



2024 ADULT AMATEUR MUAY THAI RULES *abbreviated*



- Combatants must be 8 years of age to compete and need to get a physical by an MD or DO. 16 years and older must get blood work for Hepatitis B, Hepatitis C, and HIV, and a physical by an MD or Do. Female fighters 16 and over must take a pregnancy test prior to bout. Combatants 36 and over need an EKG with a clearance letter. Fighters over the age of 40 years old need either a MRI of the brain with a clearance letter from the physician or a note from the physician stating a reason as to why the MRI is not needed, necessary, or recommended.
- Bouts will be scheduled for a maximum of five (5), 2-minutes 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. 1. 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. **A Flash knockdown may be called at the referees discretion and will not be considered at knockdown.**
- 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):

- NO striking the back of the head

- NO striking the spine

- NO striking the groin

- NO sweeps w/ back or side of leg

- NO hip tosses/Judo throws

- NO picking up opponent & slamming onto canvas

- NO head-butts

- NO hammer fists

- NO plowing (If you catch a leg you can take one step then you must strike and release)

All of the above are considered fouls. If a referee determines a foul is intentional a point will be deducted. If the referee determines a foul is unintentional a warning will be given for the first instance. Subsequent fouls will receive point deductions. A downed opponent has up to 5 minutes to recover due to a foul (at referee discretion). **The Referee reserves the right to end a fight due to subsequent fouls if it is in the best interest of the fighter.**

LEGAL STRIKES:

- **Punching Strikes:** All Levels; All punches of boxing are allowed to the body and head. This is to include the jab, cross, hook, uppercut, overhand and spinning back fist. **NO punches are ever allowed to the back of the head!**
- **Elbows** to the body and head are allowed.
- **Knees** to the body and legs are allowed, **knees to the head are not allowed.**
- **Kicks** of all types are allowed to the body and head except **no direct attacks to the knees.**
- **Clinching** is allowed for all fighters. All strikes (as applicable above) can be used. **A fighter may NOT pull down the head (as knees to the head are not allowed).** The referee will allow fighters to work in the clinch to gain position. Excessive clinching without strikes will be broken up by the referee.
- **Throws** from the clinch range are allowed. These must be done with the arms, knees and legs to off balance an opponent and “dump” or “throw”. **Judo throws, hip tosses, take downs, or body slams are NOT allowed.** You may not pick up an opponent to body slam as seen in MMA. **No “tripping” is allowed.** A fighter may not intentionally fall on top of their opponent to cause injury. ALL sweeps must be done with the use of the front of the shin.