



LOCKEROOM and RINGSIDE PROTOCOLS

- **Fighters are allowed 3 authorized corner men. Only authorized individuals working the corners** are allowed in dressing room. Fighters should only take fight articles into the dressing room; unauthorized items may be confiscated.
- **Only sealed, pre-packaged foods or food provided by the promotion is allowed in the dressing rooms.** No other food, vitamins or supplements of any kind are allowed in the dressing room.
- **Only water, PowerAde, Gatorade (or similar drinks) in their original, sealed containers may be consumed in the dressing room.** NO ENERGY DRINKS of any kind including Five Hour energy, Red Bull, Rock Star, Monster or any other stimulants or formulas.
- **Any alcohol, controlled substances or any enhancing substance** is grounds for immediate suspension.
- **Henna type tattoos and piercing accessories** are prohibited. Fighters should use only **soft materials** to tie hair; **Makeup** of any kind is prohibited.
- **Approved trunks** must be worn. Logos and sponsor related graphic must be pre-approved.
- Fighters may **tape their ankles** for support only using white surgeon's adhesive tape not more than 2 inches wide (provided by the fight camp). The tape **must be signed by an inspector**.
- **Neoprene or elastic knee supports and or ankle sleeves (without padding)** may be worn but they must be approved in advance by an ISKA representative. No supports or wraps may be worn on the elbows.
- Fighters and coaches are required to **wrap the hands ONLY under supervision of a locker-room inspector** using **only the tape and gauze provided by the promotion**.
- **Nothing but a light coat of Vaseline on the mask of the face;** You may not put any type of oils or lotions or other products on the body.
- **Walk-out banners** are allowed but all logos and sponsor mentions must be preapproved. Nothing should be **written on a fighter's body** (no body advertising).
- **Water** is the only drink allowed in the corner, and **ice** must be in a sealed container (ice bag or zip lock).
- Every fight team should be prepared at ringside with a **second (replacement) mouthpiece**.
- Corner-men must **remain seated** in their specified chairs during the entire round
- Only **one approved corner-man** will be allowed within the ring-ropes during the rest periods.
- **Legal Corner Equipment** consists of Vaseline, Adrenaline chloride 1 to 1000, ice bags, sponges, gauze pads, water, pressure plates, clean towels, Q-tips, bandages, scissors, sterile skin closures, and mouthwash solution.
- All fighters are **subject to drug testing**.