

FIGHTERS

Fighter's Eligibility:

No physical disability.

Must be at least 5 years old with parental/guardian and trainer permission.

Minimum weight: 45 pounds.

Must be free of drugs or stimulants, either before or after the fight. Any user will be disqualified and eliminated from competitions for a minimum of 6 months.

Fighter's Pre-fight Requirements:

Must read all rules prior to weigh-in.

Must attend Pre Fight Rules Meeting

All fighters must be examined and certified fit by a licensed doctor.

STRIKING & CLINCHING RULES

Punches:

All punches of boxing are allowed to the body and to the head. This would include the jab, cross,

hook, uppercut, overhand, and spinning back fist. Elbows are allowed below the collar.

Elbows:

Elbows are not permitted above the collar.

Elbows traveling at either 6 O'clock and 12 o'clock are not permitted.

Knees:

Knees are allowed to the body and legs (above the knee).

“Checking” the opponents kicking leg with a knee is allowed.

No knees directly to the knee are allowed, only above the knee.

You CANNOT pull the head down into a knee strike.

A knee strike to the head of an opponent ducking is at the fault of the competitor ducking into the

knee and no points will be deducted.

Kicks:

All types of kicks are allowed to the head and body.

The bottom, top, side, and instep (except in the case of a leg sweep) of the foot are allowed for kicks to the head and body, except for kicks (i.e., sweeping kicks) to the leg or ankle. Round kicks are allowed to both the inside and outside of the legs, both above and below the knee. No kicks directly to the (front or side of) knee are allowed. Sweeps (with the instep of the foot) are not allowed, while holding onto the opponent. The top of the foot and shin are allowed for round

kicks to ankle.

Clinching:

All strikes in a clinch (i.e., punches, knees, and kicks) defined under the Striking and Clinching Rules are allowed. The head may not be pulled down passed the hip to apply a knee strike.

Throws with one step (e.g., dump or spin) using the arm, and knees from the clinch are allowed.

A fighter can spin or pull with arms from the clinch to throw. Throws using the legs (without the hip) from the clinch are allowed only if the leg clears immediately after the opponent is pulled or

spun. In other words, a fighter may spin or pull and opponent over the inside or outside of his leg, as long as the leg (i.e., foot) is raised off the ground and clears out of the way Over the hip throws, such as in Judo, Jujitsu, Karate, San Shou, etc. are not allowed. Lifting an opponent off the ground to throw is not allowed. Tripping or sweeping an opponent is not allowed. Intentionally falling on top of the opponent is not allowed.

FOULS AND STRIKES VIOLATING THE RULES

Biting, eye gouging, spitting, or head butting.

Wrestling, back or arm locks or any similar judo or wrestling hold.

Hip throws, lifting, sweeping with the instep of the foot, or tripping.

Throws using the hip or a planted foot or leg.

Deliberately falling on his opponent or stepping on his opponent.

Holding the ropes for any reason.

Swearing or the use of abusive language during the match.

Striking an opponent after the referee has ordered the match to stop for any reason.

Striking a fallen opponent. Note: A knock-down is considered when more than two body contacts

to the ring floor are made. In other words, any part of the body other than a fighter's two feet that

makes contact will be considered a "slip" or a "knock-down" by the referee.

Deliberately striking the groin area. A competitor who has been hit in the groin, may request a 5

minute break before continuing the match.

To be penalized by the deduction of 1 point for each time committed.

CLASSIFICATION OF WEIGHT DIVISIONS

Muay Thai Weight Classes for Men, Women and Youth

1. Mini Flyweight	105 lbs (47.727 kg.)
2. Junior Flyweight	108 lbs (48.988 kg.)
3. Flyweight	112 lbs (50.802 kg.)
4. Junior Bantamweight	115 lbs (52.163 kg.)
5. Bantamweight	118 lbs (53.524 kg.)
6. Junior Featherweight	122 lbs (55.338 kg.)
7. Featherweight	126 lbs (57.153 kg.)
8. Junior Lightweight	130 lbs (58.967 kg.)
9. Lightweight	135 lbs (61.235 kg.)
10. Junior Welterweight	140 lbs (63.503 kg.)
11. Welterweight	147 lbs (66.638 kg.)
12. Junior Middleweight	154 lbs (69.853 kg.)
13. Middleweight	160 lbs (71.575 kg.)
14. Super Middleweight	168 lbs (76.363 kg.)
15. Light Heavyweight	175 lbs (79.379 kg.)
16. Cruiserweight	190 lbs (86.183 kg.)
17. Heavyweight	190 lbs+ (86.183 kg.+)
18. Super Heavyweight	209 lbs+ (95 kg.+)

CLASSIFICATION OF FIGHTING CLASSES

CLASS A – Having seven or more fights; or 3 years and 6 months of training or more.

