

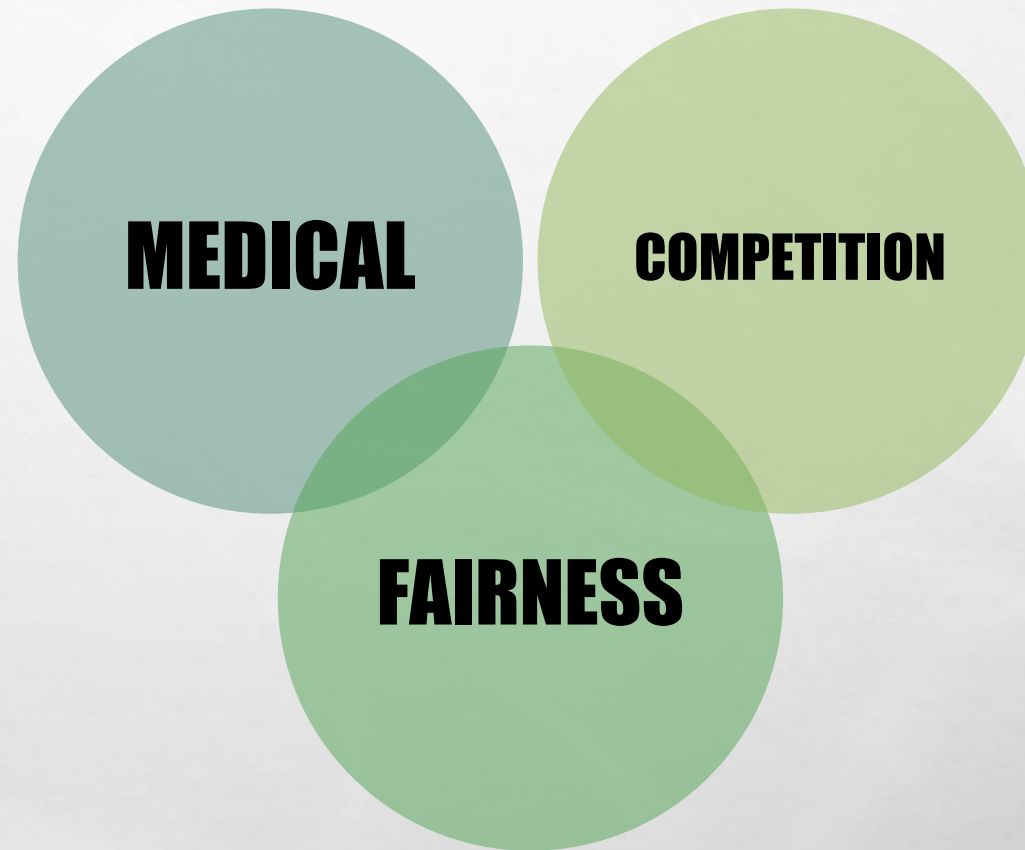
# **WEIGHT CUTTING & DEHYDRATION IN BOXING & MMA**

**A PRESENTATION BY: ANDY FOSTER**

# PROBLEM

- CONCUSSIONS, TRAUMATIC BRAIN INJURY, SUSCEPTIBILITY TO KNOCKOUTS, ARE ALL LINKED AS DANGERS FROM WEIGHT CUTTING BY DEHYDRATION/REHYDRATION.
- IN 2015, THE CALIFORNIA STATE ATHLETIC COMMISSION OFFICIALLY ESTABLISHED THE PRACTICE OF DEHYDRATION AND WEIGHT CUTTING AS ONE OF THE LARGEST INDUSTRY WIDE HEALTH CONCERNS. A SUMMIT WAS HELD IN CALIFORNIA AND THE MOST PERTINENT ISSUES WERE ADDRESSED FIRST.
- IN 2018, THE COMMISSION EXPANDED ITS EFFORTS AND SUCCESSFUL PROTOCOL INTO THE SPORT OF BOXING.
- REGARDLESS OF SKILL AND STYLE, BOXING MAINTAINS AN INHERENTLY GREATER POTENTIAL FOR HEAD STRIKES, IN COMPARISON TO OTHER COMBAT SPORTS.

