A fighter may not grab the ropes or wrap their arms over the ring ropes at any time.
- (b) If a fighter is caught holding the fence, cage or ring rope material the referee shall issue a one-point deduction from

the offending fighter's scorecard if the foul caused a substantial change in position such as the avoidance of a takedown.

- (c) If a point deduction for holding the fence occurs, and because of the infraction, the fouling fighter ends up in a superior position due to the foul, the fighters should be restarted by the referee, standing in a neutral position.
- 2. **Holding opponent's shorts or gloves.** A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your gloves or shorts.
- 3. **Butting with the head.**
- 4. **The use of the head as a striking instrument.**
- 5. **Eye gouging.** Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.
- 6. **Biting or spitting at an opponent.**
- 7. **Hair pulling.**
- 8. **Fish Hooking.** Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking". Fish-hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing direction while holding onto the skin of your opponent.
- 9. **Groin attacks of any kind.**
- 10. **Placing a finger into any orifice or into any cut or laceration of your opponent.**
 - (a) A fighter may not lace their fingers into an open laceration in an attempt to enlarge the cut.
 - (b) A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.
- 11. **Elbow strikes of any kind to any area.**
- 12. **Small joint Manipulation.** Fingers and Toes are small joints. Wrist, Ankles, knees, Shoulders and Elbows are all large joints.
- 13. **Strikes to the spine or the back of the head.** Strikes are not permissible from the nape of the neck area up to the top of the ears.
- 14. **Heel kicks to the Kidney.**
- 15. **No throat strikes of any kind are allowed.**

- (a) A directed attack would include a fighter pulling his or her opponent's head in a way to open the neck for a striking attack.
- (b) A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.
- 16. **Clawing, Pinching, Twisting the flesh or grabbing the clavicle.** Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.
- 17. **Kicking the Head of a downed opponent.** An opponent is considered "downed when three of four points of the body are touching the ground.
 - (a) Two (2) elbows and one (1) knee,
 - (b) Two (2) knees and one (1) elbow
 - (c) Two (2) knees and one (1) hand.
- 18. **Kneeing the head of an opponent.**
- 19. **Stomping of a grounded fighter.** Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel.
 - (a) Axe Kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.
- 20. **The use of abusive language in the fighting arena.**
- 21. **Conduct of any kind that may cause an injury to any officials.**
- 22. **Attacking an opponent on or during the break.** A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.
- 23. **Attacking an opponent who is under the care of the referee.**
- 24. **Timidity.** Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight.
- 25. **Interference from a corner.** Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.
- 26. **Throwing an opponent out of the cage or ring fighting area.** A fighter shall not throw their opponent out of the cage.

27. **Flagrant disregard of the referee's instructions.** A fighter MUST follow the instructions of the referee at all times. Any deviation of non-compliance may result in the fighter's disqualification.
28. **Spiking the opponent to the floor onto the head or neck.** Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material. Illegal spiking moves are, but not limited to, pile drivers and suplexes.
- (a) A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the flooring material.
- (b) A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material on their head or neck.
- (c) It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent, they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the floor.
29. **Attacking an opponent after the bell or horn has sounded.**
30. **Linear kicks to the knee joint.**
31. **Neck Cranks.** Any hold that places the fighter's neck in jeopardy from a crank is illegal.
32. **All Twisting leg submissions**
- (a) Heel hooks and toe holds are prohibited.
- (b) Straight Kneebars and the straight ankle locks are allowed.
33. **Spine locks.**
34. **Strikes to the head of a grounded opponent.**

Author: Casey C. Sears
Authority: Code of Ala. 1975, § 41-9-1020
History: New Rule:

165-X-16-.03 Fouls for Advanced Division

Advanced Amateur Rules. Allowed to be used after a fighter has had three (3), verifiable, amateur fights regulated by a recognized athletic commission, and subject to commission matchmaking approval.