No headgear.

No shin guards. Ankle braces are allowed.

Elbow below neck line is permitted, but there is no 12 to 6 strike.

CLASS B – Having 2-6 fights; or 18 months up to 3 and half years of training.

Headgear mandatory for all competitors under the age of 16 years of age. Fighters and trainers over 16 years of age must agree.

Shin guards optional.

CLASS C – Having 0-1 fights; or 0 up to 18 months of training.

Headgear is mandatory.

Shin guards are mandatory.

YOUTH AGE CLASSIFICATION - Class C-Y. Juniors 5 to 17 years of age.

Class CY-1 5-6 years of age.

Class CY-2 7-9 years of age

Class CY-3 10-12 years of age

Class CY-4 13-15 years of age

Class CY-5 16-17 years of age

ROUNDS

Three rounds of elimination tournament style.

Adults are 1.5 minutes per round, one minute rest between rounds (if three fighters or more in the same Weight Division and Class Category). If it is only one fight elimination with the same weight and class division, it will be 2 minutes per round, three rounds, one minute rest between

bouts. Youth are 1 minute per round, one minute rest between rounds (if three fighters or more

in the same weight and class category). If it is only one fight elimination with the same weight and class division, it will be 1.5 minutes per round, three rounds, one minute rest between bouts.

Competitors will be given a minimum of 45 minutes between each elimination bracket of competition.

Before progressing from one bracket to another in the competition. Championship Bouts shall consist of 5 rounds each round being 2 minutes, one minute rest between rounds. Youth

Championship Bouts shall consist of 5 rounds each being 1 minute, one minute rest between rounds.

COMPETITION GLOVES

Only gloves certified by a person designated by the Arnold Sports Combatives - Muay Thai are allowed to be used in any match.

Boxing glove requirements:

Glove usage should correspond to the following weight divisions:

The weight of the leather shall not be more than 10 ounce glove weight, which should always be in good condition. The laces are to be tied at the back of the wrist band and secured with tape. The weight of the leather for the Youth Divisions from ages 5 years old to 12 years old shall be no more than 8 ounce glove weight. Gloves shall be in good condition with the laces tied to the back of the wrist band and secured with tape. To ensure compliance with the regulations, all gloves will be inspected by a person designated by the Arnold Sports Combatives - Muay Thai prior to the fight.

HEADGEAR AND SHIN/INSTEPS GUARDS

Only headgear and shin/insteps Guards certified by a person designated by the Arnold Sports Combatives – Muay Thai are allowed to be used in any match. Headgear and shin instep requirements Headgear which has Extra Check and Chin Protection are not permitted.

NO FOAM Headgear will be permitted as in use in Point Karate.

Headgear must be properly secured, and if the headgear comes off during bout more than once in a round a point will be deducted. Shin/instep Guards must be in good condition and properly secured to both the calf, ankle and foot. Shin/instep guards may not be made of any metal parts.

BANDAGES & HANDWRAPS

In all weight classes, the bandages on each contestant's hands shall be restricted to soft gauze type cloth not more than thirteen yards in length and two inches in width, held in place by not more than ten feet of surgeon's tape, one inch in width for each hand.

The bandages shall be evenly distributed across the hand.

Plastic or plaster types are strictly prohibited.

Adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand three times and extend to cover and protect the knuckles when the hand is clenched to make a fist. Bandages and tapes shall be placed on contestant's hands in the dressing room and must be inspected by the inspector, a person designated by the Arnold Sports Combatives – Muay Thai

Under no circumstances are gloves to be placed on the hands of a contestant until checked by the inspector, a person designated by the Arnold Sports Combatives - Muay Thai .

APPEARANCE AND ATTIRE

Only Muay Thai boxing shorts are to be worn. There will be No Boxing shorts, Grappling shorts, Gi's, or MMA attire.

