

# ATHLETIC COMMISSION

STATE OF NEW YORK  
DEPARTMENT OF STATE  
123 WILLIAM STREET  
NEW YORK, NY 10038-3804  
TELEPHONE: (212) 417-5700  
FAX: (212) 417-4987  
HTTPS://DOS.NY.GOV

KATHY HOCHUL  
GOVERNOR  
WALTER T. MOSLEY  
SECRETARY OF STATE  
MATTHEW DELAGLIO  
ACTING EXECUTIVE DIRECTOR  
NITIN K. SETHI, MD  
CHIEF MEDICAL OFFICER  
ANGELA GAGLIARDI, MD  
ASSISTANT CHIEF MEDICAL OFFICER

## Commission Bulletin 2024-3

### Revised Unified Rules of Mixed Martial Arts

In July 2024, the Association of Boxing Commissions and Combative Sports (the “ABC”) approved changes to the Unified Rules of Mixed Martial Arts, which included eliminating the 12 to 6 elbow strike as a foul and a revised definition of a grounded opponent. The ABC recommends that the revised rules be implemented on November 1, 2024. See generally, <https://www.abcboxing.com/meeting-minutes/>

The New York State Athletic Commission (the “Commission”) is vested with the sole direction, management, control and jurisdiction over all authorized combative sports within the State of New York (General Business Law § 1004). The Commission is enacted to protect the health, safety and general welfare of all participants in combative sports and spectators thereto, to preserve the integrity of combative sports through means of licensing, oversight, enforcement and the authorization of sanctioning entities, and to facilitate the development and responsible conduct of combative sports throughout the state (General Business Law § 1003(1)).

All professional mixed martial arts contests and exhibitions in New York State shall be contested according to the Unified Rules of Mixed Martial Arts as adopted and amended by the ABC, unless otherwise authorized or directed by the Commission. The authority to render final determinations based on the application and interpretation of the Unified Rules of Mixed Martial Arts rests with the Commission. See generally, 19 NYCRR § 212.1.

Pursuant to the above-cited authority, the Commission has adopted the proposed change in language to the Unified Rules of Mixed Martial Arts, to be effective on and after November 1, 2024, as described below:

#### ~~Downward pointing elbow strike (12 to 6)~~

~~The use of a linear “straight up straight down” elbow strike is prohibited. Any variation of this straight up and down linear elbow strike makes the strike legal. Any arc, or any angle change from straight up to straight down makes the strike legal. Any variation of position does not alter the legality of the strike.~~

The Commission has determined it is in the best interest of the professional mixed martial arts to adhere to the Unified Rules regarding the foregoing change and, therefore, effective on and after November 1, 2024, shall also deem repealed the following corresponding enumerated foul as set



Department of State  
Athletic Commission

forth in 19 NYCRR §212.10(b)(10) for purposes of interpretation and application of rules for professional mixed martial arts events within New York State:

~~(10) Striking downward using the point of the elbow.~~

In addition, effective on and after November 1, 2024, in accordance with the recommendation and vote of the ABC, the Commission has adopted the following change to the Unified Rules of Mixed Martial Arts, as described below:

A fighter shall be considered grounded and **may not** be legally kneed or kicked to the head when any part of their body **other than** their hands or feet **is** in contact with the canvas (ground).

*Implemented by vote of the Commissioners on September 5, 2024.*