

**RULES  
OF  
THE TENNESSEE ATHLETIC COMMISSION**

**CHAPTER 0145-03  
KICKBOXING AND MIXED MARTIAL ARTS**

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**0145-03-.01 APPLICABILITY.**

The provisions of this chapter shall apply to all professional kickboxing and mixed martial art contests held or scheduled to be held in the state of Tennessee and shall take precedent over any other rules, including but not limited to rules of any sanctioning organization, that are in any way directly or indirectly in conflict with any provision set forth in this chapter, unless the Commission modifies or waives such provision. The Commission may modify or waive any provision hereunder:

- (1) In cases of undue hardship, demonstrable impracticality, or necessity; or
- (2) For the purpose of allowing a bout to be sanctioned by a recognized association, council, or organization.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

**0145-03-.02 RING.**

All kickboxing and mixed martial arts contests or events shall be conducted in rings as follows:

- (1) For kickboxing contests or events, the ring or fighting area shall meet the following requirements:
  - (a) The ring shall be not less than seventeen feet (17') square within the ropes. The ring floor shall extend beyond the ropes not less than eighteen inches (18"). Padding must extend beyond the ring ropes and over the edge of the platform. Such floor shall be padded with a one (1) inch layer of Ensolite (or the equivalent) placed over a one (1) inch base of building board or other suitable material. The padding shall be covered with canvas, duck, or similar material tightly stretched and laced securely in place under the apron.
  - (b) The ring platform shall not be more than four feet (4') above the floor of the building, and shall be equipped with suitable steps for use by combatants. Ring posts shall be metal, not more than four inches (4") in diameter, extending from the floor of the building to a height of fifty-eight inches (58") above the ring floor, and shall be properly padded.

(Rule 0145-03-.02, continued)

- (c) Ring ropes shall be at least four (4) in number, not less than one inch (1") in diameter; the lower rope eighteen inches (18") above the ring floor, the second rope thirty inches (30") above the ring floor, the third rope forty-two inches (42") above the ring floor, and the fourth rope fifty-four inches (54") above the ring floor. The lower rope shall have applied around it a padding of a thickness of not less than one-half inch (½") and of a type and construction to be approved by the Commission.
- (2) For all other types of mixed martial arts bouts, the ring or fighting area shall meet the requirements set forth in this section as follows:
  - (a) The ring or fighting area shall be no smaller than twenty feet (20') by twenty feet (20') and no larger than thirty-two feet (32') by thirty-two (32'). A ring enclosed by ropes shall be square. The ring floor or floor of the fighting area enclosed by ropes shall extend at least twenty inches (20") beyond the ropes. The ring floor or floor of the fighting area shall be padded with a one-inch (1") layer of Ensolite (or the equivalent) placed over a one-inch (1") base of building board or other suitable material. Padding shall extend beyond the ring or fighting area and over the edge of the platform. The ring or fighting area shall have a canvas covering or similar material, tightly stretched and laced to the ring platform. Materials made up of one hundred percent (100%) vinyl or one hundred percent (100%) plastic rubberized covering shall not be permitted. Blended materials may be accepted if approved by the Commission, the Executive Director, or the Executive Director's designee prior to use at a contest. Blended materials include those of which the surface contains a combination of vinyl or similar synthetic materials. The Executive Director or the Executive Director's designee shall make a determination of approval based upon whether or not the material creates an unreasonable risk of harm to any combatant that is not present with the use of standard canvas or duct type material. Such danger shall include, but is not limited to: slipping, falling, or tears that could create lacerations to the body. The Executive Director may publish a list of material blends that have previously been determined as acceptable by the Commission. There shall not be any obstruction or object, including but not limited to a triangular border, on any part of the ring floor.
  - (b) The ring platform shall not be more than four feet (4') above the floor of the building. A ring enclosed by ropes shall have three (3) sets of suitable steps or ramps, one for use by each of the combatants and one for use by the officials. A ring enclosed by a fence shall have two (2) sets of suitable steps or ramps for use by the combatants and the officials. Ringside tables shall be no higher than ring platform level. Ring posts for a ring enclosed by ropes shall be metal, not less than three inches (3") nor more than six inches (6") in diameter, extending from the floor of the building to a maximum height of six inches (6") above the highest horizontal rope above the ring floor. Ring posts for a ring enclosed by ropes shall be separated from the ring ropes by at least eighteen inches (18"). The posts for a ring enclosed by a fence shall extend from the floor to the top of the fighting area and shall be no less than sixty-six inches (66") and no more than seventy-eight inches (78") above the floor of the fighting area. All posts shall be properly padded in a manner approved by the Commission.
  - (c) The ring shall be enclosed by either of the following:
    - (1) A fence made of such material as will not allow a combatant to fall out or break through it on to the floor or spectators, including but not limited to vinyl-coated chain link. However, the enclosure shall not obstruct or limit the supervision and regulation of the bout by the officials or Commission representatives. All metal parts shall be covered and padded in a manner approved by the Commission and shall not be abrasive to the combatants; or

