



ADULT AMATEUR MUAY THAI RULES



abbreviated

- Bouts will be scheduled for a maximum of five (5), 2-minute rounds with one (1) minute rest period
- The referee and/or the ringside physician are the only individuals authorized to stop the contest.
- All bouts are evaluated and scored by three (3) judges using the 10-point-must system with the following prioritized criteria.
- Number of Knockdowns. 2. Cumulative effective Impact on the Opponent. 3. Number of Clean Scoring Strikes 4. Ring Control or Aggressiveness
- In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.
- The referee may issue a "Standing Eight (8) Count" which shall be scored identical to a knock-down.
- The Three (3) Knockdown Rule is in effect only where a fighter has been knocked down 3 times in the same round by strikes to the head
- A fighter who has been knocked down CANNOT be saved by the bell in any round, including the final round.
- Adult male contestants must not wear clothing or other attire on their upper bodies. Female contestants must wear approved short sleeved (above the elbow) form fitting tops or a sports bra. All fighters are required to wear a mouthpiece during any contest. All male fighters will wear an approved groin protector. All fighters will wear elbow/forearm pads for bouts where elbow strikes are approved. Adult novice fighters shall wear approved headgear and shin/instep pads. When either fighter weighs 154 lbs. or more, both fighters will wear approved 12 oz boxing gloves. When both fighters weigh less than 154 lbs. both fighters may wear approved 10 oz boxing gloves. All fighters shall be allowed to wear prajed (traditional Muay Thai arm bands)

Fouls (including but not limited to:

- Head butts, Groin Strikes, Biting, Thumbing, Spitting or Attacking to the Throat.
- Thrusting or Linear kicks directed at the knee joint
- Striking on a break or After the Bell
- Striking with an unpadded part of the hand, arm or elbow
- Pulling your opponent's head into an elbow strike
- Striking the back of the head or the spine
- Striking a downed fighter (a fighter is considered "down" whenever they have any part of their body other than the soles of their feet touching the canvas).
- Holding or using the ropes while striking or clinching.
- Failure to obey the referee's commands.
- Timidity: Repeatedly, intentionally avoiding engagement or contact with the opponent.
- Use of abusive language and/or gestures.
- Causing intentional delays in the action: For example, repeatedly spitting out the mouth piece, falling out of the ring to cause delay.
- Holding the opponent's leg without executing a legal strike or strikes (A fighter may grab the opponent's kicking leg and immediately begin striking; once they take a single step in any direction they must then release the leg)
- Foot sweeps and reaps, joint locks of any kind and judo style throws.
- Holding, which is defined as repeatedly grabbing, grasping or tying up an opponent in order to prevent the opponent from striking (rather than "clinching" which is to grab or grasp the opponent to attack with a legal technique or techniques)
- Striking with the knee to the opponent's head
- Hyperextending your opponent's back from the clinch
- Intentionally breaking posture while in the clinch (bending forward) in an effort to avoid your opponent's knee strikes

1. Permissible Strikes:

- A. All boxing strikes to permissible target areas.
- B. Spinning backhands/fists to permissible target areas
- C. Knee strikes to permissible target areas
- D. All kicking strikes to permissible targets above the belt line
- E. All kicking Strikes executed with the foot or shin directed to the legs (excluding linear or thrusting kicks directed to the knee joint.)

Permissible target areas:

- a) front and sides of the head (except for knee strikes);
- b) front and sides of the torso above the belt;
- c) entire leg above the ankle, except the knee joint by thrusting or linear kicks.