# PROBLEM



# COMBAT SPORTS WEIGHT STUDY

## 2015-2018

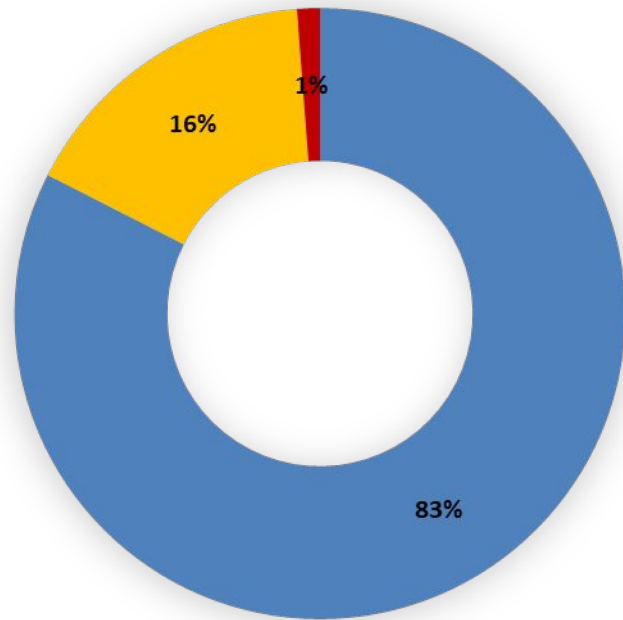
### Mixed Martial Arts

Total Number of Athletes Included in Study:	1176
Approximate # of MMA Bouts in Study	588
Average Weight Change (Lbs.)	11.8
Average Weight Change (%)	8%
Number of Athletes Out of Class: (Exceeding 8% Change in Body Weight)	598
Number of Athletes Out of Class: (Exceeding 10% Change in Body Weight)	350

### Boxing

Total Number of Boxers Included in Study:	1594
Approximate # of Boxing Bouts in Study	797
Average Weight Change (Lbs.)	9.5
Average Weight Change (%)	7%
Number of Boxers Out of Class: (Exceeding 8% Change in Body Weight)	635
Number of Boxers Out of Class: (Exceeding 10% Change in Body Weight)	306





Total Number of Boxers Included in Study:	754
Approximate # of Boxing Bouts in Study	377
Average Weight Change (Lbs.)	10.4
Average Weight Change (%)	7%
Number of Boxers Out of Class: (10%-14% Change in Body Weight)	
	149
Number of Boxers Out of Class: (Exceeding 15% Change in Body Weight)	
	11

## BOXING WEIGHT STUDY 2019

- **16% HAD A 10-14% CHANGE IN BODY WEIGHT**
- **1% EXCEEDED 15% CHANGE IN BODY WEIGHT**

# BOXING WEIGHT STUDY 2019

- **36 BOXERS HAVE BEEN MOVED UP A WEIGHT CLASS**

- **53 BOXERS HAVE BEEN SENT NOTICES ABOUT THEIR WEIGHT**

## **NUMBER OF BOXERS THAT **EXCEEDED 10%** IN TITLE BOUTS**

- **WBC-7**

- **IBF-6**

- **WBA-7**

- **WBO-4**

- **NABF-5**

- **7 OF THOSE BOXERS GAINED 15% OR MORE**

# BOXING TITLE BOUTS

- TOP RANK-MARCH 10, 2018-STUBHUB CENTER

- |        |       |       |       |      |      |   |
|--------|-------|-------|-------|------|------|---|
| Quigg  | Scott | 128.6 | 142.6 | 13.6 | 10.5 | L |
| Valdez | Oscar | 125.8 | 135.6 | 9.8  | 7.7  | W |

- GOLDEN BOY-FEBRUARY 9, 2019-FANTASY SPRINGS CASINO

- |         |         |       |     |      |     |   |
|---------|---------|-------|-----|------|-----|---|
| Machado | Alberto | 130   | 148 | 18   | 12% | L |
| Cancio  | Andrew  | 129.8 | 148 | 18.2 | 12% | W |

- TGR-FEBRUARY 16, 2019-MICROSOFT THEATER

- |       |        |       |     |      |     |   |
|-------|--------|-------|-----|------|-----|---|
| Kriel | DeeJay | 104.6 | 116 | 11.4 | 11% | W |
| Licon | Carlos | 104.8 | 118 | 13.2 | 13% | L |