(Rule 0145-03-.02, continued)

- (2) Four (4) or five (5) horizontal ropes not less than 1 inch (1") in diameter and wrapped in soft material. In the event a four (4) rope ring is used, the spacing of the ropes shall be that specified in Rule 0145-02-.02(4). In the event a five (5) rope ring is used, the lowest rope shall be not less than five inches (5") nor more than eight (8") inches above the floor. The second rope shall be not less than eight inches (8") nor more than twelve inches (12") above the lowest rope. The top three (3) ropes shall be spaced equal distance apart and not less than twelve inches (12") nor more than fourteen inches (14") from each other. The lowest rope shall have a padding of a thickness of not less than one-half inch ( $\frac{1}{2}$ ") applied around it. The horizontal ropes shall be tied together by vertical ropes not less than one-fourth inch ( $\frac{1}{4}$ ") in diameter. If a ring is less than twenty-four feet (24') by twenty-four feet (24'), there shall be two (2) vertical ropes, spaced equal distance apart, on each side of the ring. If a ring is twenty-four feet (24') by twenty-four (24') or greater, there shall be three (3) vertical ropes, spaced equal distance apart, on each side of the ring. The lowest portion of each vertical rope, between the lowest horizontal rope and second rope, shall have a padding of a thickness of not less than one-fourth inch ( $\frac{1}{4}$ ") applied around them.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed September 25, 2019; effective December 24, 2019.

#### **0145-03-.03 REFEREES.**

- (1) Each bout shall be officiated by a referee who is licensed in accordance with Rule 0145-01-.03. The referee shall be responsible for enforcing the provisions of this chapter relating to the conduct of such bout. He or she shall maintain effective supervision and control over the contest while it is in progress. The referee shall effectively communicate all of his or her decisions and actions concerning a bout through clear and appropriate signals and/or notifications.
- (2) Prior to the start of a bout, the referee shall:
  - (a) Confirm that the contestants and their seconds possess current and valid licenses issued under the authority of this chapter;
  - (b) Confirm that a commission representative has inspected and initialed (to denote his or her approval of) the bandages of each contestant;
  - (c) Observe the fitting of each contestant's gloves;
  - (d) Ensure that no foreign substances have been applied to the gloves, bandages, protective equipment, or body of the contestants, and that their equipment is in order; and
  - (e) Ensure that all persons working the ring wear surgical gloves.
- (3) The referee may:
  - (a) Stop a contest and consult with the ringside physician on the advisability of allowing it to continue;
  - (b) In a kickboxing event, administer a "standing eight (8) count" to a contestant in order to observe his or her condition; and
  - (c) Warn, penalize or disqualify a contestant for violation of any foul enumerated in this part.

(Rule 0145-03-.03, continued)

- (4) If a referee has reason to believe that a foul which he or she did not see may have been committed, he or she may poll the judges to determine whether such foul was committed. The referee may consider any, all or none of the opinions expressed in making his or her determination. The referee may, in his or her sole discretion, ask for a replay, if television equipment is available, before rendering his or her decision.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2; Tennessee Athletic Commission Act of 2016; and T.C.A. §§ 68-115-201, 68-115-203, 68-115-204, and 68-115-404. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed July 13, 2023; effective October 11, 2023.

