



Arkansas State Athletic Commission

COMBATIVE SPORTS REGULATION

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Memorandum

TO: Phyllis Bell

From: Lydia Robertson, Chair

Date: 7/21/2015

RE: Request to immediately Implement Emergency Rule to reduce weight cutting

The Arkansas State Athletic Commission held a Special Meeting at 12:30pm on Tuesday 7/22/15 at the 5th Floor Conference Room located at the Arkansas Department of Health (4815 W. Markham). Six of the seven Commissioners were present and voted unanimously to implement an Emergency Rule to reduce weight cutting in the amateur class of combative sports. Because four shows (boxing and mma) will be held within the next 60 days, ASAC believes imminent peril exists to the public's health, safety and welfare. In addition to the 120 days permitted of effective use of an Emergency Rule, the Rule will be added to Rules and Regs that have been amended and expected to file within 90 days.

The Rule should read: Any Amateur Combative Sports fighter shall not gain more than .075 (7 & 1/2 %) of his advance weigh-in body weight, and in no case, shall any fighter be allowed to gain weight sufficient to move up more than ONE published weight class.

Findings:

- Based on the 60 day study performed by the Arkansas State Athletic Commission and voluminous medical findings, amateur fighters are dehydrating themselves in order to "make weight."
- Of over 60 fighters who fought in Arkansas in January and February of this year, nearly fifty-percent (50%) had gained over 15 pounds between day-before weigh in and day-of weigh in.
- On July 18, 2015 in Fort Smith, AR, 30% of bouts (a total of 6 people) were transported to the hospital. Dehydration was found in four of those and suspected in the other two.
- Late April, 2013- fighter dies in a sauna trying cut 33 pounds in a week for a mixed martial arts bout
- In January 2012, Arkansas professional fighter dies from complications of dehydration
- Renown neurosurgeon Dr. Van Lemons has recommended weight gain of no more than 7%.
- Association of American Ringside Physicians recommend only 5% weight gain (see attached bullet point page)

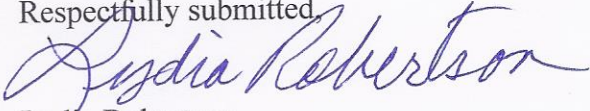
The emergency rule is to be placed in Chapter 1 of the Rules and Regulations (published in April, 2014) and shall read:

Any Amateur Combative Sports fighter shall not gain more than .075 (7 & 1/2 %) of his advance weigh-in body weight, and in no case, shall any fighter be allowed to gain weight sufficient to move up more than ONE published weight class.

Example:

A day-before weigh in weight of 154 shall not gain more than 11.55 pounds. Any percentage over ½ pound (.51 pounds) shall be rounded up. In this example, the 154 lb fighter could gain a maximum of 12 pounds from day-before weigh in and day-of weigh in.

Respectfully submitted,



Lydia Robertson

Cc: Elizabeth Pitman, Counsel
Ed Just, ADH