



OREGON STATE POLICE
Oregon State Athletic Commission

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Amateur/Professional MMA Equipment Requirements

230-070-0080 Gloves

- (2) MMA gloves:
- (a) Must weigh a minimum of four (4) ounces and no more than eight (8) ounces;
- (b) Main event gloves must be new and provided by the promoter;
- (c) Must not be squeezed, kneaded or crushed to change the original shape;
- (d) May only be used in one bout per event;
- (e) Must only be placed on the competitor in the presence of an Inspector;
- (f) Promoters are required to have new replacement gloves available at the fenced area.

230-140-0440 Equipment

All equipment worn by competitors in the ring must be approved by an authorized representative of the superintendent. Equipment worn by competitors shall include:

- (1) Male competitors must wear groin protection.
- (2) Female competitors may wear breast protection.
- (3) Female competitors must wear a rash guard shirt or sports bra.
- (4) Male competitors must wear trunks with no pockets, and any strings must be tucked in and taped.
- (5) No hair gels, lotions, creams or sprays.
- (6) Knee or ankle braces are not permitted, nor is taping for the same purpose.
- (7) Shoes are not permitted.
- (8) Shirts and rash guards are not permitted for male competitors.
- (9) Competitors must wear an approved and fitted mouth guard.
- (10) Neoprene, non-bracing ankle and/or knee coverings are allowed. No plastic or metal is allowed.