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# BOXING TITLE BOUTS

- TGB-MARCH 9, 2019-DIGNITY HEALTH SPORTS PARK

Porter	Shawn	146.8	166	19.2	13%	W
Ugas	Yordenia	146.6	162.6	16	11%	L

- TOP RANK-MARCH 23, 2019-COSTA MESA

Magdaleno	Jessie	125.6	137	11.4	9%	W
Ramos	Rico	127.2	145	17.8	14%	L

Acosta	Angel	108	124.8	16.8	16%	W
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Lopez	Ganigan	107.4	117.6	10.2	9%	L
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- WBO WORLD LIGHT FLYWEIGHT TITLE



# BOXING TITLE BOUTS

- TOP RANK-APRIL 12, 2019-STAPLES CENTER

- ~~WBA JUNIOR SUPER LIGHTWEIGHT TITLE~~

Barboza Jr	Arnold	140	158.6	18.6	13%	W
Alvarado	Mike	139.6	151.4	11.8	8%	L

- TOP RANK- APRIL 12, 2019-STAPLES CENTER

Alimkhanuly	Janibek	160	171.4	11.4	7%	W
<del>VACANT WBO CONTINENTAL AMERICAS MIDDLE WEIGHT TITLE &amp; VACANT WBO GLOBAL MIDDLEWEIGHT TITLE</del>						
Olivas	Cristian	159.2	178.8	19.6	12%	L

# BOXING TITLE BOUTS

- TGB-APRIL 20, 2019-DIGNITY HEALTH SPORTS PARK

Casimero	John Riel	116.8	136	19.2	16%	W
Franco	Ricardo	117.8	135	17.2	15%	L

- TGB-APRIL 20, 2019-DIGNITY HEALTH SPORTS PARK

Parejo	Yonfrez	120.6	130.8	10.2	8%	L
INTERIM WBA WORLD SUPER BANTAMWEIGHT TITLE						
Figueroa	Brandon	121.2	134.8	13.6	11%	W

Granados	Adrian	146	164	18	12%	L
Garcia	Danny	146.8	157.4	10.6	7%	W
WBC SILVER WELTERWEIGHT TITLE						

# BOXING TITLE BOUTS

- GOLDEN BOY-APRIL 25, 2019-FANTASY SPRINGS CASINO

NABF BANTAMWEIGHT TITLE						
Negrete	Oscar	117.6	128.8	11.2	10%	L
Franco	Joshua	117.6	130.4	12.8	11%	W

