



DEPARTMENT OF CONSUMER AFFAIRS  
BUSINESS, CONSUMER SERVICES, AND HOUSING AGENCY • GOVERNOR EDMUND G. BROWN JR.  
**CALIFORNIA STATE ATHLETIC COMMISSION**  
2005 Evergreen Street, Suite 2010 | Sacramento, CA 95815  
Phone:(916) 263-2195 | Fax:(916) 263-2197  
Website: [www.dca.ca.gov/csac](http://www.dca.ca.gov/csac) | Email:[csac@dca.ca.gov](mailto:csac@dca.ca.gov)



Members of the Commission

John Carvelli, Chair  
Mary Lehman, Vice Chair  
John Frierson  
Martha Shen-Urquidez  
Van Gordon Sauter  
Vernon Williams  
Luis Ayala

# CALIFORNIA STATE ATHLETIC COMMISSION'S DEHYDRATION AND WEIGHT CUTTING SUMMIT AGENDA

**Thursday, December 17, 2015**  
1:00 p.m. - Conclusion of Business

**Location:**

Junipero Serra State Building, Carmel Room  
320 West Fourth Street  
Los Angeles, CA 90013

---

## **AGENDA**

1. Welcome and Chairman's Opening Remarks
2. Meeting Goals & Objectives, John Carvelli & Andy Foster
3. "The Dangers of Dehydration/Rapid Rehydration Resulting From Weight Cutting,"  
Presented by Edmund Ayoub, M.D., Vice President Association of Ringside Physicians

**ROUNDTABLE DISCUSSION ITEMS:**

4. Addressing Ideas To Curb Drastic Weight Cutting And Severe Dehydration
5. Weigh-In Modification Options:
  - All Day Weigh-In
  - Fight Weigh-In Two Days Before
  - Increased Time To Weigh-In Athletes The Day Before Competition
  - Second Weigh-In That Would Occur the Day of The Event to Evaluate Weight Gain Where Athletes Would Be Prohibited From Having Added More Than 7.5% In Body Weight Before Incurring A Fine and 10% In Body Weight Before They Would Be Disqualified From Competition

6. The Use Of Specific Gravity Strip Tests To Detect Dehydration
7. Expanding The Number Of Weight Classes Under The Association Of Boxing Commission's Unified Rules For Mixed Marital Arts
8. Implementation of a "Minimum Allowable Competition Weight" Similar To The NCAA Weight Management System Where Each Athletes Assigned a Safe Minimum Fighting Weight Based On Body Composition
9. Ways To Further Educate Athletes And Trainers Regarding the Health And Safety Risks Associated With Dehydration/Rapid Rehydration As Well As The Scientific Evidence Demonstrating Decreased Performance
10. Engaging Influential Fighters And Fight Teams To Publicly Support Safe And Reasonable Weight Cutting Methods And Educating Fighters About The Real Health Risks Of Dehydration/Rapid Rehydration
11. Establish Mandatory Weight Class Changes If An Athlete Fails To Make Weight Twice In Any Two-Year Period
12. Banning IV Rehydration In The Unified Rules Of Mixed Martial Arts

***NOTICE:*** *At this informational and open discussion meeting, there may be a quorum of the members of the California Athletic Commission, however, there will be no action taken by the Commission at this meeting. The meeting is accessible to the physically disabled. A person who needs disability-related accommodation or modification in order to participate in the meeting may make a request by contacting Heather Jackson at (916) 263-2195 or email [heather.jackson@dca.ca.gov](mailto:heather.jackson@dca.ca.gov) or sending a written request to the California State Athletic Commission, 2005 Evergreen Street, Suite 2010, Sacramento, CA 95815. Providing your request at least five (5) days before the meeting will help ensure availability of the requested accommodation. Requests for further information should be directed to Heather Jackson at the same address and telephone number.*

*Meetings of the California State Athletic Commission are open to the public except when specifically noticed otherwise in accordance with the Open Meetings Act. The audience will be given appropriate opportunities to comment on any issue presented.*

**\* Please see above note.**