#### **0145-03-.04 FOULS.**

- (1) The following tactics are fouls in both kickboxing and mixed martial arts and shall result in a warning and loss of points as determined by the referee:
  - (a) Headbutting;
  - (b) Striking downward using point of the elbow;
  - (c) Openhand attacks to the eyes or throat or eye gouging;
  - (d) Striking at that part of the body over the kidney or spine or chopping or striking the back of the neck or head;
  - (e) Biting, spitting or, in the referee's discretion, slapping;
  - (f) The use of abusive language in the ring;
  - (g) Any unsportsmanlike conduct or action that causes injury to an opponent or referee;
  - (h) Attacking an opponent on or during a break;
  - (i) Attacking after the bell or gong has sounded to end the round, or when the opponent is out of the ring;
  - (j) Intentionally pushing, shoving or wrestling an opponent out of the ring with any part of the body;
  - (k) Linear kicks to the front or side of the knees;
  - (l) Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out the mouthpiece;
  - (m) Intentional evasion of contact;
  - (n) Hair pulling;
  - (o) Attacking or obstructing the trachea;
  - (p) Clawing, pinching or twisting the flesh or grabbing the clavicle;
  - (q) Pulling or holding the uniform below the hipline;

(Rule 0145-03-.04, continued)

- (r) Holding the ropes or fence;
- (s) Small joint manipulation, including but not limited to twisting of fingers or toes;
- (t) Groin techniques/attacks of any kind, including but not limited to grabbing or striking;
- (u) Fish hooking;
- (v) Biting;
- (w) Flagrant disregard of the referee's instructions;
- (x) Finger strikes or rakes to any part of the body;
- (y) Knuckle gouging to the face or any part of the body, including into the throat;
- (z) Stomping a grounded opponent;
- (aa) Kicks to the head of a grounded opponent;
- (bb) Kneeing to the head of a grounded opponent;
- (cc) Lifting, pushing, throwing, or otherwise forcing an opponent out of the ring or cage;
- (dd) Attacking an opponent who is under the care of the referee or other ring official;
- (ee) Interference by a combatant's manager or second;
- (ff) Trainer ring rope or cage grabbing;
- (gg) Holding the shorts or gloves of an opponent;
- (hh) Spiking which occurs when a combatant purposely drives an opponent straight to the ring floor on his head or neck from an upright and vertical position;
- (ii) Putting a finger into any orifice or into any cut or laceration of an opponent;
- (jj) Arm bars;
- (kk) Grabbing or holding onto an opponent's leg or foot, and grabbing or holding onto any other part of the body;
- (ll) Punching or kicking a combatant when the combatant touches down. A combatant is down when any part of the combatant's body, other than combatant's feet, touch the floor. The combatant's opponent may continue to attack until the combatant has touched the floor with any part of the body other than the feet;
- (mm) Leg checking, which occurs when a combatant extends the leg to check an opponent's leg or to prevent the opponent from kicking;
- (nn) Purposely going down without being hit;
- (oo) Any use of throws or any takedowns;
- (pp) Holding and hitting;

(Rule 0145-03-.04, continued)

- (qq) Hitting or slapping with an open glove; and
- (rr) Using the heel of the palm of the hand to deliver a blow to the face.
- (2) For the purposes of mixed martial arts, tactics, fouls, the definitions of fouls, and the definitions of tactics, shall be as provided in the Association of Boxing Commissions' (ABC) Unified Rules of MMA. These tactics are fouls and shall result in a warning and loss of points as determined by the referee.
- (3) In addition to or in lieu of losing points, any combatant guilty of any of the foul tactics listed in this section that are applicable to the combatant's sport may be disqualified. The combatant's purse may be withheld from payment, and the combatant may be suspended. Disposition of the purse and the penalty to be imposed upon the combatant shall be determined by action of the Commission.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed March 17, 2017; effective June 15, 2017.

