



Rules and Regulations

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MTFI Rules and regulations

RULES FOR NATIONAL/ STATE COMPETITION OR TOURNAMENTS

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History of Muaythai

Muaythai has been a part of Thai history and heritage for hundreds of years, as with most traditions from ancient times. Many different versions of the history of Muaythai exist, but all sources agree that Muaythai was the primary and most effective method of self defence used by Thai warriors on the battlefields of conflicts and wars that occurred countless times throughout the history of the nation now known as Thailand. During this time, a warfare manual named “Chupasart” was written. This manual emphasised the martial uses of each body part. The underlying philosophy of this manual implied that fighting was more than the use of weapons, but most importantly, should engage total commitment from mind, body and soul.

The first known practice of Muaythai as a “sport”, off and away from the heat and chaos of the battlefield occurred during the reign of King Prachao Sua (1697-1709 A.D.). With a great love of the combat art he often fought incognito in local village contests, often beating the local champions. When the nation was at peace, to keep the army busy he often ordered them to train in Muaythai. It was from this that loosely organised competitions started sprouting up around the country.

In 1774, the legendary Nai Khanom Dtom made Muaythai famous for his battle against a group of Burmese while he was a prisoner of war in Burma. He was captured when the Burmese ransacked and burnt Thailand's ancient capital Ayuddhaya. He legendarily defeated ten of Burma's best boxers when, without pause, he took them on one by one through a battering and bruising contest. He illustrated one of the most favourable elements in Muaythai, an indomitable will to win for honour and willingness to face any odds. This can be summarised as: “Nothing can stand against you except yourself”.

The army has fostered Muaythai. Soldiers have trained and used Muaythai techniques for as long as there has been an army in Thailand. For the military, it has always had use for the close combat fighting skills, the martial art of the battlefield. When a Thai soldier fights hand to hand he uses Muaythai. But then so does every Thai person, male or female. Watching it, learning it, and copying it is a part of Thai childhood. Muaythai soon became a favourite sporting pastime for people from all walks of life, with training camps being established all over the country. In the early 1930s, Muaythai was officially codified, with rules and regulations being created and introduced into the sporting world, to make Muaythai an international sport of the early 20th century and a safe ring sport. Round contests were introduced along with eight divisions based on international boxing. Queensbury rules boxing gloves replaced the rope bindings on the fighters' hands.

With a centuries long history, Muaythai has progressed and is now recognised in many countries worldwide, creating a new era of a proud world history. In recent years Muaythai, both amateur and professional, has swept across the world like wildfire and developed into a premier ring sport – a fighting art with no equal in terms of unarmed combat and spectator appeal, as well as being a form of self defence and a fitness programme.

Muay Thai is a combat sport that finds its origin in a noble art with antique traditions, it is also the Thai national sport. In Muay Thai, competitors fight standing like in Western Boxing, but elbows, knees and kicks strikes are allowed, with the only protection being the gloves; an important part of this fighting style is the clinch .

MUAY literally means “combat” and it derives from the Sanskrit (original Hindu language) word “Mavya” which literally means “unite together”. While the word THAI is an adjective of the Thai nation, its meaning is “free people”. Therefore, the word Muay Thai is translatable as “Thai boxing/combat”.



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.

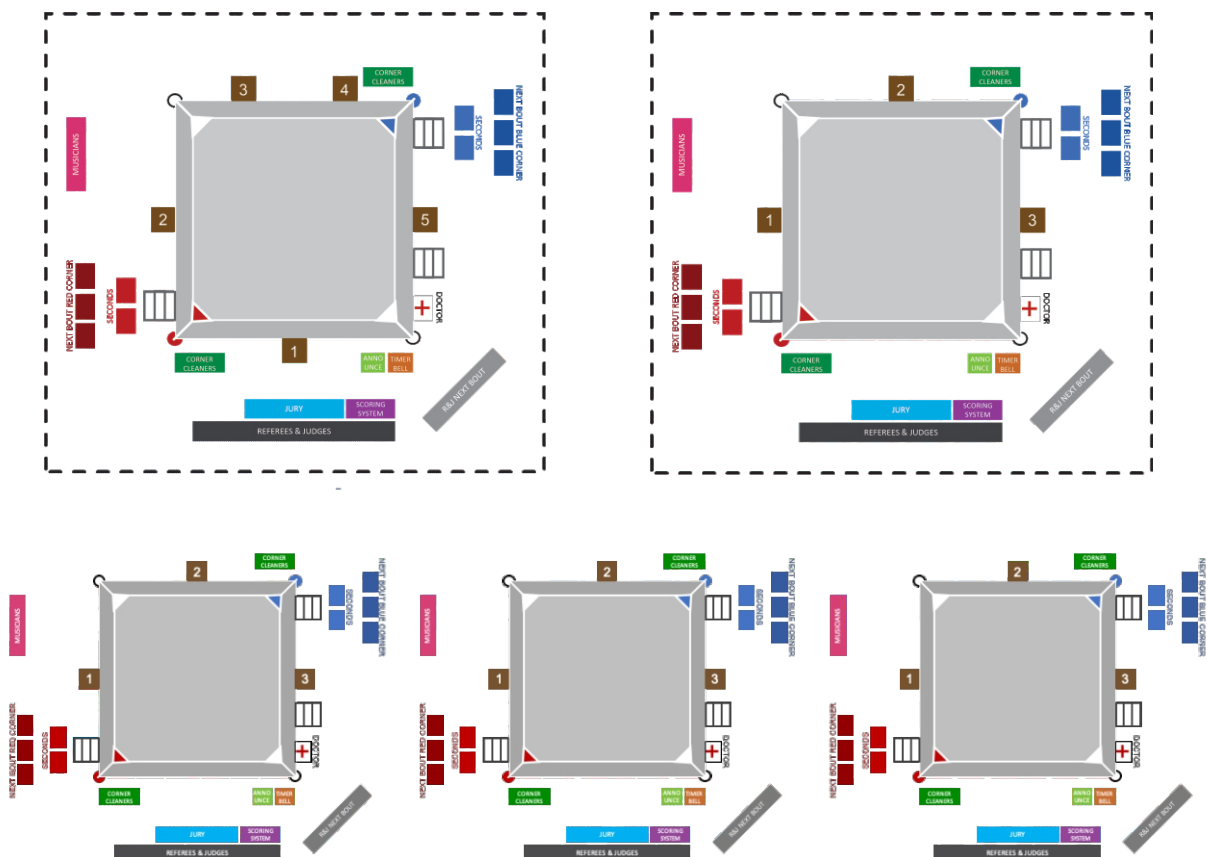
Golden Warriors: Muay Thai's Role in Training Youth to Bring Medals to Our Country.

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.

Item 1: The ring

The ring shall be constructed as follows:

1. Size: A square with each side- the following dimensions : Small size 20 feet (6.10 metres), to be measured within the ropes.
- 1.2. Floor and corner: Must be well constructed with no obstructions and with a minimum extension outside the ring of at least 3 feet (91 cm). The minimum floor height should be 4 feet (1.22 metres) with a minimum of 5 feet (1.48 metres) from the building floor. The corner posts should have a diameter of between four (10.00 cm) to five inches (12.70 cm) with a height of 58 inches (1.47 metres) from the ring floor. All four posts must be properly cushioned.
- 1.3. Ring Floor: The floor must be padded by either cushioning, rubber, soft cloth, rubber mat, or similar material with a minimum thickness of 1 inch (2.50 cm) and a maximum of 1.5 inch (3.7 cm). The padding should be completely covered by a canvas cloth.
- 1.4. Ropes: Consisting of four ropes with a minimum diameter of 1.20 inches (3 cm) and a maximum of 2 inches (5 cm), stretched and linked to the four corner posts. The distance from the ring floor to the lower rope will be 18 inches (46 cm), to the 2nd rope 30 inches (76 cm), to the 3rd rope 42 inches (107 cm) and the top rope 54 inches (137 cm) respectively. The rope will be covered by a soft or cushioned material. Each rope will be joined together by two strong cords of 1.20-1.60 inches (3-4cm) diameter and are at equal distance from each other.
- 1.5. Ring Step: At least three (3) sets are required. The width of each step should be at least 3.50 feet (1.07 metres). One set is located at each corner and a third shall be positioned centrally for the doctor and other officials.
- 1.6. Plastic Bin: To be located at the fighter's corner for the disposal of tissues, bandages or any other garbage.