Groin protectors must be worn underneath the shorts. Visible groin protectors are prohibited. The Mongkol (Thai head band) should be worn when performing the Wai Kru ritual (paying respect to one's teacher), prior to the match start. Amulets are only to be worn on the arm or waist and covered by material to avoid injury.

Single neoprene joint supporters or bandages/braces are allowed to be worn on the elbow, knee, or ankle to prevent sprains, however insertion of a shin guard, etc, is not allowed.

Decorations or jewelry and metal (e.g., metal braces/supports) are not allowed to be worn.
Body

grease, gels, balms or lotions may not be applied. Vaseline may be applied to the facial area at

ringside in the presence of an inspector, referee, or a person designated by the Arnold Sports Combatives – Muay Thai. Any contestant applying anything prior to this could be penalized a point

or disqualified. Any infringement to the dress code may result in the fighter's disqualification. In

the case of any problem with the boxing gloves themselves, the referee may temporarily halt the

match until they are corrected. A fighter may not wear any equipment that does not pass the

inspector, referee or a person designated by the Arnold Sports Combatives - Muay Thai approval.

WEIGH-IN

The fighter shall be weighed without clothes, no later than 3 hours prior to the match.

If the fighter is overweight at the time of the weigh-in, he may reweigh again.

Prior to the weigh-in, all fighters must be examined and certified fit by a licensed doctor.

WAI KRU

Prior to the start of the first round, both fighters may perform the Wai Kru (paying respect to the

teacher), accompanied by the appropriate Thai traditional music (provided by the fighter).

SECONDS

No person other than the contestants and referee shall enter the ring, during a bout.

The referee may, in their discretion, stop a contest if an unauthorized person enters the ring,

during a round. Two seconds are allowed to attend the fighter. There may be no loud yelling or

profanity from anyone working the corner. Any violation of the rules by the seconds or the fighter

may result in the boxer's disqualification. During the match, the seconds must stay in the designated area. Prior to the start of each round they will remove all towels, water bottles, etc out of the ring area. During the round break, the seconds will ensure that their boxer is properly attired. In case of any problem they shall inform the referee immediately. A fighter getting knocked out of a ring and onto the floor must get back into the ring within twenty seconds without assistance from anyone working their corner.

The seconds shall ensure that the ring floor is kept dry to prevent any slipping. The seconds must wear a proper shirt that bears his camp or gym's logo or emblem. The seconds are forbidden to direct bad or insulting language at the fighter or injure him either during or after the fight. In a championship match, 3 seconds are allowed but only 2 are allowed in the ring at any one time during the round break.

JUDGES AND REFEREES

All Officials shall be in the attire required by the ARNOLD SPORTS COMBATIVES - MUAY THAI .

Each match will consist of three judges and one referee. The prime duty of the referee is to ensure the safety of the fighters to the maximum degree. The referee shall ensure the following:

Fairness in the application of the rules and regulations to all parties. No impoliteness in manner or speech either to the fighters or the audience.

Close supervision of the match.

Protection of a weaker fighter against serious injury.

Inspection of the boxing gloves and ankle socks

Ensure both fighters shake hands prior to the first and final rounds.

For a championship or title defense fight the referee must inform the fighters and their seconds of the rules and regulations governing the fight. This is to be done in the dressing room, prior to the fight itself.

Three verbal orders are recognized:

"STOP" when ordering the fighters to stop fighting.

"BREAK" when ordering the fighters to separate. When the fighters are ordered to "BREAK", both must step back one step before continuing to fight.

"FIGHT" when ordering the fighters to continue the match.

The referee shall use the correct signal to ensure a fighter understands any rule infringement.

At the match end, he will collect the score sheets from each of the three judges and indicate the

winner to the audience, by raising that fighter's hand.

Referee's Duties:

To stop the match immediately if he considers that one fighter is significantly more skilled or stronger than the other. To stop the match immediately when a fighter is in difficulties or is injured. To stop the match immediately if he considers that one or both fighters are faking or not trying

their best. To stop the match or warn the fighter for committing a foul or breaking the rules.

To check the eyes and communicate to the fighter who is given an 8-count. The fighter must communicate verbally to continue and bring his/her hands up before continuing.

To immediately disqualify a fighter who defiantly breaks the rules, injures or shows any aggression to the referee.

