

**Policies & Regulations Banning the Use of Energy Drinks During Cage-Fighting Matches  
(Updated on Aug 12, 2013)**

- Association of Ringside Physicians (<http://www.associationofringsidephysicians.org/>)
  - Association of Boxing Commission Amateur Mixed Martial Art
    - Consumables Before and During Contest (p. 14): “Only water or an approved electrolyte drink by the Commission may be consumed during the bout. Contestants should not consume energy drinks on the date of the contest.”
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- Oklahoma Admin. Code 92:10-5-7; Use or administration of any substance (professional boxing or kickboxing)
  - (b) Participants may consume electrolyte drinks or water during the course of a contest. A licensed second or participant shall have an inspector and/or the Commission examine and approve electrolyte drinks before they are administered. The administering of substance other than electrolyte drinks and/or water to a participant during a contest is prohibited.
  - Also applies to mixed martial arts via 92:10-11-1
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- Arkansas
  - Administrative Code 022.00.1-X. Rules and Regulations Governing Mixed Martial Arts Events.
    - 13(b): Participants may consume electrolyte drinks or water during the course of a contest. A licensed second or participant shall have an inspector and/or the Commission examine and approve electrolyte drinks before they are administered. The administering of substance other than electrolyte drinks and/or water to a participant during a contest is prohibited.
  - Ark. Admin. Code 022.00.1-VI. Rules and Regulations Governing Professional Boxing Matches.
    - (8): During the fight, it is absolutely prohibited for a boxer to drink anything but water.
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- Florida Administrative Code, Fla. Admin. Code r. 61K1-4.004. Emergency Medical Equipment; Other Requirements.(rules for amateur boxing, kicking, and mixed martial arts)
  - (2)(d)(2): The presence of any alcohol, “energy” drinks, controlled substances or any illegal enhancing substance in the possession of amateurs, any representative of the amateurs or any representative of the amateur sanctioning organization is grounds for suspension of the amateur sanctioning organization’s license and immediate cancellation of the match.
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- Michigan. Admin. Code. R. 339.211. Contestant use or administration of any substance. (professional boxing and mixed martial arts)
  - (2): A substance other than water shall not be given to a contestant during the course of the contest.
  
- Ohio Admin. Code 3773-2-26 Sports Drinks at ringside or cage side during boxing matches and exhibitions
  - (D) No stimulant drinks or drinks with caffeine, such as “Red Bull and Rock Star,” are allowed. The commission reserves the right to inspect, test, or remove any drink from ringside or cage side. The commission may also test any contestant that they may believe is in violation.
  
- Wis. Adm. Code s SPS 195.14 Consumables (during MMA bouts)
  - (4) No stimulant beverages or beverages with caffeine, such as Red Bull and Rock Star, are allowed.