

WHAT IS MUAYTHAI

Muaythai is an ancient Thai martial art practiced since several hundreds of years in Thailand.

It is an unarmed combat sport which is most effective form of self defense art.

In Muaythai all the parts of the body are used for both self defense and offence purpose.

Practicing of Muaythai helps one to keep one's body and mind fit and healthy. It keeps one away from bad habits.

Muaythai practitioner can defend himself against any other martial art practitioners.

Today the sport of Muaythai is practiced in 150 countries of the world and millions of people all over the world practice this sport. The sport has been included in many countries Army training program.

In Muaythai 8 limbs are used in ring sport fighting and demonstration event.

Muaythai is practiced with empty hands in self defense

There are some other forms of Muaythai sport known as

- 1) **Muay Thai Amateur** :- which is played wearing fully protective guards
- 2) **Wai- Kru Competition**:- which is a demonstration sport with the opponent.
- 3) **Muay Boran**:- which is a demonstration sport with the partner, Team v/s Team.
- 4) **Aerobic Muaythai**:- which is individual and team demonstration form with music.
- 5) **Nata Muaythai**: - which is demonstration dance form with music.
- 6) **Krabi-Krbong** :-There is also Traditional Muaythai style of fighting along with the weapons which is known as Karbee karbong form . This type of Muaythai helps in controlling unruly mob and group.



Muaythai Amateur



Muay Boran



Wai-Kru

The sport of Muaythai is for every body. This sport can be practiced by people of walks of life, ages and fitness levels. Females especially love muaythai as it builds a firm body and helps get rid of aggression.



The five pillars of Muaythai sports are

1) EXCELLENCE:

Muay Thai Federation of India (MTFI) the National Governing body for Muaythai sport ensures that every one has a right to education and sport regardless of gender or social standing. It ensures that all Muaythai practitioners continue to practice excellence in all fields.

2) FAIR PLAY:

Muaythai practitioners prefer to fail in honor than to win in dishonestly. Fair play is demonstrated in the sport through the absence of doping and true victors hand is raised and sports integrity is maintained.

3) ABOUT HONOUR:

The sport of Muaythai honors opponent as much as our team mates. To show grace as much in defeat as we do in victory.

4) ABOUT RESPECT:

In the sport of Muaythai athletes display highest respect for one another whether one wins or loses. If there is no respect there no survival.

5) ABOUT TRADITION:

The essence of tradition of sport of Muaythai has been followed since 2000 years and is continued and not forgotten.



Muay Thai Social Importance

Is Muay Thai More Than Just a Sport? Unraveling the Social Importance of this Ancient Art.

Unlocking the Mysteries: The Profound Connection Between a Kru and Their Student.

There is a Sacred Bond Between Kru and the Student. Muay Thai goes beyond physical training; it delves into the sacred relationship between a Kru (Master) and their students.

It is not just about teaching fighting skills; it's about cultivating mental strength and self-belief and imparting invaluable life lessons.

The Secret Sauce: How Masters Infuse Dedication, Commitment, and Passion into Muay Thai.

This ancient martial art is a source of Passing on Traditions: Dedication, Commitment, and Passion. Masters play a crucial role in passing on traditions. Through Muay Thai, they instill dedication, commitment, and passion in their students, shaping skilled fighters and individuals with a profound sense of purpose.

Beyond the Ring: The Powerful Blessings Masters Bestow Upon Their Muay Thai Disciples.

Socially, this is a Blessing for safety, success, and skill. In the realm of Muay Thai, it's not just about physical prowess. Masters bless their students for safety, success, and skill enhancement. This ritual goes beyond the sport, reflecting a holistic approach to life.

Breaking Chains: How Muay Thai Acts as a Shield, Keeping Students Away from Bad Habits.

Muay Thai is a Shield Against Bad Habits that can create an idle society. Muay Thai serves as a shield, protecting its practitioners from the clutches of detrimental habits. By engaging in the sport, individuals build physical strength and develop a discipline that keeps them away from harmful behaviors.

Beyond Fighting: Unveiling the True Motive – From Student to Life Warrior in Muay Thai.

This martial art can convert someone from a Student to a Warrior of life, and that can be a true Motive

Contrary to popular belief, the goal of Muay Thai is not solely to create fighters; it is to mold individuals into warriors of life. The art imparts skills beyond the ring, fostering resilience, adaptability, and a warrior mentality.

In conclusion, Muay Thai's social importance extends far beyond the physical aspects of combat. It encompasses a sacred bond, the transmission of traditions, the power of blessings, the shield against bad habits, and, ultimately, the transformation of a student into a warrior ready to face life's challenges.



MUAY THAI AIMS & OBJECT

Can Muay Thai Transform Our Life and Nation? Unveiling the Aims and Impact of this Martial Art.

Beyond the Ring: Muay Thai's Secret to Personal and National Transformation.

Uncover the hidden facets of Muay Thai, transcending its reputation as a combat sport. Explore the significant impact it can have on individuals and society, offering personal empowerment and national pride.

Strike Back: How Muay Thai Unleashes the Warrior Within for Self-Defense and Fitness.

Embark on the journey to self-defense and physical fitness through Muay Thai. Explore its practical applications for real-life situations and its ability to shape bodies, enhance cardiovascular health, boost mental well-being, and unlock the full potential of individuals across all age groups, especially girls.

Breaking Chains: Muay Thai's Mission to Empower and Uplift - Especially for Women.

Discover how Muay Thai aims to empower and inspire individuals, particularly girls and women, breaking societal stereotypes and fostering social change. Unveil the sport's potential to build self-esteem, create inclusive communities, and challenge societal norms.

Rising Stars: Muay Thai's Role in Fostering Patriotism and Bringing International Glory.

Explore Muay Thai's influence on national pride, loyalty, and its ability to represent a nation's culture and identity. Understand how it serves as a platform for athletes to bring honor to their countries in national and international competitions.

Beyond the Mat: Embracing Muay Thai as a Transformative Way of Life.

Conclude the journey by understanding Muay Thai as more than just a sport - a way of life. Reflect on how this martial art has the potential to change lives, foster personal growth, and contribute positively to the collective identity of a nation.

Empowering Warriors: How Muay Thai Builds Strength, Agility, and Confidence Across All Ages.

Unleash the potential of Muay Thai to build strength, agility, and confidence in individuals of all age groups, with a particular focus on empowering girls. Explore how this martial art becomes a transformative force within society, shaping individuals into empowered warriors.

Golden Warriors: Muay Thai's Role in Training Youth to Bring Medals to Our Country.

Delve into Muay Thai's role as a sport, preparing the youth to bring glory and medals to their country in national and international events. Understand how the discipline, resilience, and excellence fostered in Muay Thai contribute to molding young athletes into champions on the global stage.

RULE I: THE RING

1.1. Requirements: In all competitions, the ring shall conform with the following requirements:

1.1.1 Size: The minimum size shall be 4.9m and the maximum size 6.10m inside the line of the ropes. In the National championships, the size of the ring shall be 6.10 x 6.10



Muaythai Ring



Muaythai Musician (sarama)

Meters inside the ropes. The ring shall not be less than 90 cm or more than 1.20 m above the ground.

1.1.2 Platform and Corner Pads: The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 85 cm outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the athletes. The corner pads/posts should be arranged in the following way:

Red – in the nearer left-side of the Jury's table

White – in the far left-side corner of the Jury table

Blue – in the far right-side of the Jury's table

White – in the near right corner of the Jury's table

1.1.3 Floor Covering: The floor shall be covered with felt, rubber or other suitable (Approved) material having the same quality of elasticity, not less than 1.5 cm. and not more than 2.00 cm thick over which canvas shall be stretched and secured in place. The felt, from the rubber or other approved material and canvas shall cover the entire platform.

1.1.4 Rope: There shall be 4 ropes with a thickness of a minimum of 3 cm and a maximum of 5 cm tightly drawn from the corner posts at 40 cm, 70 cm, 100 cm and 130 cm high respectively. The ropes shall be covered with a soft or smooth material. The rope shall be joined on each side, at equal intervals, by two pieces of closely textured canvas 3 to 4 cm wide. The pieces must not slide along the rope.

1.1.5 Steps: The ring shall be provided with 3 sets of steps – 1 set at each of the opposite corners for the use of contestants and one set in the neutral corner for use by the referees and doctors.

1.1.6 Plastic Bag: In the 2 neutral corners outside the ring, a small plastic bag shall be fixed in which the referee shall drop the cotton or tissue pads, used by him to stop bleeding.

1.2 Additional Rings: 2 or more rings may be used in important championships.

RULE II: GLOVES:-



- 2.1 Authorized Gloves: Athletes shall wear the gloves which the organizer of the competition Has placed at their disposal and which have been approved by the Executive Committee of MTFI. Athletes are not allowed to wear their own gloves.
- 2.2 Specification: The gloves shall weigh 10 ounces (284 grams) of which the leather portion Shall not weigh more than half of the total weight and the padding not less than half the total weight. The padding of the gloves shall not be displaced or broken. Only clean and serviceable gloves shall be used.
- 2.3 Procedures for control of MTFI Gloves: MTFI will continue to establish the specification for the manufacture of competitive boxing gloves for MTFI competition. Manufacturers desiring to obtain MTFI approval for their 10 oz. gloves must submit a sample for inspection by MTFI before receiving final approval by the Executive committee. After the final approval has been received, manufacturers will obtain from MTFI an official stamp or label which must be built into each glove manufactured for use in amateur competition. The MTFI organization responsible for each competition must use the MTFI approved gloves for that competition; MTFI approves for the MTFI National Championships, the Technical Committee for Country Championships and National Federations approve for all competitions under their control unless the responsible MTFI organization designates a specific manufacturer. The organizer may normally use whatever MTFI approved boxing gloves are most readily available. All athletes in any one bout must wear exactly the same gloves from the same manufacturer.
- 2.4 MTFI glove supervision: All gloves and bandages shall be fitted under the supervision of 1 or 2 knowledgeable officials appointed for that purpose who will see that all the rules Have been strictly adhered to. They will delegate security duties to ensure that all rules are observed until the athletes enter the ring.
- 2.5 When to remove MTFI gloves: The gloves shall be taken off immediately after the bout is over and before the decision is announced.