#### **0145-03-.05 RING ROPES.**

- (1) Combatants shall not grab the ring ropes, or cage in a mixed martial arts event, at any time the two (2) combatants are in contact with each other during a bout in an attempt to stall action, trap an opponent, escape a technique, or otherwise gain advantage in the bout. Combatants may momentarily grab the ring ropes or cage to brace or steady themselves, gain or to maintain their balance.
- (2) If a combatant grabs or otherwise secures any ring rope with a hand, arm, foot or leg during a bout to avoid a submission hold, the referee shall stop the bout and deduct two (2) points from the combatant who grabbed the rope.
- (3) If a combatant continually holds the ring ropes to rest, pull himself or herself from the action, avoid the bout's action, or otherwise gain advantage in the bout, the referee shall deduct one (1) point from the resting combatant, and two (2) points for each additional time such conduct occurs.
- (4) Excessive grabbing or other use of the ring ropes in violation of these rules may result, in the referee's sole discretion, in a combatant's disqualification and an award of the bout to such combatant's opponent.
- (5) The referee shall verbally instruct combatants to release the ring ropes or cage, when appropriate, prior to warning, deducting points or disqualifying a combatant for violating the applicable provisions of this act.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.06 INTENTIONAL FOULS.**

- (1) In the case of an intentional foul, the referee may interrupt the bout for the purpose of allowing the injured combatant time to recover. A maximum of five (5) minutes of recovery time shall be permitted.

(Rule 0145-03-.06, continued)

- (2) When an intentional foul causes the bout to be interrupted for the purpose of allowing the injured combatant time to recover, the referee shall penalize the offending combatant guilty of the foul two (2) points.
- (3) If the injured combatant is thereafter unable to continue, the offending combatant shall be disqualified. The offending combatant's purse may also be withheld, and the offending combatant may be subject to suspension or revocation.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.07 UNINTENTIONAL FOULS.**

- (1) When a bout is interrupted due to an injury caused by an unintentional foul, the referee, in consultation with the ringside physician, shall determine whether the combatant who has been fouled can continue or not. If the referee sees, or if after consultation with the judges, the referee determines that a combatant is unintentionally fouled and that the combatant's chance of winning has not been seriously jeopardized as a result of a foul, the referee may order the bout continued after a reasonable interval, not to exceed five (5) minutes.
- (2) If the referee or the ringside physician determines that the bout may not continue because of an injury suffered as the result of an unintentional foul or because of an injury inflicted by an unintentional foul which later becomes aggravated by fair blows, the bout shall be declared a draw, if according to the score cards, the bout was determined to be a draw at the time the foul occurred. If, according to the score cards, the combatant committing the foul was winning prior to the foul, the bout shall be declared a technical draw. If, according to the score cards, the combatant being fouled was winning prior to the foul, then that combatant shall be declared the winner.
- (3) When an unintentional foul causes the bout to be interrupted for the purpose of allowing the injured combatant time to recover, the referee shall penalize the combatant guilty of the foul one (1) or more points.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.08 SUSPECTED FOULS.**

If an injury occurs due to a suspected foul that the referee was unable to see, the referee may, in his sole discretion, confer with the judges to determine where the foul may be placed. The referee may consider any, all or none of the opinions expressed in making his determination. The referee may, in his sole discretion, ask for a replay, if television equipment is available, of the technique in question before rendering his decision.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

**0145-03-.09 REPEALED.**

**Authority:** T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Repeal filed December 5, 2024; effective March 5, 2025.

**0145-03-.10 SCORING.**

- (1) During mixed martial arts contests, referees and judges shall use the Association of Boxing Commissions' (ABC) MMA Judging Criteria/Scoring guidelines when scoring the contests.
- (2) During kickboxing contests, referees and judges shall score all contests and determine the winner through the use of the ten-point must system. In this system, the winner of each round receives ten (10) points and the opponent a proportionately less number. If the round is even, each combatant receives ten (10) points. No fraction of points shall be given.
- (3) At the termination of the professional contest or amateur event, or the termination of each round, as determined by the Commission's representative present at the contest or event, the cards of the judges shall be picked up by the referee and delivered to the Commission's representative assigned to check the totals. The majority opinion shall be conclusive and if there is no majority then the decision shall be a draw. When the Commission's representative has completed verifying the score, the ring announcer shall be informed of the decision and shall announce the decision.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed March 17, 2017; effective June 15, 2017.

