Opinions of the Full Commission which merely “affirm and adopt” the opinion of an Administrative Law Judge are not designated for publication and shall not be published by the Commission. Said opinions shall not be cited, quoted or referred to in any argument, brief, or other materials presented to the Commission (except in continuing or related litigation upon an issue such as res judicata, collateral estoppel, or law of the case). Said Opinions shall be listed by the Commission by case number, style, date, and disposition. The Clerk of the Commission will furnish, without charge, one typewritten copy of said opinions to every party in the case and their counsel.