RULE III: BANDAGES

3.1 **Specifications:** A soft surgical bandaging not longer than 2.5 m with a width that does not exceed 5 cm or a “Velpeau” bandaging not longer than 2.5 m on each hand should be used - no other kind of bandage may be used. The use of any kind of tapes - rubber or adhesive plaster, as bandages, is strictly forbidden, but a single strap of achieve 7.5 cm long and 2.5 wide may be used at the upper wrists to secure the bandages.

3.2 **State and National Tournaments:** Bandages for use at Continental and State and National tournaments will be provided by the organizing committee.



RULE IV: DRESS CODE

4.1 **Authorized Dress:** Athletes shall be dressed in accordance with the following:

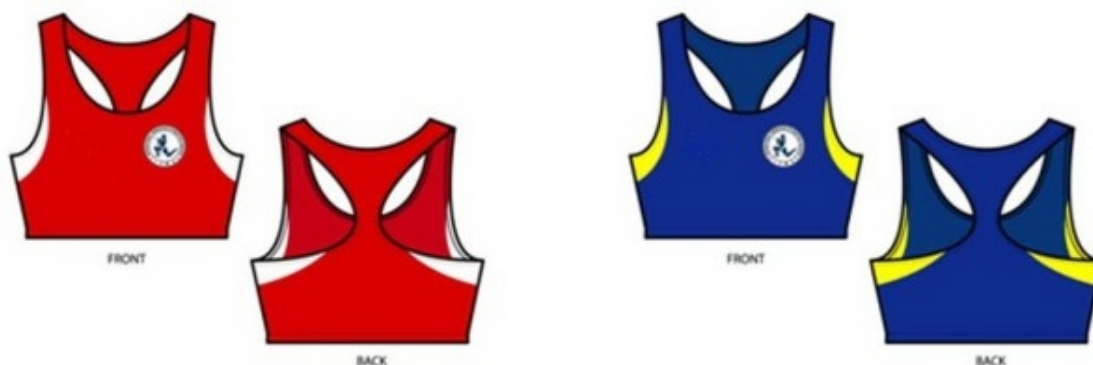
4.1.1 **Clothing:** The athlete must wear muaythai shorts - red or blue according to the corner with the wording “MUAYTHAI” on the front of the shorts only (see Fig.3).

Male athletes must put on a sleeveless shirt or singlet in red or blue according to the corner (see Fig.1). Female athletes must put on a cropped top (see Fig.2) or Singlet (see Fig.1) in red or blue according to the corner.

Fig.1



Fig .2



- 4.1.2 Mongkon & Prajiad:** Athletes must wear the sacred headband (Mong-Kon) for paying homage before entering the ring. A Krueng-Wrang (Prajiad/arm band) with an amulet or charm may be worn around the upper arm, biceps or waist but must be neatly covered. The Mongkon & Prajiad are an athletes personal belongings.



- 4.1.2 Gum shields:** Gum shields shall be worn by all athletes before they begin fighting. The gum shield should be form-fitted. Form-fitted gum shields must be made available by the organizing host state for any participant who does not have their own, against payment by the athlete concerned or athlete's state Association. It is forbidden for an athlete to intentionally remove their gum shield during the contest and if the athlete does so, the athlete shall be warned or disqualified. If an athlete has his gum shield knocked out, the referee shall take the athlete to the athletes corner – have the gum shield cleaned and returned to its proper position. While this is being done, the second is not allowed to talk to his/her athlete.



- 4.1.2 Groin protectors:** The use of the groin guard is mandatory. For male athletes, a metal groin protector shall be worn (see Fig.4), a jock strap (see Fig. 5) may be worn in **addition**. For female athletes, a female groin protector made from foam shall be worn (see Fig.6). To observe hygiene, all athletes both male and female must have their own groin protectors. Should the athletes' own groin protectors not pass official inspection before the bout, they may use one from the area where they receive the equipment.

Fig.4



Fig.5



Fig.6



4.1.5 Head-guard: The heard-guard is an individual and form fitted item of the athlete's equipment. Should the athlete's own head-guard not pass official inspection

before the bout, they may use one from the area they receive equipment provided by the organizing committee. The use of the head-guard is mandatory. It shall conform to MTFI specifications. Athletes must come into the ring without their head guard - only after having been presented to the audience and Wai Kru has been completed should they put it on. The head guard shall be taken off immediately after the bout is over and before the decision is announced.

Head guard



Shin guards and elbow guards: The use of shin guards and elbow guards is mandatory. This shall conform with MTFI specifications as it is the responsibility of the organizing committee to provide shin guards and elbow guards to the athletes.

Shin Guard



Elbow Guard



- 4.1.7 Body protector(Chest Guard):** The use of body protectors is mandatory for all Competitive and **Youth divisions**. It shall conform with MTFI specifications as it is the responsibility of the organizing committee to provide body protectors to the athlete. The body protector is a non-requirement for the **Elite division**.



- 4.1.7 Female Chest Protection:** The use of breast protection is mandatory for all female athletes. To observe hygiene, all female athletes must have their own breast protectors. Should the athlete's own breast protector not pass official inspection before the bout, they may use one from the area where they receive the equipment (See Fig.7 & 8)

Fig.7.1



Fig.7-2



4.1.9 Head and body cover: Head and body covers may be worn by athletes to comply with cultural understanding and shall consist of the following: An optional body suit (two piece, tights and top/body suit) of white colored material (one color only) allowing covering of the legs to the ankles and covering the arms to the wrists. A head covering such as a full sport hijab similar to the Report On design or an individual skull cap of white colored material), or an optional body suit (two piece) of a light color material Covering the legs and arms to the ankles and wrists, as well as a full sport hijab.

Only MTFI approved attire can be used to participate in the competitions. (see Fig 9)

Fig.9



4.2 Prohibited objects:

4.2.1 The use of grease, Vaseline, rubbing lineament or products likely to be harmful or objectionable to an opponent on the arms or any other part of the body is forbidden. A reasonable amount of Vaseline is permitted on the face only for the purpose of reducing the risk of cuts.

4.2.2 Athletes shall be clean-shaven: Beards and moustaches are not allowed.

4.3 Dress infraction: A referee shall exclude from the bout any athlete who is not wearing the head-guard, groin-guard, gum shield, shin guard, mong kon, elbow guard, breast protection if female and if obligatory body protector as well or whoever is not clean and properly dressed. In the event of the athletes' glove or dress becoming undone during the bout, the referee shall stop the contest to have it attended to.

RULE V: RING EQUIPMENT

5.1 Requirements: The following ring equipment shall be available:

- Two shallow trays.
- Four seats – two seats for seconds from the blue corner and two seats for seconds from the red corner. We do not use seats for athletes.
- Two plastic mugs to be used for drinking and mouth wash only, and where water is not piped directly to the ringside, two plastic spray bottles and two small plastic bottles for drinking. No other types of water bottles are permitted at ringside for use by the athletes or seconds.
- Table and chairs for officials.
- Gong (with striker) or bell.
- One (preferably two) stop watches.
- Pads of scoring paper conforming to the pattern drawn up by MTI No need for such papers if an electronic judging system is used.
- One microphone connected to the loud speaker system and another for back up.
- One stretcher.

RULE VI: MEDICAL EXAMINATION WEIGH-IN AND WEIGHT CLASSIFICATION FOR STATE/NATIONAL COMPETITIONS

6.1 Medical Examination:

6.1.1 In the time fixed for the weigh-in: A competitor must be passed as fit to

Compete by the doctor appointed by the organizing committee before being weighed in. To ensure a smooth running of the weigh-in, the organizing committee may decide to begin the medical examination at an earlier time.

6.1.2 At the medical examination and weigh-in, the athlete shall produce his/her national competition record book provided by MTFI



6.1.3 All athletes competing at all MTFI National level events must have a completed the MTFI Athlete's Medical Declaration form signed by their doctors prior to leaving their home State for an event. This form must be duly completed and submitted together with their boxer's book at weigh-in. All junior 16-17 and senior division athletes will also be required to submit laboratory test results for HIV, Hepatitis B and C. The laboratory test results must be no older than 6 months prior to competition date.

Failure to submit this form at weigh-in will result in the athlete not being permitted to Compete.

6.1.4 Female Fighters: Each female contestant, during the pre-fight physical, will be required to sign a Non Pregnancy declaration as part of the Medical Declaration Form.

6.2 : MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

The Athlete's age for competition shall be determined as at the first day of a competition's medical check and weigh-ins.

Age Category	Minimum Age	Maximum Age
Senior	17	40
U23	18	23
Youth 16-17	16	17
Youth 14-15	14	15
Youth 12-13	12	13
Youth 10-11	10	11

ROUNDS FOR MUAYTHAI COMPETITION.

Stopping of the contest for a Warning, Caution, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional round may be given.