**0145-03-.11 RESULTS OF CONTESTS.**

A contest of mixed martial arts may end under the following results:

- (1) Submission by:
  - (a) Physical tap out: When a contestant physically uses their body to indicate that he or she no longer wishes to continue;
  - (b) Verbal tap out: When a contestant verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue; or
  - (c) Technical Submission: When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).
- (2) Technical knockout (TKO):
  - (a) Referee Stoppage:
    1. Strikes;
    2. Laceration;
    3. Corner Stoppage; or
    4. Did Not Answer the Bell.



(Rule 0145-03-.11, continued)

- (b) TKO due to Medical Stoppage:
  - 1. Laceration;
  - 2. Doctor Stoppage; or
  - 3. Loss of Control of Bodily Function.
- (3) Knockout (KO) by:
  - (a) Referee Stoppage: the referee stops the contest because the combatant cannot intelligently defend himself or herself:
    - 1. Due to strikes.
- (4) Decision via the scorecards, including:
  - (a) Unanimous decision: When all three (3) judges score the bout for the same contestant;
  - (b) Split decision: When two (2) judges score the bout for one (1) contestant and one (1) judge scores for the opponent;
  - (c) Majority decision: When two (2) judges score the bout for the same contestant and one (1) judge scores a draw or
  - (d) Draw, including:
    - 1. Unanimous draw: When all three (3) judges score the bout a draw;
    - 2. Majority draw: When two (2) judges score the bout a draw; or
    - 3. Split draw: When all three (3) judges score differently and the score total results in a draw.
- (5) Technical decision: When a bout is prematurely stopped due to injury from an accidental foul and a contestant is leading on the score cards.
- (6) Technical draw: When an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, then later the injury requires stoppage from either a legal or illegal strike to the affected area, if the injured contestant is even or behind on the score cards at the time of stoppage, the decision is a technical draw.
- (7) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest, multiple fouls have been assessed, and/or there is flagrant disregard for the rules and/or referee's commands.
- (8) Forfeit.
- (9) No contest: When a contestant is prematurely stopped due to accidental injury and no decision can be made via the score cards.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2; Tennessee Athletic Commission Act of 2016; and T.C.A. §§ 68-115-201 and 68-115-203. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009;

(Rule 0145-03-.11, continued)

*effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed July 13, 2023; effective October 11, 2023.*

#### **0145-03-.12 WEIGHT CLASSIFICATIONS.**

- (1) Allowances within Division: there are no allowance restrictions if both combatants weigh-in within the same contracted division/weight class.
- (2) Weight Miss Catch Weight: If a combatant misses the contracted weight and the two (2) combatants are in different weight classes, the heavier combatant shall not exceed five (5) lbs. of the lower weighing combatant.
- (3) Contracted Catch Weight(s): there is no weight spread allowance between contracted catch weight combatants, so long as both combatants are below the contracted weight. The Commission may deny any catch weight fight if the weight differential is a large enough disparity to cause a real or perceived threat to the safety of either of the combatants.
- (4) The following weight classes and weights will be used for all contests under this chapter:
 

(a) Atomweight	Up to and including 105 lbs.
(b) Strawweight	105.1 - 115 lbs.
(c) Flyweight	115.1 lbs. - 125 lbs.
(d) Bantamweight	125.1 lbs. - 135 lbs.
(e) Featherweight	135.1 lbs. - 145 lbs.
(f) Lightweight	145.1 lbs. - 155 lbs.
(g) Super Lightweight	155.1 lbs. - 165 lbs.
(h) Welterweight	165.1 lbs. - 170 lbs.
(i) Super Welterweight	170.1 lbs. - 175 lbs.
(j) Middleweight	175.1 lbs. - 185 lbs.
(k) Super Middleweight	185.1 lbs. - 195 lbs.
(l) Light Heavyweight	195.1 lbs. - 205 lbs.
(m) Cruiserweight	205.1 lbs. - 225 lbs.
(n) Heavyweight	225.1 lbs. - 265 lbs.
(o) Super Heavyweight	Over 265.1 lbs.
- (5) A promoter may establish its own weight requirements for championship or title fights.