- MATCHROOM BOXING-APRIL 26, 2019-THE FORUM

Doheny	TJ	121.8	137.2	15.4	13%	L
Roman	Daniel	121.2	129.8	8.6	7%	W

Estrada	Juan	114.6	127.6	12.6	11%	W
Sor Rungvisai	Srisaket	114.2	127	12.8	11%	L

- WBC WORLD SUPER FLYWEIGHT

# BOXING TITLE BOUTS

- TOP RANK-MAY 4, 2019-STOCKTON ARENA

- IBF WORLD SUPER FLYWEIGHT TITLE

Ancajas	Jerwin	114.2	130	15.8	14%	W
Funai	Ryuchi	114.4	127	12.6	11%	L

- GOLDEN BOY-JUNE 21, 2019-FANTASY SPRINGS CASINO

- WBO WORLD LIGHT FLY TITLE

Acosta	Angel	108	124	16	15%	L
Soto	Elwin	107.4	115	7.6	7%	W

- WBA WORLD SUPER FEATHER TITLE

Cancio	Andrew	130	149.2	19.2	15%	W
Machado	Alberto	129.8	149.2	19.4	15%	L



# BOXING TITLE BOUTS

- TOP RANK-JUNE 28, 2019-PECHANGA RESORT AND CASINO

- NABF SUPER WELTER TITLE

Adames	Carlos	154	178.8	24.8	16%	W
Day	Patrick	153.8	167	13.2	9%	L

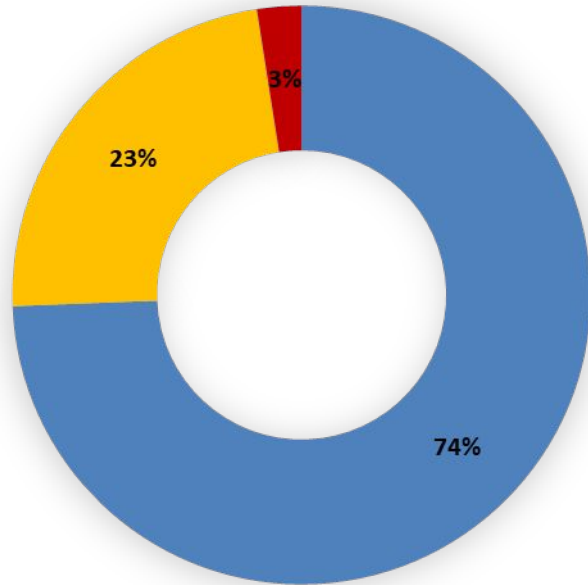
- IBF WORLD LIGHT TITLE

Commey	Richard	134.4	153	18.6	14%	W
Beltran	Raymundo	136.8	148.2	11.4	8%	L

- GOLDEN BOY-JULY 13, 2019-DIGNITY HEALTH SPORTS PARK

- NABF SUPER BANTAM TITLE

Rios	Ronny	121	133.2	12.2	10%	W
De La Hoya	Diego	121	138.2	17.2	14%	L



Total Number of Athletes Included in Study:	360
Approximate # of MMA Bouts in Study	180
Average Weight Change (Lbs.)	12.6
Average Weight Change (%)	8%
Number of Athletes Out of Class: (10-14% Change in Body Weight)	
	112
Number of Athletes Out of Class: (Exceeding 15% Change in Body Weight)	
	12

# MMA WEIGHT STUDY 2019

- 23% **HAD A 10-14% CHANGE IN BODY WEIGHT**
- 3% **EXCEEDED 15% CHANGE IN BODY WEIGHT**

# MMA WEIGHT STUDY 2019

- **38 MMA FIGHTERS HAVE BEEN MOVED UP A WEIGHT CLASS**
- **51 MMA FIGHTERS HAVE BEEN SENT NOTICES ABOUT THEIR WEIGHT**

# MMA BOUTS

- **BELLATOR-JANUARY 26, 2019**

Juarez	Jorge	154.2	153.8	-0.4	0%	L
Pacheo	David	155.6	187.4	31.8	20%	W
Archuleta	Juan	135.8	156	20.2	15%	W
Bandejas	Ricky	136	146.2	10.2	7%	L
Pico	Aaron	145.5	159	13.5	9%	L
Corrales	Henry	145.7	167.6	21.9	15%	W



# MMA BOUTS

- **TS1 PROMOTIONS (COMBATE)-FEBRUARY 23, 2019**

Nievera	Jaimelene	125.5	138.4	12.9	10%	L
Frausto	Zoila	125.5	142.7	17.2	14%	W
Castillo	Ivan	166	185.3	19.3	12%	L
Rodriguez	Daniel	165.6	187.5	21.9	13%	W

- **DRAGON HOUSE-MARCH 23, 2019**

Ahmadyar	Salaiman	154	181.5	27.5	18%	W
Mohammed	Danasabe	155	178.1	23.1	15%	L

# MMA BOUTS

- BELLATOR-MARCH 29, 2019

Genapana	Kelvin	156	168.4	12.4	8%	Fight was canceled on event day; Pacheco suspended
Pacheco	David	156.4	188.6	32.2	21%	
Soto	Johnny	141	No reweigh as fight was canceled before official weigh ins			
Almeida	Weber	5lbs over contract weight when he tested his weight before official weigh in time; fight was canceled; Weber suspended				

# MMA BOUTS

## • BELLATOR-APRIL 27, 2019

Perez	Matt	125.9	135.1	9.2	7%	W
Tenedora	Justin	128.2	148.7	20.5	16%	L
Vaovasa	Paradise	144.2	164.3	20.1	14%	L
Amil	Hyder	145.4	161.1	15.7	11%	W
Severson	Roger	144.8	162.4	17.6	12%	D
Ortiz	Ignacio	144.9	165.8	20.9	14%	D
Piccolotti	Adam	155.5	167.8	12.3	8%	L
Henderson	Benson	156	178.6	22.6	14%	W

# MMA BOUTS

## • LFA-JUNE 7, 2019

Badis	Nick	145.8	157.6	11.8	8%	L
Levy	Nathan	146	165.8	19.8	14%	W
Demopoulos	Vanessa	114.6	128.6	14	12%	W
Mandian	Nadine	115.6	126	10.4	9%	L
Estrada	Kyle	135.6	151.4	15.8	12%	W
furar	Ricky	134.2	145.8	11.6	9%	L
Medina	Jose	135.6	152	16.4	12%	L
Torres	Desmond	135	147.6	12.6	9%	W
Perez	Maikel	124.2	142.8	18.6	15%	L
Moreno	Brandon	125	134.2	9.2	7%	W