Age Category	Round Time	# Round	Rest Time	
Senior	3 Minutes	3	1	
U23				
Youth 16-17	2 Minutes			
Youth 14-15				
Youth 12-13				1.5 Minutes
Youth 10-11				1 Minutes

WEIGHT CLASSIFICATION

Age	SENIOR				U23				YOUTH 16 - 17			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Weight (KG)		45	45	1	1	45	45	1			42	1
	1	48	48	2	2	48	48	2	1	45	45	2
	2	51	51	3	3	51	51	3	2	48	48	3
	3	54	54	4	4	54	54	4	3	51	51	4
	4	57	57	5	5	57	57	5	4	54	54	5
	5	60	60	6	6	60	60	6	5	57	57	6
	6	63.5	63.5	7	7	63.5	63.5	7	6	60	60	7
	7	67	67	8	8	67	67	8	7	63.5	63.5	8
	8	71	71	9	9	71	71	9	8	67	67	9
	9	75	75	10	10	75	75	10	9	71	71	10
			(+) 75	11			(+) 75	11	10	75	75	11
	10	81			11	81					(+) 75	12
	11	86			12	86			11	81		
	12	91			13	91			12	86		
13	(+) 91			14	(+) 91			13	91			
								14	(+) 91			

Age	YOUTH 14 - 15				YOUTH 12 - 13				YOUTH 10 - 11			
	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Weight (KG)			36	1	1	32	32	1	1	30	30	1
	1	38	38	2	2	34	34	2	2	32	32	2
	2	40	40	3	3	36	36	3	3	34	34	3
	3	42	42	4	4	38	38	4	4	36	36	4
	4	45	45	5	5	40	40	5	5	38	38	5
	5	48	48	6	6	42	42	6	6	40	40	6
	6	51	51	7	7	44	44	7	7	42	42	7
	7	54	54	8	8	46	46	8	8	44	44	8
	8	57	57	9	9	48	48	9	9	46	46	9
	9	60	60	10	10	50	50	10	10	48	48	10
	10	63.5	63.5	11	11	52	52	11	11	50	50	11
	11	67	67	12	12	54	54	12	12	52	52	12
	12	71	71	13	13	56	56	13	13	54	54	13
			(+) 71	14	14	58	58	14	14	56	56	14
	13	75			15	60	60	15	15	58	58	15
	14	81			16	63.5	63.5	16	16	60	60	16
	15	(+) 81					(+) 63.5	17			(+) 60	17
					17	67			17	63.5		
					18	71			18	67		
				19	(+) 71			19	(+) 67			

**In order to have a medal ceremony there must be at least 3 athletes in the division.



6.3 Weigh in

National Championships, Federation Cup and Pro-Am National Championships. The following shall be the regulations regarding the weigh-in:

- The contestants in all weight divisions shall be required to be ready to weigh in on the first morning of the competition or day before the first competition day as specified by MTFI or the Continental Bureau on the competition schedule at an hour appointed between 8 am and 10 am. On the following competition days only those who are drawn to box shall appear at the same time between 8 to 9 am. It shall be in the power of the
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- Organizing Committee or other MTFI authorized delegates to relax this condition slightly if unavoidable delays occur. Competition shall not commence earlier than three clear hours after the time appointed for the close of the weigh-in or such shorter time as the Organizing Committee or other MTFI authorized delegates after consulting the Medical Commission shall decide is suitable and not liable to be detrimental to an athlete taking part in the early bouts of the forthcoming boxing session.
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- Delegates authorized by MTFI shall supervise the weigh-in. A delegate of the State Association of each contestant may be present at the weigh-in but may not in any way interfere. The weight registered at the official weigh-in on the first day decides the weight class of the athlete for the whole of the competition but he/she will still be required to weigh-in each day on which he/she is due to box to ensure that his/her actual weight on that day



Does not exceed the maximum of his weight class. A contestant may only box in the Weight for which he/she has qualified at the official weigh-in.

- A competitor will be allowed to present himself/herself at the official scales only once at the weigh-in each day. The weight recorded on that presentation is final. On the first day, it is permissible, however, for the National Team-manager of a competitor who has failed to make the weight at the original weigh-in to enter him/her there upon for the higher or lower weight for which he/she is qualified. But only if this State has a free place at that weight and the weigh-in is not yet closed.
- National Federation to substitute one athlete for another at any time up to the close of the first weigh-in and the medical examination, provided that in any competition where Reserves are permitted, the substituted athlete has been entered as a reserve for the weight or any other weight.
- The weight is the one shown by the attested scale. The male athlete being in light underwear only and female athlete in light underwear and a bra top. The weight shall be in the metric scale. Electronic scales are recommended.

RULE VII: THE DRAW AND BYES

7.1 The Draw: The draw shall take place after the medical examination and weigh-in. The draw must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall box twice in the competition before all other competitors have boxed at least once. In special situations, the Executive committee of MTFI has the right to depart from this rule. The draw shall proceed first for the athletes to box in the first series and then for the byes. However, no athlete may be awarded a World or Continental Championship Medal without having boxed.

7.2 Byes: In competitions where there are more than four competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series to 4, 8, 16 or 32. Competitors drawing a bye in the first series shall be the first to box in the second series. If there are an odd number of byes, the athlete who draws the last bye Will compete in the second series against the winner of the first bout in the first series.

Where the number of byes is even, the athlete drawing byes shall box the first bouts in the second series in the order in which they are drawn. No medal shall be awarded to an athlete who has not boxed at least once

7.3 Order of the program: In the National Championships and State Championships, the order of the program should be arranged so far as practicable in the order of weights so that in each series the lightest weights will be run off first and thence in order of weights up to the heaviest in arranging the daily programs, the wishes of the hosts may be accommodated as long as this does not call into question the results of the draw.

7.4 Bouts per Competition Day: An athlete is only permitted to compete in a maximum of one (1) bout per day. In special circumstances, MTFI or the Technical Committee has the authority to allow an athlete to compete in more than one (1) bout per day.

RULE VIII: WAI KRU AND ROUNDS

8.1 Wai Kru: Before the first round, every athlete must perform the traditional muaythai ritual of homage “Wai Kru” according to the customs of muaythai. Not less than 1 Minute It is not permitted to perform any other form of martial art ritual that is not a conventional part of the art of muaythai. The athletes must at a minimum complete the basic fundamental elements of Wai Kru. The traditional muaythai musical instruments: java pipe, small cymbals and two drums will accompany the ritual. If a live band is not available, it is permissible to use muaythai music played from a DVD or any other electronic source.

8.2 Rounds: National and State Championships, Federation Cup or Tournaments there shall be:



- **Elite Athletes:**

For Elite Athletes, it will be 3 rounds of 3 minutes each for both male and female competitors. A full 1 minute of rest shall be given between the rounds.

- **Competitive Athletes:**

For Competitive Athletes, it will be 3 rounds of 3 minutes each for both male and female competitors. A full 1 minute of rest shall be given between the rounds.

- **Youths:**

For junior 14-15 & junior 16-17 it will be 3 rounds of 2 minutes each. A full 1 minute of rest shall be given between the rounds.

For junior 12-13 it will be 3 rounds of 1 minute and 30 seconds each. A full 1 minute of rest shall be given between the rounds.

For junior 10-11 it will be 3 rounds of 1 minute each. A full 1 minute of rest shall be given between the rounds.

Stopping of the contest for warnings, cautions, counting, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional round may be given.

RULE IX: THE SECOND

9.1 Rules: Each competitor is entitled to 2 seconds who shall be governed by the following rules:

9.1.1 Only the two seconds shall mount the apron of the ring and only one may enter the ring.

9.1.2 During the boxing, none of the seconds shall remain on the platform of the ring.

Before a round begins, they shall remove from the platform of the ring, seats, towels, buckets, etc.

9.1.3 The second, while officiating in the corner, shall be in possession of a towel for the athlete. A second may give up for a competitor, and may, when he considers his athlete to be in difficulties, throw the towel into the ring - except when the referee is in the course of counting.



9.1.4 The chairman of the R/J commission at each tournament shall arrange a joint meeting of the R/J's and the seconds who are going to work in each tournament and emphasize that MTFI and International Body rules will be followed. A second whom is in violation of the rules will be disqualified and/or may cause the athlete to be warned or disqualified.

9.1.5 No bad advice, bad assistance or bad encouragement shall be given to an athlete by a second during the progress of the rounds. If a second violates the rules, he/she may be warned or disqualified. His/her athlete may also be cautioned, warned or disqualified by the referee for offences committed by his/her seconds.

Any second or official encouraging or inciting spectators by words or signs to advise or encourage an athlete during the progress of a round shall not be permitted to continue to act as a second at the tournament where the offense is committed. If a second is removed by the referee from the corner, he/she shall not officiate any more in that session of the competition. Once such an official is removed from the corner by the referee, he/she shall leave the boxing hall for the remainder of the session. If this happens during a tournament he/she is removed as a second for that tournament.