1. **Holding or grabbing the fence or ropes is not allowed.**
2. **Holding opponent's shorts or gloves.** A fighter may not control their opponent's movement by holding onto their opponent's shorts or gloves. A fighter may hold onto or grab their opponent's hand as long as they are not controlling the hand only by using the material of the glove, but by actually gripping the hand of the opponent. It is legal to hold onto your gloves or shorts.
3. **Butting with the head.**
4. **The use of the head as a striking instrument.**
5. **Eye gouging.** Eye gouging of any kind by means of fingers, chin, or elbows is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.
6. **Biting or spitting at an opponent.**
7. **Hair pulling.**
8. **Fish Hooking.** Any attempt by a fighter to use their fingers in a manner that attacks their opponent's mouth, nose or ears, stretching the skin to that area will be considered "Fish-Hooking". Fish-hooking generally is the placing of fingers into the mouth of your opponent and pulling your hands in opposing direction while holding onto the skin of your opponent.
9. **Groin attacks of any kind.**
10. **Placing a finger into any orifice or into any cut or laceration of your opponent.**
11. A fighter may not lace their fingers into an open laceration in an attempt to enlarge the cut.
12. A fighter may not place their fingers into an opponent's nose, ear, mouth, or any other body cavity.
13. **Elbow strikes of any kind to any area.**
14. **Small joint Manipulation.** Fingers and Toes are small joints. Wrist, Ankles, knees, Shoulders and Elbows are all large joints.
15. **Strikes to the spine or the back of the head.** Strikes are not permissible from the nape of the neck area up to the top of the ears.
16. **Heel kicks to the Kidney.**
17. **No throat strikes of any kind are allowed.**
18. A directed attack would include a fighter pulling his or her opponent's head in a way to open the neck for a striking attack.
19. A fighter may not gouge their fingers or thumb into their opponent's neck or trachea in an attempt to submit their opponent.
20. **Clawing, Pinching, Twisting the flesh or grabbing the clavicle.** Any attack that targets the fighter's skin by clawing at the skin or attempting to pull or twist the skin to apply pain is illegal. Any manipulation of the clavicle is a foul.

21. **Kicking the Head of a downed opponent.** An opponent is considered "downed when three of four points of the body are touching the ground.
- (a) Two (2) elbows and one (1) knee,
 - (b) Two (2) knees and one (1) elbow
 - (c) Two (2) knees and one (1) hand.
22. **Kneeing the head of an opponent.**
23. **Stomping of a grounded fighter.** Stomping is considered any type of striking action with the feet where the fighter lifts their leg up bending their leg at the knee and initiating a striking action with the bottom of their foot or heel.
- (a) Axe Kicks are not stomps. Standing foot stops are NOT a foul. As such, this foul does not include stomping the feet of a standing fighter.
24. **The use of abusive language in the fighting arena.**
25. **Conduct of any kind that may cause an injury to any officials.**
26. **Attacking an opponent on or during the break.** A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition.
27. **Attacking an opponent who is under the care of the referee.**
28. **Timidity.** Timidity is defined as any fighter who purposely avoids contact with his opponent, or runs away from the action of the fight. Timidity can also be called by the referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall the fight.
29. **Interference from a corner.** Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to one combatant. Corners are not allowed to distract the referee or influence the actions of the referee or any other official.
30. **Throwing an opponent out of the cage or ring fighting area.** A fighter shall not throw their opponent out of the cage.
31. **Flagrant disregard of the referee's instructions.** A fighter MUST follow the instructions of the referee at all times. Any deviation of non-compliance may result in the fighter's disqualification.
32. **Spiking the opponent to the floor onto the head or neck.** Illegal spiking is considered to be any maneuver where you control your opponent's body and then forcibly drive your opponents head or neck into the flooring material. Illegal spiking moves are, but not limited to, pile drivers and suplexes.

- (a) A pile driver is considered to be any throw where you control your opponent's body placing his feet straight up in the air with his head straight down and then forcibly drive your opponents head into the flooring material.
 - (b) A suplex has several variations but generally consists of lifting your opponent off the flooring material and then using their body weight to drive the opponent down onto the flooring material on their head or neck.
 - (c) It should be noted when a fighter is placed into a submission hold by their opponent, if that fighter is capable of elevating their opponent, they may bring that opponent down in any fashion they desire because they are not in control of their opponents body. The fighter who is attempting the submission can either adjust their position, or let go of their hold before being slammed to the floor.
33. Attacking an opponent after the bell or horn has sounded.
34. Linear kicks to the knee joint.
35. Neck Cranks. Any hold that places the fighter's neck in jeopardy from a crank is illegal.
36. All Twisting leg submissions
- (a) Heel hooks and toe holds are prohibited.
 - (b) Straight Kneebars and the straight ankle locks are allowed.
37. Spine locks.

Author: Casey C. Sears
Authority: Code of Ala. 1975, § 41-9-1020
History: New Rule:

165-X-16-.04 Use of Body Grease, Water and other similar substances

1. Use of Body grease is forbidden. The use of body grease, gels, balms, lotions, oil or other substances is a violation and is prohibited from being applied to the hair, face, or body. This includes excessive amounts of water being discarded in a manner at the designated time could be penalized or subject to disqualification.

Author: Casey C. Sears
Authority: Code of Ala. 1975, § 41-9-1020
History: New Rule: