

**14B NCAC 10 .0802 APPEARANCE - MIXED MARTIAL ARTS**

- (a) Groin and breast protectors for mixed martial arts contestants:
  - (1) Male fighters must wear a groin protector which will protect them against injury from a foul blow.
  - (2) A female contestant may wear a protective girdle to cover the pubic area, coccyx and sides of the hip.
  - (3) Female contestants must wear a breast protector.
- (b) At the time of the pre-bout physical, female contestants must submit a negative pregnancy test.
- (c) Each contestant shall wear mixed martial arts shorts, biking shorts, or kick boxing shorts that must be approved by the Division representative as being safe and modest. The contestants may not wear the same color in the ring, cage or fenced area, without the approval of the Division representative. The Division shall approve the same color if the shorts can easily be distinguished by the judges with patterns or advertisements. Apparel or equipment which includes metallic or hard plastic or any edge or surface which could cause extraneous injury to the contestants is not allowed.
- (d) "GI"s or shirts are permitted for male contestants only if both contestants wear the same attire. Female contestants shall wear a body shirt/blouse or any other attire approved by the Division representative as being safe and modest.
- (e) Shoes are not permitted.
- (f) Grappling shin guards are not permitted.
- (g) Body grease, gels, balms or lotions may not be applied. Vaseline may be applied to the facial area at cage side or ringside in the presence of an inspector, referee, or Division representative. Any contestant applying anything prior to this may be penalized a point or disqualified.
- (h) The contestant may not wear any jewelry or any other piercing accessories while competing in a match.
- (i) Joint supports, made of neoprene only, may be worn. No metal supports may be worn.
- (j) Finger and toe nail plates must be trimmed within 1/16 of an inch beyond the hyponychium.
- (k) The Division representative shall determine whether head or facial hair presents any hazard to the safety of the contestant or their opponent or will interfere with the conduct of a match. Hair shall be secured with soft and non-abrasive material when the Division representative determines the hair could obstruct the fighter's vision. Facial hair may not be braided.
- (l) The contestant may not wear any equipment that is not allowed in the rules in this Chapter.

*History Note: Authority G.S. 143-652.1; 143-651(7a);  
Eff. March 1, 2008;  
Transferred from 14A NCAC 12 .0802 Eff. June 1, 2013;  
Pursuant to G.S. 150B-21.3A, rule is necessary without substantive public interest Eff. January 9, 2018.*