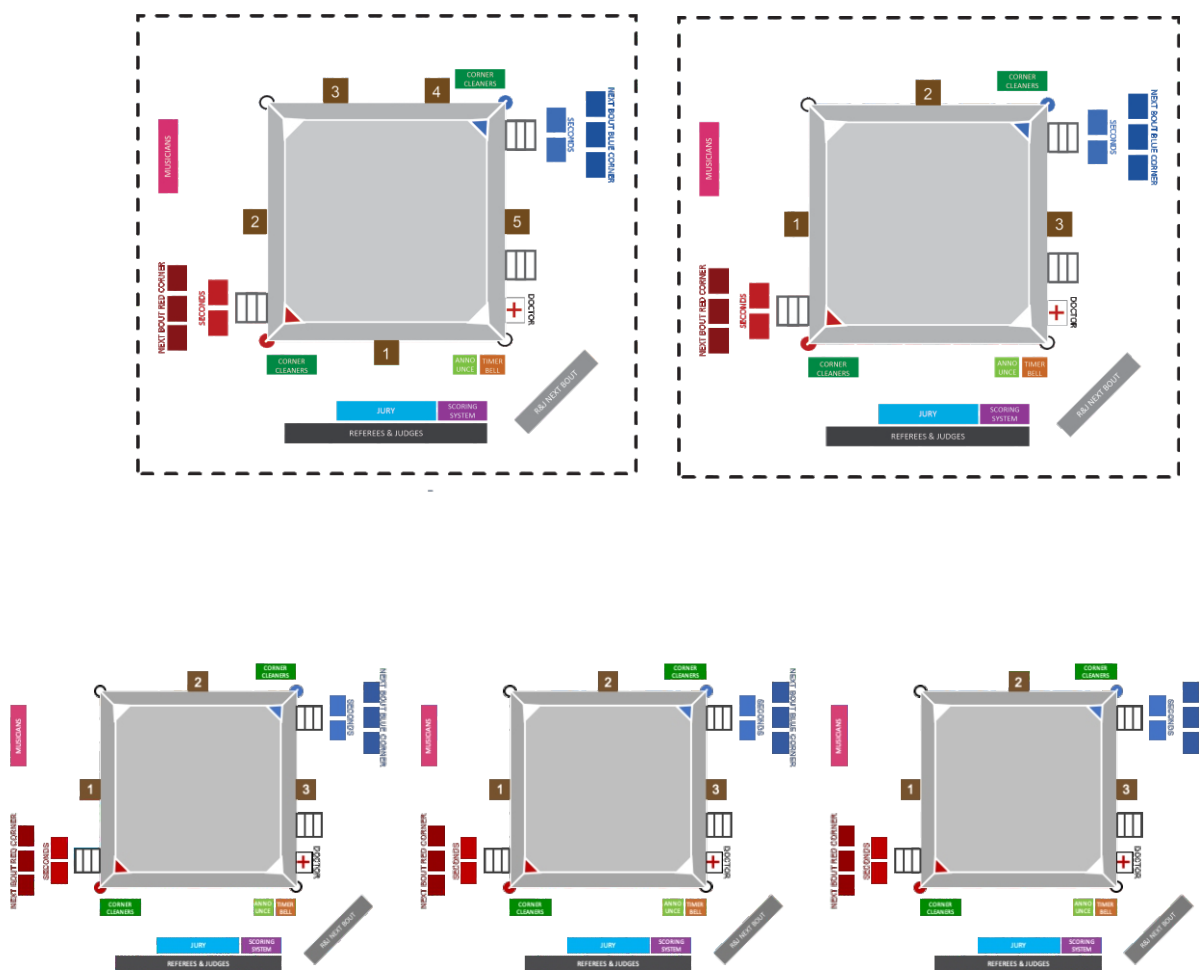
9.2 Seconds Attire: No shorts, jeans, leather jackets, hats (caps), open-toed shoes, vests or other inappropriate clothing is Not allowed. The tracksuit of the State/National Association is recommended.

RULE X: REFEREES AND JUDGES

10.1 Referee: In the National Championships, Federation Cup, Country Championships and other National tournaments each contest shall be controlled by an MTFI or Technical Committee approved referee who shall officiate in the ring but shall not mark a scoring paper

10.2 Judges: Each contest shall be marked by five MTFI judges who shall be seated separately from the public and immediately adjacent to the ring. Two of the judges shall be seated on the same side of the ring at a sufficient distance from one another, and each of the other three judges shall be seated at the center of one of the other three sides of the ring. When the number of officials available is insufficient, 3 judges instead of 5 may be used, but this shall not apply to the Federation Cup competition, National Championships or Country Championships (see Fig.9).

Fig.9



10.3 Neutrality by MTFI : To ensure neutrality, the names of the referee and the judges for each contest shall be selected by the Panel of Jury in accordance with the following directives:

- 10.3.1 That each such official shall be an approved referee/judge.
- 10.3.2 That each such official shall be of different State and association from each other and from each of the athletes taking part in the contest.
- 10.3.3 That in the event of a change of State of any official, such official shall not officiate in any contest in which an athlete of his original State is taking part or a referee or judge of that State is acting.



- 10.3.4 In no case shall more than 2 officials in one and the same contest come from the same continent.
- 10.3.5 The referees and judges for the finals shall be approved by the Panel of Jury as a whole as being MTFI authorized persons.
- 10.3.6 In the event of it being impossible for the Panel of Jury to apply the above directives in a particular case they shall resolve the difficulty by ensuring as far as it may be possible the neutrality and impartiality of the officials appointed, and shall report the matter as soon as convenient to the Executive Committee of MTFI or Technical Committee.
- 10.3.7 In the event of it being found impossible by the Panel of Jury in any case to comply with the above directives, the name or names of an official or officials may be drawn by lot by the chairman of the Panel of Jury, or someone acting on his/her behalf, for the contest in question.
- 10.4 Conflict of interest:** Persons acting as referees or judges in any contest or tournament shall not at any time during the same contest or series of contests act as team manager, trainer or second to any athlete or team of athletes taking part in such a contest or series of contests or so act in a contest in which a competitor of their nationality is taking part.
- 10.5 Disciplinary Action:** The Executive Committee of MTFI , Technical Committee, or its duly Authorized representative may, upon the recommendation of the Panel of Jury, dispense (temporarily or permanently), with the services of any referee who, in its Opinion, does not efficiently enforce the rules of MTFI, or any judge whose marking or scoring of contests it considers not to be satisfactory.
- 10.6 Replacing the referee during the bout:** If a referee is incapacitated in the course of a bout, the timekeeper shall strike the gong to stop the bout and the next available neutral referee on the MTFI National list shall be instructed to control the bout and order boxing to be resumed.
- 10.7 Obligation of attendance:** The association of which an National referee/judge selected by the Executive Committee is a member shall be under obligation to send him/her to the National Championships and Cups, or Country Championships and Cups to carry out the duties for which he/she has been selected unless such person for adequate reasons personally refuses such invitation. In Nations where the responsibility of financing their teams or similar tournaments are handled by another organization, that organization will be responsible to transport and maintain officials selected to the tournaments under their responsibility.

MUAYTHAI REFEREE HAND SIGNAL

			
MOVE	OPEN JAW	CLOSE	SHAKE HAND
			
YAAK (AWAY)	CHOK (FIGHT)	YOOTH (STOP)	TIME STOP
			
TIME OPEN	COUNTING	SURRENDER	DON'T HOLD ROPE
			
DON'T THROW BY CROSS LEG	DON'T HOLD NECK	CAN'T BEAT ON FLOOR	FOUL
			
CALL DOCTOR	WIN	OATH BY REFEREE AND JUDGE	

RULE XI : Match Committee

A. Committee Member' Qualification.

1. No physical disability and at least 25 years old.
2. Hold a medical certificate endorsed by the MTFI
3. Hold proper certification as their work experience, health, age and occupation.
4. Certified by the MTFI as properly qualified.

B. Referee's Qualification.

1. All referees must be trained and tested by the appropriate committee of the MTFI and be certified and registered as a referee.
2. Not over 60 years of age unless an extension is approved by the committee.
3. Must resign immediately on the order of the committee or when unable to perform his duties.

RULE XII : TECHNICAL DIRECTOR/ CHAIRMAN DUTIES

- 12.1. To appoint the referee and judges for each match and promotion.
- 12.2. To monitor and improve the standards of the referee and judges and ensuring conformity to the rules and standard practice.
- 12.3. To verify that the referee and judges perform their duties and responsibilities.
- 12.4. To solve any prior problem regarding the promotion, reporting the result to the committee.
- 12.5. Make the decision to the referee and the judges.
- 12.6. To verify the score sheet to ensure that :
 - The score has been tallied correctly. – The name of the fighters are correct.
 - The correct winner has been named. – To authenticate the score sheet and inspect the score.
- 12.7. To make any decision in case that the referee or judges could not continue.
- 12.8. To report to the MTFI the name of any boxer who violate s the rules or shows poor performance.

RULE XIII : NATIONAL LIST OF REFEREES AND JUDGES

- 13.9 **National Referees and Judges:** The title of “National Referee/Judge” shall be the highest title for a referee/judge of amateur muaythai. A person admitted to the National list shall be given a diploma of “National Muaythai Referee and/or Judge”. He/she shall also be given a badge of MTFI corresponding to his/her title and an identity card.
- 13.10 Rules and regulations for qualifying as an National muaythai referee/judge are stipulated by the MTFI Executive Committee.
- 13.11 **Honorary Referee and/or Judge:** The Executive Committee may award for life, the title of “Honorary Referee and/or Judge of Amateur Muaythai” to National officials who Have retired, and have displayed the requisite qualifications in a highly satisfactory manner.

RULE XIV: THE JURY AND TECHNICAL OFFICIALS

- 14.1 **Appointment:** During the National Championships or Federation Cup, the Executive Committee of MTFI shall appoint a Jury. During the National Championship, the Jury shall be appointed by the Executive Committee of National Association, or in case there is not a State Association, by the Technical Committee concerned. At each boxing session the Jury shall consist of not less than 3 persons, including the chairman. Three of them shall either be members of the Commission of Refereeing and Judging or used to be in the National list of R/J. No other member of the Jury shall sit at the Jury table during that session.
- 14.2 **Duties:** Wherever the electronic judging system is not used, each acting member of the Jury shall record his score of each bout witnessed by him and these scores shall be available for comparison with those of the Judges functioning in those bouts.
- 14.2.1 The Jury shall check the scoring papers of the 5 or 3 judges to ensure that: (a) the points are correctly totaled
(b) The names of the athletes are correctly entered (c) a winner is nominated
(d) The scoring papers are signed before the decision is announced
- 14.2.2 The chairman of the Jury shall then inform the announcer the name of the athlete awarded the majority of points from the 5 or 3 score sheets.
- 14.2.3 The Jury members at each session will meet on the following morning to consider the officiating done by the referee & judges on the previous day and will make recommendations to the Executive Committee with regard to any referee or judge whom they consider not to have performed at the required standard on the preceding day. Any referee or judge that performed official duties on the preceding day is required to be available for interview by the Jury.



- 14.2.4 The Jury members shall inform the Executive Committee of MTFI in writing, about any referee or judge whom in their opinion does not effectively enforce the rules and regulations of MTFI and judge whose scoring of contest they consider unsatisfactory.
- 14.2.5 The Jury members shall submit to the Executive Committee of MTFI, the State Association, or in case there is no State Association, the Technical Committee concerned, any amendment to the panel of referees and judges that they consider necessary.
- 14.2.6 The Jury members shall bring to the notice of the Executive Committee any referee or judge of the National Panel who, having been nominated to act as such by his association and who, being present at, National Championships or Continental Championships, fails to be available for such duties without previously notifying the MTFI General Secretary of his absence and giving adequate reasons.
- 14.2.7 If an official appointed for a contest is absent, the Jury may appoint from the roll of approved officials a suitable member to replace the absent member, reporting this change to the Executive Committee or Technical Committee concerned as soon as it may be possible.
- 14.2.8 If circumstances should arise which would prevent the holding of a contest under proper conditions and if a referee should take no efficient action concerning the situation, the Jury may order the competition to cease until it may be satisfactorily resumed.
- 14.2.9 The Jury, may also take any immediate action they consider necessary to deal with circumstances which would prevent proper conduct of a competition at any session.
- 14.2.10 The acting Jury will consult the commission of refereeing and judging with regards to any decisions or recommendations they may be required to take.
- 14.2.11 Should an athlete commit a serious and deliberate offense that is contrary to the spirit of sportsmanship, the Jury has the right to recommend the Executive Committee to declare him/her ineligible for competition for a specific period of time. The Executive Committee or Technical Committee may deprive him/her of a medal or prize already won in that competition.

14.2.12 Overruling the Referee and/or Judges: Decisions of a referee and/or judge may be overruled by the Jury in the following ways;

(a) When the referee has given a decision which is clear and against the Articles and Rules of MTFI (when considering such an incident, the Jury may use a videotape recorder or any other electronic piece of equipment/recording device etc.

(b) When it is obvious that the judges have made a mistake on their score sheets which results in a wrong verdict.

14.3 Protests: A protest can be lodged by the manager of a team within thirty (30) minutes after the decision has been announced. As for the final, the protest must be lodged within five (5) minutes. After the decision is announced, the protest shall be made in writing and handed to the Chairman of the Jury, along with a protest fee of 5000 RS. If the Jury agrees to review, necessary action may be taken on the matter. If the protest is upheld, the money will be refunded with a deduction of 1000 RS for administration. If the decision is upheld, the protest fee will not be refunded and will remain with MTFI or the Technical Committee.

14.4 Conflict of Interest: Members of the Jury officiating at the National Championships,

Federation Cup Competitions and Country Championships shall not officiate as referees and judges at those Games or Championships.

14.5 Neutrality: The members of the Jury at National tournaments shall come from different States.

RULE XV: THE REFEREE

15.1 Primary concern: The care of the athlete is the primary concern of the referee.

15.2 Duties: The referee shall officiate in the ring. He/she shall be dressed in dark blue or

black trousers, light blue shirt and light shoes or boots without raised heels, bow tie (black or dark blue) shall be worn, but in tropical climates it may be dispensed with if the Chairman of Jury or Chairman of R/J commission agrees. The Referee may use surgical gloves when officiating. The referee shall:

13.2.1 See that the rules and fair play are strictly observed

13.2.2 Maintain control of the contest at all its stages.

13.2.3 Prevent a weak athlete from receiving undue and unnecessary punishment.

13.2.4 Check the gloves and dress.

15.2.5 Shall use 3 words of command:

- **“Chok” (“Box”)** when ordering them to continue.
- **“Yoot” (“Stop”)** when ordering the athletes to stop fighting.
- **“Yaek” (“Break”)** when breaking a clinch, upon which command each athlete shall step back before continuing fighting.

15.2.6 The referee shall indicate to an athlete by suitable explanatory signs of gestures any infringement of the rules.

15.2.7 At the end of a contest collect and check the papers of the 5 or 3 Judges where applicable; after checking the referee shall hand these papers to the Chairman of the Jury, or on occasions when there is no Jury, to the announcer.

15.2.8 The referee shall not indicate the winner, by raising an athlete's hand or otherwise, until the announcement has been made. When the winner of the bout is announced, the referee shall raise the hand of the winning athlete.

15.2.9 When the referee has disqualified an athlete or stopped the bout, he/she shall first inform the Chairman of the Jury which athlete has been disqualified or the reason for which he has stopped the bout, to enable the Chairman to instruct the announcer to make the decision correctly known to the public.

15.3 Powers of the Referee. The Referee is empowered:

15.3.1 To terminate a contest at any stage if he/she considers it too one-sided.

15.3.2 To terminate a contest at any stage if one of the athletes has received an injury on account of which the referee decides he/she should not continue.

15.3.3 To terminate a contest at any stage if he/she considers the contestants are not in earnest. In such case he may disqualify one or both contestants.

15.3.4 To caution an athlete or to stop the fight during a contest and administer a warning to an athlete against fouls or for any other reason in the interests of fair play, or to ensure compliance with the rules.

15.3.5 To disqualify an athlete who fails to comply immediately with his orders, or behaves towards him in an offensive or aggressive manner at any time.

- 15.3.6 To disqualify a second who has infringed the rules and the athlete himself/herself if the second does not comply with the referee's orders.
- 15.3.7 With or without previous warning, to disqualify a contestant for committing a serious foul.
- 15.3.8 In the event of a knock-down, to suspend a count, if an athlete deliberately fails to retire to a neutral corner or delays to do so.
- 15.3.9 To interpret the rules insofar as they are applicable or relevant to the actual contest to decide and take action on any circumstance of the contest which is not covered by a rule.
- 15.4 Warning:** If an athlete infringes the rules but does not merit disqualification for such infringement, the referee shall stop the contest and shall issue a warning to the offender. As a preliminary to a warning, the referee shall order the athletes to stop. The warning shall be clearly given and in such a way that the athlete understands the reason and the purpose of the warning. The referee shall signal with his hand to each of the judges that a special warning has been given and shall clearly indicate to them the athlete whom he has warned. After giving the warning, the referee shall order the athletes to "CHOK". If an athlete is given 3 warnings in a contest, he/she shall be disqualified.
- 15.5 Cautions:** A referee may caution an athlete. A caution is in the nature of advice or admonition given by the referee to an athlete to check or prevent undesirable practices of the less serious infringements of the rules. To do so, the referee will not necessarily stop the contest but may avail of a suitable safe opportunity during a round to admonish an athlete for an infringement of the rules.
- 15.6 Medical Considerations:** A referee, before officiating in any National tournament conducted under these rules shall undergo a medical examination as to his/her physical fitness for carrying out these duties in the ring. His/her vision shall be at least 6 diopters in each eye. The wearing of spectacles by a referee during the progress of a bout is not permitted, but contact lenses are allowed.
- It will be compulsory for the referee to take part in a meeting before each Championship, arranged by the Medical Jury.



RULE XVI: JUDGES

16.1 Dress: The judges shall be dressed the same as the referee. Appropriate jackets may be worn when authorized. Eye glasses can be used if required.

16.2 Duties

16.2.1 Each judge shall independently judge the merits of the 2 contestants and shall decide the winner according to the rules.

16.2.2 A judge shall not speak to a contestant (or competitor. see point 3) or to another judge, nor to anyone else except the referee during the contest, but may, if it is necessary, at the end of a round, bring to the notice of the referee any incident which (the referee) may appear not to have noticed, such as the misconduct of a second, loose ropes etc.

16.2.3 The number of points awarded to each competitor shall be entered by a judge on his/her scoring paper immediately after the end of each round.

16.2.4 At the end of the bout a judge shall total the points, nominate a winner and sign his/her scoring paper and his/her verdict shall be made known to the public.

14.2.5 The judge shall not leave his/her seat until the verdict has been announced to the public.

RULE XVII: TIMEKEEPER AND ANNOUNCER

17.1 Duties of the Timekeeper:

17.1.1 The main duty of the timekeeper is to regulate the number and duration of the rounds, the intervals between rounds. The intervals between rounds shall be of a full (1) minute duration.

17.1.2 The timekeeper shall commence and end each round by striking the gong or bell.



- 17.1.3 Indicate or give a signal of 10 seconds to clear the ring before the commencement of each round.
- 17.1.4 The timekeeper shall take off time for temporary stoppages or when instructed to do so by the referee.
- 17.1.5 The timekeeper shall regulate all periods of time and counts by a watch or clock.
- 17.1.6 At a “Knock-down” the timekeeper shall signal to the referee with his/her hand the passing of the seconds while the referee is counting.
- 17.1.7 If, at the end of a round, an athlete is “down” and the referee is in the course of counting, the gong indicating the end of the round will not be sounded. The gong will be sounded only when the referee gives the command “CHOK” indicating the continuation of the match.

17.2 Duties of Announcer:

- 17.2.1 Announce the name, club or state, weight and corner of both athletes to the public whenever they appear in the ring.
- 17.2.2 10 seconds before the commencement of each round he/she shall clear the ring by ordering “clear the ring” or “seconds out”.
- 17.2.3 Announce the beginning and ending of each round.
- 17.2.4 Announce the result of the competition and name of the winner.