To disqualify both the fighter and his seconds if his seconds deliberately break the rules or do

not follow his directions.

To disqualify any fighter who intentionally or accidentally causes a foul.

To stop the match if he considers that a fighter having received a count is unable to effectively continue the match. To disallow any advantage to a fighter who intentionally fouls in any way.

Rule Infringement Warnings: Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the fighter's understanding and then indicate the offending fighter to the judges.

Any fighter, who is so indicated or warned 2 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

Count Procedure For A Boxer Falling Out of The Ring: If a fighter falls through the ring ropes, the referee shall order his opponent to stand in the other corner and if the fighter remains outside the ropes, the referee shall start to count. (A count to 10).

If a fighter falls out of the ring, the referee shall count to 20 (20 seconds). When a fall-out takes place, the referee will start counting, however if the fighter returns to the ring before the count ends, he will not be penalized. If anyone prevents the fallen fighter from returning to the ring, the

referee shall warn such person or stop the fight if he continues his action. If both fighters fall out

of the ring, the referee shall start counting. If one fighter tries to prevent his opponent from returning to the ring before the count ends, he will be warned or disqualified. If both fighters fall

out of the ring, the referee shall start counting, the one that returns to the ring before the count

ends, will be considered the winner. If neither fighter can, the result will be considered a draw.

TIME KEEPER AND ANNOUNCER

Seating for the timekeeper and announcer will be located next to the ring.

The timekeeper must keep precisely, the timing of each round and the breaks, following the referee's instructions to start or stop. The following procedures are to be used:

A 10 seconds warning is to be given prior to the start of each round, to enable the seconds to clear the ring.

A bell is used to signal the start and end of each round. To deduct the break time as per the referee's instructions. Ensure all timings are correct by using both a watch and stop clock.

In the case of a fighter receiving the count during rounds 1-4 and the round time ends (3 minutes), the bell should be rung immediately after the referee finishes the count and orders the

fighters to continue. In the final round, the bell should be rung immediately when the round timing passes 3 minutes, even if the referee is still counting.

TYPES OF BOUT RESULTS

A Knock-Out (K.O.) is awarded when the opponent is knocked down and unable to continue within the 10 second count.

A Technical Knock-Out (T.K.O.) is awarded:

Referee stops bout because contestant can no longer defend themselves; or

Ringside physician advises referee to stop bout; or

When an injury as a result of a legal maneuver is severe enough to terminate the bout.

When a fighter cannot continue the match after the break.

On the doctor's recommendation, when the referee is unsure whether a fighter can continue the

match due to injury or being seriously weakened.

Both fighter are seriously injured and cannot continue the match; if less than three rounds: a draw is declared; if three rounds have been reached, individual score decides.

Receiving a count three times in the same round and unable to continue the match.

Decision via scorecards:

Unanimous: when all three judges score the bout for the same contestant. Split decision: when two judges score the bout for one contestant and one judge scores for the opponent.

Majority decision: when two judges score the bout for the same contestant and one judge scores

the bout a draw.

Draws:

Unanimous: when all three judges score the bout a draw;

Majority: when two judges score the bout a draw;

Split when all three judges score it differently and the score total results in a draw.

Disqualification: when an injury sustained during competition as a result of an intentional foul severe enough to terminate the contestant.

Forfeit: when a contestant fails to begin competition or prematurely ends the contest for reasons

other than injury or the corner indicates a forfeit.

Technical draw:

When an injury sustained during competition is a result of an intentional foul, which causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of the stoppage. When an injury sustained during competition is result of

an unintentional foul, which causes the injured contestant to be unable to continue and the sufficient number of rounds have been completed with the results of the scorecards being a draw. Technical decision: when the bout is prematurely stopped due to an injury and a contestant is leading on the scorecards. No contest: when a contestant is stopped prematurely due to accidental injury, malfunction in equipment, and a sufficient number of rounds have not been completed to render a decision via the scorecards.

SCORING PRACTICE.

Method Of Scoring:

The maximum score for each round is 10 points, the loser scoring either 9, 8 or 7 and so on.

A drawn round will be scored as 10 points for both boxers.

The winner and loser in an indecisive round will score 10:9 respectively.

The winner and loser in a decisive round will score 10:8 respectively.

The winner and loser in an indecisive round with a single count will score 10:8 respectively.