

# ABC 2022 Rule Change-Joint/Body Coverings

- **Previous Language**

- *a. Other than the competitor's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to: joint sleeves, padding, or any form of brace/body tape.*
- *b. A competitor may use a soft neoprene type sleeve to cover only the knee and/or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage. Tape, gauze, or any materials other than the approved sleeves are not permitted.*

- **Revised Language (July 2022)**

- Other than the competitor's hands (as previously listed), there will be no taping, covering or protective gear of any kind on the upper body. This includes but is not limited to: joint sleeves, padding, any form of brace or body gauze/tape.
- A competitor may use soft neoprene type sleeves to cover only the knee or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties or any other material considered to be unsafe or that may create an unfair advantage. Tape and gauze or any materials other than the approved sleeves are not permitted on the lower body. The sleeves must be Black in color, with the exception of matching the athletes Commission assigned corner with sleeves being Red or Blue in color as appropriate.

