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Commission Bulletin 2014-6

Use of Braces and Sleeves

Braces are not permitted for in-use competition due to the risk of injury caused by incidental contact. Combatants must be medically cleared to compete without such braces.

BOXING:

Combatants are however permitted to wear a knee sleeve during a bout under the following conditions: (1) the combatant receives no competitive advantage from wearing the sleeve; (2) the knee sleeve does not pose any danger to the combatant's opponent; and (3) the combatant without the knee sleeve is found medically fit to compete by the physician appointed by the Commission to examine the combatant prior to the scheduled bout.

MMA:

Combatants are however permitted to wear a knee and/or ankle sleeve during a bout under the following conditions: (1) the combatant receives no competitive advantage from wearing the sleeve; (2) the sleeve does not pose any danger to the combatant's opponent; and (3) the combatant without sleeve is found medically fit to compete by the physician appointed by the Commission to examine the combatant prior to the scheduled bout. Elbow sleeves are not permitted.

In order for the Commission to properly evaluate a knee sleeve that a combatant wishes to wear during a bout (boxing or MMA), the combatant or combatant's representative must present such knee sleeve to the Commission in a timely manner.

In order for the Commission to properly evaluate an ankle sleeve that a combatant (MMA) wishes to wear during a bout, the combatant or combatant's representative must present such ankle sleeve to the Commission in a timely manner.

Implemented by vote of the Commissioners July 11, 2017.

NEW YORK STATE OF OPPORTUNITY. | **Department of State**