**Authority:** T.C.A. §§ 68-115-201 and 68-115-203. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed May 8, 2019; effective August 6, 2019. Amendments filed July 13, 2023; effective October 11, 2023. Amendments filed December 5, 2024; effective March 5, 2025.

**0145-03-.13 TIME LIMITATIONS.**

- (1) Non-title kickboxing bouts shall not exceed ten (10) rounds, each round not to exceed three (3) minutes, with a rest period of not less than one (1) minute nor more than two (2) minutes, as specified by the sanctioning body. Except with the approval of the Commission, title bouts shall not exceed the maximum length or number of rounds specified in this subsection and in no event shall the rest period between rounds be less than one (1) minute.
- (2) Non-title mixed martial arts bouts shall not exceed five (5) rounds, each round not to exceed five (5) minutes, with a rest period of not less than one (1) minute nor more than two (2) minutes, as specified by the sanctioning body. Except with the approval of the Commission, title bouts shall not exceed the maximum length or number of rounds specified in this subsection and in no event shall the rest period between rounds be less than one (1) minute.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

**0145-03-.14 APPAREL.**

- (1) The ring apparel for each combatant on a program shall include two (2) pairs of trunks or permissible apparel and a custom-made individually fitted mouthpiece or any other apparel approved by the Commission. Commission staff shall not approve ring costumes that are so similar as to possibly cause confusion as to the identity of the contenders.
- (2) A combatant who is participating in a kickboxing contest or amateur event may, at the combatant's option, use padded footgear and shin protectors. Shoes shall not be worn either in mixed martial arts or kickboxing professional contests.
- (3) In addition to the items described in paragraph (1), the apparel for each male combatant shall include a foul-proof groin protector, and shall be worn during all professional contests and amateur events,
- (4) In addition to the items described in paragraph (1), each female combatant shall wear apparel that covers the combatant's chest. Female combatants shall wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra(s). No loose-fitting tops and/or breast protectors shall be allowed.
- (5) Each of a combatant's hands may be wrapped with soft gauze bandages not more than two inches (2") in width and fifteen (15) yards in length, held in place by not more than ten feet (10') of surgeon's tape not more than one and a quarter inch (1 1/4") in width. Gauze and binding tape may not exceed the wrist of a competitor's gloves. Tape may be placed through the fingers, but may not cover the knuckles. A single layer of elastic or flex-type tape is allowed to be applied over the completed wrap. Athletic Commission officials must approve hand taping materials and style. A combatant may use soft neoprene type sleeves to cover the knee and/or ankle joints. Sleeves may not have padding, hook-and-loop fasteners, plastic, metal, ties, straps, or any other material considered unsafe or which may create an unfair advantage. Unless a specific exemption is requested and granted by Athletic Commission officials, no other tape, gauze, or other materials may be used by a combatant.
- (6) Combatants' fingernails and toenails shall be cut and trimmed.
- (7) Combatants shall wear a mouthpiece at all times while the bout is in progress.

(Rule 0145-03-.14, continued)

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2; Tennessee Athletic Commission Act of 2016; and T.C.A. §§ 68-115-201 and 68-115-203. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed May 8, 2019; effective August 6, 2019. Amendments filed July 13, 2023; effective October 11, 2023.

#### **0145-03-.15 GLOVES.**

- (1) Combatants in kickboxing contests, in all weights up to and including heavyweight class, shall wear no less than eight (8) ounce gloves. In heavier classes, fighters shall wear no less than ten (10) ounce gloves. When two (2) contestants differ in weight classes, the contestants shall wear the gloves required for the higher weight classification.
- (2) A combatant in a martial arts contest shall wear gloves that have no padding in the palm or fingertip area and that are appropriate in weight for the combatant's hand size.
- (3) All gloves must be approved by the Commission.
- (4) No gloves shall be required for those martial arts disciplines that prohibit striking or punching.
- (5) All gloves shall have padding over the knuckles.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009. Amendments filed March 17, 2017; effective June 15, 2017.