17.3 Position: They shall be seated directly at the ringside.

RULE XVIII: DECISIONS

Decisions shall be as follows:

- 18.1 Win on points:** At the end of a contest, the athlete who has been awarded the decision by a majority of the judges shall be declared the winner. If both athletes are injured, or are knocked-out simultaneously, and cannot continue the contest, the Judges shall record the points gained by each athlete up to its termination, the competitor with the most points shall be declared the winner.

18.2 Win by Retirement: If an athlete retires immediately after the rest between rounds, his/her opponent shall be declared the winner.

18.3 Win by Referee Stopping Contest (RSC):

(a) **Outclassed:** RSC is the term used to stop a bout when an athlete is outclassed or is unfit to continue. If an athlete, in the opinion of the referee is being Outclassed or is receiving excessive punishment, the bout shall be stopped and his/her opponent declared the winner.

(b) Injury:

- i. If an athlete, in the opinion of the referee, is unfit to continue due to injury sustained from correct hits or other action or is incapacitated for any other physical reasons, the bout shall be stopped and his/her opponent declared the winner. The right to make this decision rests with the referee, who may consult the doctor. Having consulted the doctor, the referee must follow his/her advice. It is recommended that the referee checks the other athlete for injury also before he/she makes this decision.
- ii. When a referee calls a doctor into the ring to examine an athlete, only these 2 officials should be present. No seconds should be allowed into the ring or on the apron.
- iii. If the injury should happen in the final round of a gold medal bout, the winner will be decided on majority points scored from all preceding rounds only.

(c) Referee Stopping Contest for Head Injuries (RSCH): When an athlete has

received hard head blows or hits to the head rendering the athlete defenceless and incapable of continuing the contest. The term RSCH is not to be used when an athlete is simply outclassed and is receiving too many scoring hits without scoring himself/herself.



(d) **Referee Stopping Contest for Body Injuries (RSCB):** When an athlete has

Received a hard hit to any part of the body except the head rendering the athlete defenseless and incapable of continuing the contest.

(e) **Compulsory Count Limits (CCL):** When an athlete has received 3 counts in the same round or 4 counts for the whole bout. For Youth 16-17 competitors the CCL will be 2 counts in the same round or 3 counts for the whole bout. For Youth 10-11, Youth 12-13, Youth 14-15 the CCL will be 2 counts no matter if it is in the same round or for a whole bout.

18.4 Win by Disqualification: If an athlete is disqualified, his/her opponent shall be declared the winner.

If both athletes are disqualified, the decision shall be announced accordingly. A disqualified athlete shall not be entitled to any prize, medal, trophy, honorable award or grading, relating to any stage of the competition in which the athlete has been disqualified, provided that in exceptional cases, it shall be open to the Executive Committee (or in their absence, the jury and where there shall be no Jury, to the person or persons responsible for the conduct of the event in which the disqualification occurs), to rule otherwise. But, all such decisions, where not made by the Executive Committee, shall be subject to review and confirmation on receiving such report of the incident as it may require.

18.5 Win by Knock-out: If an athlete is “down” and fails to resume boxing within 10 seconds, the athlete's opponent shall be declared the winner by knock-out.

18.6 No Contest: A bout may be terminated by the referee inside the scheduled distance owing to a material happening outside the responsibility of the athletes, or the control of the referee, such as the ring becoming damaged, the failure of the lighting supply, exceptional weather conditions, etc. In such circumstances, the bout shall be declared “no contest” and in the case of Championships, the Jury shall decide the necessary further action.



18.7 Win by Walk-over: Where an athlete presents himself/herself in the ring fully attired for boxing and his/her opponent fails to appear after his/her name has been called out by the Public address system, the bell sounded and a maximum period of 2 minutes has elapsed, the referee shall declare the first athlete to be the winner by a “Walk-over”. The referee shall first inform the judges to mark their papers accordingly, collect them and then summon the athlete to the center of the ring and after the decision is announced, raise the athlete's hand as winner.

18.8 A draw (Dual Matches only): 2 clubs or 2 State in a friendly Dual Match may agree to a draw decision, when the majority of the judges have scored the competition equally.

18.9 Incidents in the ring outside the control of the referee:

18.9.1 If something happens that does not allow the bout to continue within 1 minute after the bell has ring for the beginning of the first or second round (e.g. power failure), the bout shall be stopped and the athletes will box again in the last bout of the same session.

18.9.2 If the incident occurs in the third round of a bout, the contest shall be terminated and the judges are asked to give a decision as to the winner of the bout.

18.9.3 If the incident occurs in the last 3 bouts of a session on the program, the athletes shall be asked to box the first bout on the program of the next session. The athlete shall be weighed and medically examined again for that bout.

RULE XIX: AWARDING OF POINTS

19.1 Awarding of points: The points will be awarded whenever the athlete hits the opponent

by punching, kicking, kneeing or elbowing with force, and lands on target, no infringement without being blocked or guarded against. The target for muaythai means any part of the body except for the groin.

19.2 Ten Points System: 10 points shall be awarded for each round. No fraction of points may be given. At the end of each round, the better (more skillful in muaythai) athlete shall Receive 10 points and his/her opponent proportionately less.

When athletes are equal In merit, each shall receive 10 points.

19.3 Steps for awarding points:

- 19.3.1 An athlete wins the round by hitting more using muaythai skill than their opponent.
- 19.3.2 An athlete wins the round when using more forceful muaythai skill than the opponent.
- 19.3.3 An athlete wins the round when showing less exhaustion or less bruising than the opponent.
- 19.3.4 An athlete wins the round when showing more aggression than their opponent.
- 19.3.5 An athlete wins the round when using a better muaythai style than their opponent.
- 19.3.6 An athlete wins the round when having less infringement of the rules than their opponent.

19.4 Non awarding of points

- 19.4.1 Hitting with a lack of muaythai skills.
- 19.4.2 Hits which are blocked by the opponent's arms or legs.
- 19.4.3 Hitting with lack of force even when those hits have landed on target.
- 19.4.4 Throwing the opponent without hitting.
- 19.4.5 Hitting while infringing any of the rules.

19.5 Scoring system:

- 19.5.1 10 points will be awarded to the athlete who wins the round, and the opponent proportionately less (9-8-7 respectively).
- 19.5.2 10 points will be awarded to each athlete if they are even in the round.
- 19.5.3 The athlete who wins the round by a small margin will receive 10 points, the opponent will receive 9 points.
- 19.5.4 The athlete who wins the round by a big margin will receive 10 points; the opponent will receive 8 point or 7 points respectively.
- 19.5.5 The athlete will lose 1 point if he receives 1 warning. That warning point may be awarded to the opponent if the judges are in agreement.



19.6 Concerning Fouls:

19.6.1 Referee warning: If the referee warns one of the athletes, the judges may award a point to the other competitor. When a judge decides to award a point to an athlete for a foul committed by his/her opponent for which the latter has been warned by the referee, he shall place a “W” in the appropriate column against the point of the warned competitor to show that he/she has done so. If the judge decided not to award a point, he/she shall in the appropriate column, place the letter “x” against the points allotted for that round to the warned athlete indicating the reason he/she has done so.

19.6.2 Other: During each round a judge shall assess the seriousness of and shall impose an appropriate scoring penalty for any foul witnessed by him/her whether or not the referee has observed such foul. If a judge observes a foul apparently unnoticed by the referee, and imposes an appropriate penalty on the offending athlete, he/she shall indicate that he/she has done so by placing in the appropriate column the letter “J” against the points of the offending athlete, and indicating the reasons why he/she has done so.

19.7 End of Contest: If, at the end of a contest and having marked each round in accordance with directives, a judge finds that the athletes are equal in points, the judge shall award the decision to the athlete:

19.7.1 Who has shown the most aggression or who has shown the better style of muaythai or if equal in that respect.

19.7.2 Who has shown the better defense (blocking, parrying, side-stepping, etc.) by which the opponent's attacks have been made to miss.

19.7.3 A winner must be nominated in all tournaments. In Dual Matches, a draw decision may be awarded.

RULE XX: FOULS

20.1 Cautions, Warnings, and Disqualifications: An athlete who does not obey the instructions of the referee, acts against the competition rules, boxes in any unsportsmanlike manner, or commits fouls, can at the discretion of the referee, be cautioned, warned or disqualified without warning.

A referee may, without stopping a contest, caution an athlete at some safe opportunity. If the referee intends to warn an athlete, he/she shall stop the contest, and will demonstrate the infringement. The referee will then point to the athlete and to each of the 5 or 3 judges.

A referee having once administered a warning for a particular foul cannot issue a caution for the same type of offence. Three (3) cautions of the same type of foul will mandatorily require a warning to be issued.

Only 3 warnings may be given to the same athlete in one contest. The third warning brings automatic disqualification.

20.2 Types of fouls:

- 20.2.1 Biting, head-butting, spitting at an opponent, pressing on opponent's eyes with the thumb.
- 20.2.2 Intentionally spitting out the gum shield.
- 20.2.3 Throwing, bending the back of opponent with Judo or Wrestling techniques.
- 20.2.4 Falling over while the opponent is lying on the floor.
- 20.2.5 Attacking the opponent who is down or who is in the act of rising.
- 20.2.6 Attacking while holding the ropes or making any unfair use of the ropes.
- 20.2.7 Locking of the opponent's arm or head.
- 20.2.8 Completely passive defense by means of double cover and intentionally falling to avoid a hit.
- 20.2.9 Useless, aggressive, or offensive utterance during the round.
- 20.2.10 Not stepping back when ordered to "Yaek". Attempting to hit the opponent
Immediately after the referee has ordered "Yaek" and before taking a stepBack.
- 20.2.11 Assaulting or behaving in an aggressive manner towards the referee at any time.

