



Ohio Administrative Code Rule 3773-7-08 Appearance and attire.

Effective: [March 1, 2026](#)

(A) Groin and breast protectors.

(1) Male fighters must wear a groin protector which will protect them against injury from a foul blow.

(2) Female fighters may not wear groin protectors but must wear a breast protector or sports bra.

(B) Female fighters must submit a negative pregnancy test prior to the event.

(C) Each contestant shall wear mixed martial arts shorts, biking shorts, or kick boxing shorts. Shorts must be approved by the inspector or commission representative.

(D) No "GI's" or shirts permitted.

(E) No shoes are permitted.

(F) No grappling shin guards.

(G) Absolutely "no" body grease, gels, balms or lotions may be applied. Vaseline may be applied to the facial area at cage side or ringside in the presence of a inspector, referee, or a person designated by the commission. Any contestant applying anything prior to this could be penalized a point or disqualified.

(H) Taping of hands wrists and ankle is permitted.

(I) Neoprene joint supports only. No metal supports can ever be worn.

(J) Finger and toe nails must be trimmed.



(K) The inspector or commission 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 supervision and conduct of the event. Facial hair may not be braided.

(L) May not wear any equipment that does not pass the inspector or commissions approval.