#### **0145-03-.16 TIMEKEEPERS.**

A timekeeper shall:

- (1) Keep accurate time of all bouts;
- (2) Begin the start of the clock for each round, as initiated by the referee, including overtime rounds;
- (3) Give three (3) slaps to the ring mat or three (3) pounds on the table to indicate ten (10) seconds remaining in the round;
- (4) Blow a whistle to indicate to the referee that there are ten (10) seconds left in the round break;
- (5) Start and stop the bout clock for time stoppages as called by the referee; and
- (6) Signal the end of each round by the use of a bell, buzzer, or other available loud signal.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.17 SCOREKEEPERS.**

A scorekeeper shall record and tabulate the scores and point deductions from all of the judges. All actual scores shall be placed on the master score sheet as they are indicated by the judges' scorecards. In the

(Rule 0145-03-.17, continued)

event there is a knockout or the referee stops the bout for any reason, the scorekeeper shall ascertain the exact time from the timekeeper. This will be recorded on the area marked on the score sheet.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.18 RING ANNOUNCERS.**

- (1) The ring announcers shall fully represent the contest or event to the public in an official and professional manner.
- (2) If the ring announcer uses any profanity over the event public address system, the announcer could be subject to a civil penalty up to the amount of five hundred dollars (\$500.00) by the Commission and banned from the contest or event.
- (3) The ring announcer shall read all the bout results.
- (4) There shall be no talking by the ring announcer over the microphone or anyone over a public address system during a bout.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.19 MUSIC.**

- (1) There shall be no music played during a bout.
- (2) Combatant entree music or event music with profane or abusive lyrics and or foul language shall be prohibited.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.

#### **0145-03-.20 MANAGERS AND SECONDS.**

- (1) All combatants shall be allowed a maximum of three (3) managers and seconds at ringside while the bout is in progress.
- (2) Five (5) managers and seconds shall be allowed for title bouts of national level or higher.
- (3) All managers and seconds shall stay in their combatant's corner while the bout is in progress.
- (4) If a combatant's manager or second leaves his corner area and goes directly ringside or cage side to an area outside their corner area where the combatants are engaged in combat, to coach their combatant, the referee shall stop the bout and make one (1) of the following determinations:
  - (a) Warn the coaching corner to stay in their respective corner;
  - (b) Deduct one (1) point from the combatant whose manager or second left their corner;

(Rule 0145-03-.20, continued)

- (c) End the round, awarding the entire round to the opposing combatant; or
- (d) End the bout, awarding the entire bout to the opposing combatant.
- (5) During the round breaks, only one (1) manager or second shall be allowed in the ring, while the other two (2) shall stand outside the ring ropes on the outside edge of the ring or on the floor. If the bout takes place in a cage, one (1) manager and one (1) second, or two (2) seconds, are allowed on the cage area designated for such coaches to attend to that coach's combatant. In the event of a cut, an additional manager or second shall be allowed in the ring or cage.
- (6) Managers or seconds shall obey the referee at all times during the bout.
- (7) Managers or seconds shall conduct themselves with appropriate and proper sportsmanship in all ways connected with the bout.
- (8) Managers or seconds may spray water and apply ice to a combatant between rounds. The managers or managers or seconds are responsible to dry the corner area before the next round commences.
- (9) Managers or seconds may discretionally use petroleum jelly on the face of the contestant.
- (10) The managers and seconds may use only those substances approved by the Commission to stop hemorrhaging.
- (11) Violation of the rules by managers or seconds may result in warnings, point deductions, and/or disqualification of that manager's or second's combatant.

**Authority:** Chapter 1149 of the Public Acts of 2008, § 2 and T.C.A. § 68-115-201. **Administrative History:** Emergency rules 0145-01 through 0145-05 filed November 7, 2008; effective though April 21, 2009. Emergency rule filed April 20, 2009; effective through October 2, 2009. New rule filed March 17, 2009; effective May 31, 2009.