# MMA BOUTS

## • UFC-JULY 13,2019

Liu	Pingyuan	136	150.6	14.6	11%	L
Martinez	Jonathan	136	155.4	19.4	14%	W
Elkins	Darren	145.5	167.4	21.9	15%	L
Hall	Ryan	144.5	157	12.5	9%	W
Pena	Juliana	135.5	142.2	6.7	5%	W
Montano	Nicco	135.5	153.2	17.7	13%	L
Fili	Andre	145.5	160.6	15.1	10%	W
Moraes	Sheymon	146	170.2	24.2	17%	L

# MMA BOUTS

- **UFC-JULY 13,2019**

Vettori	Marvin	185.5	211	25.5	14%	W
Ferreira	Cezar	185.5	200	14.5	8%	L
Roberson	Karl	185.5	206.4	20.9	11%	W
Turman	Wellington	185	202.2	17.2	9%	L
Emmett	Josh	146	166.8	20.8	14%	W
Bektic	Mirsad	145	166.8	21.8	15%	L
Faber	Urijah	135.5	153.6	18.1	13%	W
Simon	Ricky	134.5	151.8	17.3	13%	L
De Randamie	Germaine	136	148	12	9%	W
Ladd	Aspen	135	159	24	18%	L

# DEHYDRATION WARNINGS & NOTICES

- **WARNING ABOUT WEIGHT**
- *“CALIFORNIA STATE ATHLETIC COMMISSION HAS NOTICED THE ATHLETE THAT HE HAD A **11%** WEIGHT GAIN AT A **130.4 LBS.** AT THE EVENT ON **APRIL 23, 2019**; THIS NOTICE IS PART OF CA 10PT PLAN TO ADDRESS SEVERE DEHYDRATION AND WEIGHT CUTS.”*
- **NOTICE THAT A FIGHTER HAS BEEN MOVED UP A WEIGHT CLASS**
- *“CALIFORNIA STATE ATHLETIC COMMISSION RECOMMENDS MOVE TO **154** POUNDS PER CA 10PT PLAN TO ADDRESS SEVERE DEHYDRATION AND WEIGHT CUTS. ATHLETE HAD A **13%** WEIGHT GAIN AT A **147** WEIGHT CSAC WILL NOT REGULATE AT 147 FOR FUTURE BOUTS WITHOUT EXTENSIVE MEDICAL DOCUMENTATION FROM A LICENSED PHYSICIAN CERTIFYING THE WEIGHT CLASS IS APPROPRIATE AND VERIFIED BY CSAC PHYSICIANS”*

# 2019 ABC RATINGS CRITERIA CHANGES

- ANY 8, 10, OR 12 ROUND CHAMPIONSHIP BOUT WILL BE SUBJECT TO A FOLLOW UP WEIGH-IN HELD AT A TIME AND PLACE DETERMINED BY THE LOCAL COMMISSION. AT THIS FOLLOW UP WEIGH-IN THE BOXERS CANNOT EXCEED 10% OF THE BOUT CONTRACT WEIGHT.
- IF THE BOXER MISSES WEIGHT AT THIS SECOND DAY WEIGH-IN THE BOUT SHALL CONTINUE AS A TITLE FIGHT ONLY FOR THE BOXER THAT HAS MADE WEIGHT. IF THE OVER-WEIGHT BOXER WINS THIS BOUT HE/SHE CANNOT CLAIM THE TITLE. IF THE CHAMPION IS THE OVER-WEIGHT BOXER AND HE/SHE WINS THE BOUT, THE TITLE BECOMES VACANT. IT SHOULD BE NOTED THERE IS NO OPPORTUNITY TO LOSE WEIGHT AT THIS SECOND DAY WEIGH-IN. IT IS A ONETIME WEIGH-IN.
- THERE SHALL BE A MINIMUM FINE FOR MISSING WEIGHT ON EITHER DAY OF AT LEAST 10% OF THE OFFENDER'S PURSE WHICH SHALL GO TO THE OTHER BOXER. COMMISSIONS MAY ALSO CHOOSE TO FINE AND/OR ISSUE A SUSPENSION TO THE OFFENDER.