- 20.2.11 Kneeing the groin of the opponent, if the athlete is unintentionally hit by muaythai skill and unable to continue the fight, the referee will pause the fight for 5 minutes to allow the hit athlete to take a rest. If the athlete refuses to resume the fight after 5 minutes rest he (she) will be declared as the “loser”.
- 20.2.13 Holding the opponent's leg and pushing forward more than 1 step without attacking with any one of the muaythai skills.
- 20.2.14 Intentionally falling down to avoid being hit while his/her leg is held by the opponent.
- 20.2.15 When both athletes fall out of the ring, it is a foul if one athlete tries to obstruct the other getting back into the ring.
- 20.2.16 Using any kind of forbidden substance acknowledged by National Anti-Doping Agency (NADA) or MTFI Anti- Doping Code.
- 20.3 Seconds: Each athlete can be held responsible for his/her seconds' actions.
- 20.4 Referee consults Judges: If a referee has any reason to believe that a foul has been committed which the referee has not seen, he/she may consult the judges.

RULE XXI: KNOCK-DOWN

21.1 Definition: An athlete is considered “down”:

- 21.1.1 If an athlete touches the floor with any part of his body other than his/her feet as the result of a hit or series of hits (Muay Thai Technique do not considered) .
- 21.1.2 If an athlete hangs helplessly on the ropes as the result of a hit or series of hits.
- 21.1.3 If an athlete is outside or partly outside the ropes as the result of a hit or series of hits.
- 21.1.4 If following a hard hit an athlete has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the round.

21.2 The Count: In the case of a knock-down, the referee shall immediately begin to count the seconds. When an athlete is “down” the referee shall count aloud from one(1) to ten(10) in Thai language:-

NUENG	=	ONE
SONG	=	TWO
SAAM	=	THREE
SII	=	FOUR
HAH	=	FIVE
HOK	=	SIX
JED	=	SEVEN
BAED	=	EIGHT
KOUW	=	NINE
SIB	=	TEN

The referee shall have intervals of a second between the numbers, and shall indicate each second with his/her hand in such a manner that the athlete who has been knocked down may be aware of the count. Before the number “NUENG” is counted, an interval of one second must have elapsed from the time when the athlete has fallen to the floor, and the time of announcing “NUENG”.

If the opponent does not go to the neutral corner on the command of the referee, the referee shall stop counting until the opponent has done so. The counting shall be then continued where it has been interrupted. The judge shall enter on his/her scoring sheet “KD” (Knock Down) when the referee had given a count to any of the 2 athletes. When the athlete is considered “down” due to a hit to the head, the judge shall then enter “KD+H” (Knock Down to the head) on his/her scoring sheet.



- 21.3 Opponent's responsibilities:** If an athlete is down, his/her opponent must at once go to the neutral corner as designated by the referee. He/she may only continue against the Opponent who is knocked down after the latter has gotten up and on the command "CHOCK".
- 21.4 Mandatory 8 count:** When an athlete is "down" as the result of being hit, the bout shall not be continued until the referee has reached the count of BAED (8), even if the athlete is ready to continue before then.
- 21.5 The Knock-out:** After the referee has counted to "SIB" (10) the bout ends and shall be decided as a "knock-out".
- 21.6 An athlete down at end of round:** In the event of an athlete being "down" at the end of a round, the referee shall continue to count. Should the referee count up to 10, the athlete shall be deemed to have lost the bout by a "knock-out" if the athlete is fit to Resume boxing before the count of 10 is reached, the referee shall immediately use the command "CHOCK".
- 21.7 The Second time an athlete goes down without a fresh hit:** If an athlete is "down" as the result of a hit and the bout is continued after the count of BAED (8) has been reached, but the athlete falls again without having received a fresh hit, the referee shall continue the counting from the count of PAED (8) at which the athlete has stopped.
- 21.8 Both athletes down:** If both athletes go down at the same time, counting will be continued as long as one of them is still down. If both athletes remain down until "SIB"(10) the bout will be stopped and the decision given in accordance with the points awarded up to the time of the knock-down.
- 21.9 Athlete fails to resume:** An athlete who fails to resume boxing immediately after the Termination of the rest interval, or who when knocked down by a hit, fails to resume within 10 seconds, shall lose the contest.

RULE XXII: MEDICAL DOCTOR AND PROCEDURE, AFTER KNOCK-OUT AND R.S.C.H

A doctor for muaythai should be a well-trained doctor in this sport. The Doctor shall sit close to the ring at a provided place and stay on till the end of the last bout of the session.

The duties of the doctor are as follows:

- 22.1 Check the health of the athlete and certify that the athlete is fit to fight before the weigh-in.
- 22.2 Give instruction to the referee upon his/her request.
- 22.3 Unconscious Athlete:** If an athlete is rendered unconscious, then only the referee and the doctor summoned should remain in the ring, unless the doctor needs extra help.
- 22.4 Medical Attention:** An athlete who has been knocked out as a result of a head hit in a contest or wherein the referee has stopped the contest due to the athlete having received hard hits to the head rendering the athlete defenseless or incapable of continuing, shall be examined by a doctor immediately afterwards and accompanied to his/her home or suitable accommodation by one of the officials on duty at the event.

The ringside doctor shall call a neurologist as soon as possible and within 24 hours, who will decide on further treatment of the athlete and will keep him/her under observation for a period of 4 weeks.

22.5 Probation Periods:

- 22.5.1 **One knock-out or R.S.C.H:** An athlete who has been knocked out as a result of a head during a contest or wherein the referee has stopped the contest due to the athlete having received hard hits to the head rendering the athlete defenseless or incapable of continuing, shall not be permitted to take part in a competition of muaythai or sparring for a period of at least 4 weeks after the athlete has been knocked out.

22.5.2 2 Knock-outs or R.S.C.H: An athlete who has been knocked out as result of head hits or wherein the referee has stopped the contest due to an athlete having received hard hits to the head rendering the athlete defenceless or incapable of continuing twice within a period of 3 months, shall not be allowed to take part in a muaythai competition or sparring for a period of 3 months from the second knock out or R.S.C.H.

22.5.3 3 knock-outs or R.S.C.H: An athlete who has been knocked out as a result of head hits or wherein the referee has stopped the contest due to the athlete having received hard hits to the head rendering the athlete defenceless or incapable of continuing 3 times in a period of 12 months, shall not be allowed to take part in a muaythai competition or sparring for a period of 1 year from the third knock-out or R.S.C.H.

22.5.4 Each knock-out suffered as a result of head hits and each R.S.C.H must be recorded in the athlete's book.

22.6 Medical Certification Following Probation Period: Before resuming boxing after any of the periods of rest prescribed in the 3 preceding paragraphs, an athlete must be certified by a neurologist as fit to take part in a muaythai competition following, if possible, a special examination, EEG and, if necessary, CCT. The results of that examination as well as the permission to resume fighting shall be entered in the athletes book.

22.7 R.S.C.H: The referee will indicate to the Jury and judges to annotate the scorecard "R.S.C.H" when the referee has stopped the contest as a result of an athlete being unable to continue as a result of hits to the head. RSCH is a term to be used only when an athlete is being saved from a knockout after having received hard hits rendering the athlete defenseless and incapable of continuing (the term RSCH is not to be used when an athlete is simply outclassed and is receiving too many scoring hits without scoring himself/herself).



22.8 Protective Measures: Any athlete having lost a hard bout with many hits to the head or having been knocked down several times in some consecutive contests, may not be permitted to take part in a muaythai competition or train for a period of at least 4 weeks after the last contest on the advice of the Medical Officer should he/she decide that it would be necessary.

All protective measures should also apply if a knock-out occurs during training.

RULE XXIII: SHAKING OF HANDS

- 23.1 Purpose:** Before beginning and after a bout, athletes shall shake hands in a proper Manner, as a sign of a purely sporting and friendly rivalry in accordance with the boxing rules.
- 23.2 Authorised Times:** The shaking of hands takes place before beginning the first round and after the announcing of the results. Any further shaking of hands between the rounds is prohibited.

RULE XXIV: ADMINISTRATION OF DRUGS, ETC.

- 24.1 Doping:** The administration to an athlete of drugs or chemical substances not forming part of the usual diet of an athlete is prohibited. The doping regulations of the National Anti-Doping Agency (NADA) and/or the MTFI Anti-Doping Code shall be applied.
- 24.2 Penalties:** Any athlete or official violating this prohibition shall be liable to disqualification or suspension by MTFI.
- 24.3 Local Anesthetics:** The use of local anesthetics is permitted according to the discretion of a doctor of the Medical Commission.
- 24.4 Prohibited Drugs:** The current NADA list of prohibited substances shall constitute MTFI's list of prohibited substances. Any athlete taking such substances or any official administering such substances shall be subject to the penalties. MTFI may ban additional substances upon the recommendation of the MTFI Medical Commission.

RULE XXV: MEDICAL APTITUDE

- 25.1 Medical Certification:** An athlete shall not be allowed to compete in National Competition unless the athlete produces his/her Athlete's Book in which he/she must be certified as fit to box by a qualified doctor of medicine. On each day the athlete is required to box, the athlete shall be certified as fit to compete by a qualified doctor of medicine who shall be approved by the association under whose jurisdiction the competition is taking place, or in the National Championships, federation Cup, Country Championships, by the medical commission of MTFI or technical committee
- 25.2 Medical Certificate:** Every athlete competing outside his/her own country must have in his/her possession, a certificate signed by an authorized doctor of medicine, stating that prior to leaving his/her country the athlete was in good physical condition and not suffering from any injury, infection or disability liable to affect the athlete's capacity to box in the country being visited. Such a certificate must be in English language and incorporated in the athlete's book which must be produced at the medical examination before the general weigh-in.
- 25.3 Prohibited Conditions:** The prohibited conditions are referred to in the medical handbook.
- 25.4 Cuts and Abrasions:** No athlete shall be allowed to take part in any contest if the athlete is wearing a dressing on a cut, wound, abrasion, laceration or blood swelling on the athlete's scalp or face including the nose and ears. An athlete is allowed to box if an abrasion is covered with collision or steric-strip. The decision should be made by the doctor examining the athlete on the day of the athlete's competition.⁵

25.4 Medical Aptitude: No athlete shall be allowed to start boxing without having medical aptitude certified in his/her athlete's book, which may only be done by an approved doctor. The medical aptitude test should, if possible, include the following exams, or their equivalent:

25.5.1 A complete clinical examination with particular attention to the organs of sight and hearing, the sense of balance and the nervous system.

25.5.2 A biometrical examination including measurement of height and weight, at least.

25.5.3 A biological examination including blood and urine tests.

25.5.4 A neurological examination including an electroencephalogram.

25.5.5 A skull x-ray.

25.5.6 A cardio logical examination, including an electrocardiogram.

25.5.7 An examination by cranial computerized tomography, if possible.

25.5.8 Any other obligatory examination according to the laws of the country from which the athlete is from.

A medical examination should be repeated at least once a year and should include the points 1, 2 and 4 above.

25.6 Medical flow Sheet: Adoption of a Medical Flow Sheet to medically document a bout, before during and after.

RULE XXVI: ATTENDANCE OF DOCTOR

- 26.1.** Perform a physical check of the boxers prior to the weigh-in.
- 26.2.** Be in attendance during the programme until the last fight.
- 26.3.** Perform a physical check of the boxers after each match and specify the rest period.
- 26.4 Required Attendances:** A qualified doctor of medicine, so approved, shall be in attendance throughout the competition and should not leave the place where it is held before the end of the last bout and until the doctor has seen the 2 athletes who participated in the said bout. The doctor may use surgical gloves in the bouts.
- 26.5 Seating Arrangements:** The officiating doctor should be seated next to ring.

RULE XXVII: MINIMUM AND MAXIMUM AGE LIMIT FOR ATHLETES

27.1 Youth 10-11

Minimum: Not less than 10 years

Maximum: Not more than 11 years

*The Youth 10-11 Division spans from his/her 10th birthday until the day before his/her 12th birthday

27.2 Youth 12-13

Minimum: Not less than 12 years

Maximum: Not more than 13 years

*The Youth 12-13 Division spans from his/her 12th birthday until a day before his/her 14th birthday

27.3 Youth 14-15

Minimum: Not less than 14 years

Maximum: Not more than 15 years

*The Youth 14-15 Division from his/her 14th birthday until the day before his/her 16th birthday

27.4 Youth 16-17

Minimum: Not less than 16 years

Maximum: Not more than 17 years

*The Youth 16-17 Division spans from his/her 16th birthday until the day before his/her 18th birthday.



27.5 Competitive Male 18-23 Minimum:

Not less than 18 years Maximum: Not more than 23 years

*The Competitive Male Division spans from his 18th birthday until the day before his 24th birthday.

27.6 Elite

Minimum: Not less than 17 years

Maximum: Not more than 40 years

*The Elite Division spans from his/her 17th birthday until the day before his/her 41st Birthday

RULE XXVIII: REPORTS BY OFFICIALS

28.1 Reports to the Media: Executive members, members of the Medical Jury, MTFI Commission members, and Referees/Judges acting as officials shall not make reports to

The press, or make statements on Television or Radio, on matters relating to the boxing or officiating at those events. Only the President / general secretary or any person authorized by the President / General Secretary shall be entitled to speak to the media.

RULE XXIX: CONFORMITY

29.1 Uniformity: All affiliated associations shall adapt their rules to those of MTFI, so as to

Ensure the uniformity of the rules of amateur muaythai throughout the India, unless the rules of the affiliated associations are more stringent than MTFI's.

RULE XXX: NATIONAL TROPHIES OR CHALLENGE CUPS

Prizes: In National competitions, cups or prizes of honor may be presented

29.2 Team Standings: The team standings shall be determined in the following:

29.2.1 The winner of each bout in the preliminary rounds or quarter finals shall receive - 1 mark.

29.2.2 The winner of each bout in the semi-finals shall receive - 2 marks.

29.2.3 The winner of the final bout shall receive - 3 marks.

29.2.4 The marks shall be awarded also reasons a bout cannot take place.

29.2.5 In the case of 2 or more teams obtaining an equal number of marks, the placing shall depend on:

- The number of victories in the finals and if this is equal,

- The number of second places, and if this is equal too,

- The number of third places.

29.3 Awarding of Points in Team Competitions:

28.3.1 For every match won, each athlete shall gain two points for their team,

28.3.2 For every match lost, each athlete shall gain one point for their team,

28.3.3 Except in the case of disqualified athletes who shall gain no points.

RULE XXX: RULES FOR BOUTS OF YOUTH DIVISIONS

30.1 For Youth 10-11 division, strikes to the head are strictly prohibited.

30.2 For Youth 12-13 division, only punches and kicks to the head are permitted. Knees and elbows to the head are strictly prohibited. Knee and elbow strikes are permitted to the body only.

RULE XXXI: YOUTH WAI KRU COMPETITION

31.1 Age Categories:

The Youth Wai Kru Competition will be competed in the following age groups:

Youth 10-11, Youth 12-13, Youth 14-15, Youth 16-17 and 18-40.

31.1 Competition Area :

Size: The National Muay Boran championships size of the Mat (platform) shall be 7.4 x 7.4m and size 6.10 meter inside the line of the line.

Platform: The platform shall be Rubber sports Mat and platform shall be safely constructed, level and free from any obstructing projections. The Mat shall not be less than 25.4 mm or more than 30 mm above the ground or Muaythai Ring.

31.3 Dress Code

Following is the dress code for waikru and Muay Boran competition.

- Mongkul (Head Band)
- Prajiath (for both Arms)
- Kadchik (for both hands)
- Sando (picture attached)
- Bottom (picture attached)
- Pakauma. (Picture attached)

Above mentioned attire is compulsory for the competition.

Note:- Same platform shown in the picture is used for the muay Boran and Waikru competition.





31.2 Draw: Opponents will be randomly drawn.

31.3 Competition Format:

- a. Opponents shall perform a Wai Kru (Traditional) demonstration in the ring or Muay Boran Platform of no more than 3 minutes. The contestant's performance must integrate the fundamental elements of the traditional wai kru and will be judged on execution, technique and style.
- b. Five judges shall score and award points to the competitors.
- c. Points must be awarded: from 9.1 to 10.0

31.4 Points per section: 4 sections:

- a. 0.4 points maximum for quality, perfection and inclusion of fundamental skills of the Wai Kru techniques of muaythai.
- b. 0.2 points maximum for rhythm and coordination.
- c. 0.2 points maximum for extraordinary Style including very difficult figures.
- d. 0.2 points for proper attire.

31.5 Decision:

- a. Five scorecards are collected. Highest and lowest results are rejected. The arithmetic mean of the three results left is the official result.
- b. The competitor with the most points will be announced as the winner. If two or more opponents have equal results, then the arithmetic mean of all five scorecards is calculated.

RULE XXXII: YOUTH MUAY BORAN COMPETITION.

Age Categories:

The Youth Muay Boran Competition will be competed in the following age groups:

Youth 10-11, Youth 12-13, Youth 14-15, Youth 16-17 and 18-40.

Competition Area :

Size: The National Muay Boran championships size of the Mat (platform) shall be 7.4 x 7.4m and size 6.10 meter inside the line of the line.

Platform: The platform shall be Rubber sports Mat and platform shall be safely constructed, level and free from any obstructing projections. The Mat shall not be less than 25.4 mm or more than 30 mm above the ground or Muaythai Ring.

32.1 Draw: Opponents will be randomly drawn. In the each given age groups of youth above Only 3(three) team can participate from each state irrespective of the weight category.

32.2 Competition Format:

- a. Team shall perform a demonstration in the Muay Boran Platform of no more than 4 minutes. Each demonstration must include a 1-minute maximum of wai kru and a 3-minute maximum of muay boran technique.
- b. Five judges shall score and award points to the competitors.
- c. Points must be awarded: from 9.1 to 10.0

32.3 Points per section: 4 sections:

- a. 0.4 points maximum for quality, perfection and inclusion of fundamental skills of the Muay Boran techniques of Traditional Muaythai.
- b. 0.2 points maximum for control and coordination.
- c. 0.2 points maximum for extraordinary techniques including very difficult figure
- d. 0.2 points for proper attire.

32.4 Decision:

- a. Five scorecards are collected. Highest and lowest results are rejected. arithmetic mean of the three results left is the official result.
- b. The competitor with the most points will be announced as the winner. If two or more opponents have equal results, then the arithmetic mean of all five score cards is calculated.



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Score Card Judge No.....

Bout No.	Weight Cat.
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Date

Referee	State
Judge	State

Red		Blue		
Boxer's Name		Boxer's Name		
State/ Club		State/ Club		
Caution & Warning	Point	Round	Point	Caution & Warning
		1		
		2		
		3		
		4		
		Total		

Remarks in case of tie		
<input type="checkbox"/>	More aggressive	<input type="checkbox"/> Better Style <input type="checkbox"/> Better Defensive

RED	STATE/ CLUB	BLUE	STATE/ CLUB
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WP	KO		Disq.	Ret.	R. S. C.			WO	NC	Round									
	H	B			Injury		Out Class			CCL	1	2	3	4					
		H	B																

Judge's Signature

MUAYTHAI AMATEUR GUARD