**These changes took effect January 1, 2019**





# 2019 ABC RATINGS RECOMMENDATIONS

- THE SANCTIONING ORGANIZATION(S) THAT ANY RATED BOXER WHO **EXCEEDS** THE CONTRACTED WEIGHT AND/OR THE TEN PERCENT (10%) MAXIMUM ALLOWABLE WEIGHT GAIN ON THE SECOND-DAY WEIGH-IN FOR ANY CHAMPIONSHIP BOUT, BE LOWERED IN THE RATINGS OF ANY AND ALL SANCTIONING ORGANIZATIONS AND NOT BE ALLOWED TO PARTICIPATE IN CHAMPIONSHIP BOUTS FOR TWELVE (12) MONTHS.
- THE SANCTIONING ORGANIZATION (S) THAT ANY RATED BOXER WHO **EXCEEDS** THE CONTRACTED WEIGHT AND/OR THE TEN PERCENT (10%) MAXIMUM ALLOWABLE WEIGHT GAIN ON THE SECOND-DAY WEIGH-IN FOR A SECOND OCCASION FOR ANY CHAMPIONSHIP FIGHT, BE EXCLUDED FROM THE RATINGS OF ANY AND ALL SANCTIONING ORGANIZATIONS FOR TWELVE (12) MONTHS.

**These recommendations shall be subject to and determined by any and all sanctioning organizations**



# IS THIS CHEATING?

- NOT AN EXPLICIT RULE VIOLATION
- THESE WEIGHT CLASSES WERE DESIGNED FOR THE SAFETY & FAIRNESS OF BOTH ATHLETES. NOT TO BE USED AS A TOOL TO GAIN AN ADVANTAGE. THE DAY BEFORE WEIGH-IN WAS FOR THE PROTECTION OF BOXERS, AND THIS COMMISSION STRONGLY SUPPORTS DAY BEFORE WEIGH-INS
- AS REGULATORS, WE ARE STILL BEING COMPLACENT

# **PAYING TO BE BIGGER?**

PERHAPS AN INCREASE IN MONETARY FINES  
WOULD DISCOURAGE THIS PRACTICE.

# CULTURE

- INACTION BY REGULATORS COMBINED WITH THE CULTURE OF HAS ALLOWED THIS PROBLEM TO GROW
- CURRENT WEIGHT SPREAD REGULATIONS ONLY APPLY TO THE DAY BEFORE THE FIGHT
- ATHLETES ARE WEIGHING IN AT ONE WEIGHT CLASS AND COMPETING IN POTENTIALLY 2, 3, OR EVEN 4 WEIGHT CLASSES HIGHER – IN SOME CASES DIFFERENT WEIGHT CLASSES FROM THEIR OPPONENT
- 10% MAXIMUM ALLOWANCE RECOGNIZES THE CULTURE AND REALITY OF THE SPORT, WHILE STILL PROVIDING A SAFER ENVIRONMENT FOR EACH COMPETITOR



**WHAT ROLE DOES  
MATCHMAKING HAVE IN  
THIS ISSUE?**

# DISCUSSION ON SOLUTIONS

- RECOGNIZING THE PROBLEM(S)
  1. MEDICAL PROBLEM
  2. COMPETITION PROBLEM
  3. FAIRNESS PROBLEM
- MUTUAL COOPERATION WITH EFFORTS TO PREVENT AND PROTECT
- HAVING A FIGHT DAY WEIGHT CHECK TO ENSURE WEIGHT GAIN HAS NOT EXCEEDED 10% FROM THE DAY BEFORE
- INCREASED MONETARY FINES?

# PROPOSAL

- BOXING SANCTIONING BODIES ARE THE LEADERS IN THE SPORT
- RESPONSIBLE FOR THE SAFETY AND FAIRNESS OF THE COMPETITORS
- PROBLEM IS LARGER THAN THE REACH OF CALIFORNIA'S 10 POINT PLAN
- INTENTION & COMMITMENT TO ACT

# THANK YOU

**THANK YOU TO THE  
SANCTIONING BODIES AND  
THE ABC FOR TACKLING THIS  
HARD ISSUE, BUT OUR WORK  
IS FAR FROM OVER.**







# QUESTIONS?