Item 2: Ring Accessories

The following equipment is required at ringside.

1. Break area at both corners
2. Two drinking water bottles and two spray bottles.No other type of bottle is allowed ringside.
3. Two towels.
4. Two bowls of water.
5. Tables and chairs for the officials.
6. Alarm bell.
7. One or two stop clocks.
8. Score sheets
9. Locking box for keeping the score sheets.
10. One set of round indicators, signs or boards.
11. Two pairs of spare boxing gloves.
12. One spare set each of red and blue boxing shorts.
13. Groin protector with one or two ties.
14. Two cloth squares to facilitate a groin protector change or adjustment.
15. Stretcher.
16. Blunt edger scissors.

Item 3 : Boxing Gloves



3.1. Only gloves certified by the Muaythai Federation of India are allowed to be used in any match.

3.2. Boxing glove requirements : Glove usage should correspond to the following weight division :

Weight Division Glove Weight

Pin-weight – Bantamweight 06 ounce (132 grams)

Featherweight – Welterweight 08 ounce (227 grams)

Super Middleweight and upwards 10 ounce (284 grams)

The weight of the leather shall not be more than half of the total glove weight, including the internal cushioning, which should always be in good condition. The laces are to be tied at the wrist band.

3.3. To ensure compliance with the regulations, all gloves will be inspected by a member of the match committee prior to the fight.

Item 4: Bandages

Only a soft material type is allowed, size 2 inches x 6.5 yards (5 cm x 6 metres). Plastic or plaster types are strictly prohibited. The use of adhesive tape, size 2.50 cm x 2.50 metres is only allowed for covering the back of the wrist and must not be used to cover the knuckles



Item 5: Dress code

A. Boxer's attire

5.1. Only boxing shorts are to be worn, the colour of which depending on the corner; red, pink, or maroon or with a red stripe for the red corner. Blue, bright blue, black for the blue corner.

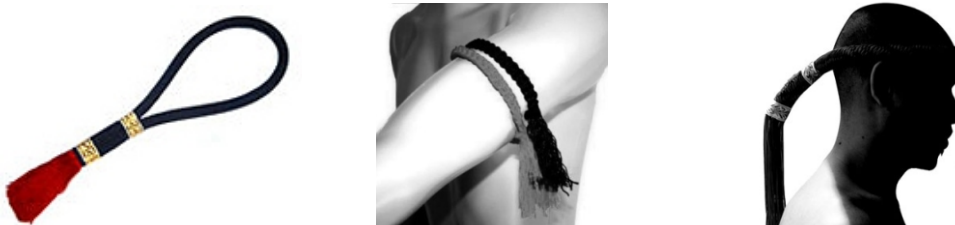


5.2. To ensure the boxer's safety, a groin protector must be worn and tied only at the back.



5.3. Long hair and beards must be kept and tied back properly without hazard of affecting their opponent.

5.4. The Mongkol should be worn when performing the Wai Kru (paying respect to one's teacher), prior to the match start. Amulets are only to be worn on the arm or waist and covered by material to avoid injury.



5.5. 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 athlete's 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.

Gum Shield



5.6. The head-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



5.7. 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.

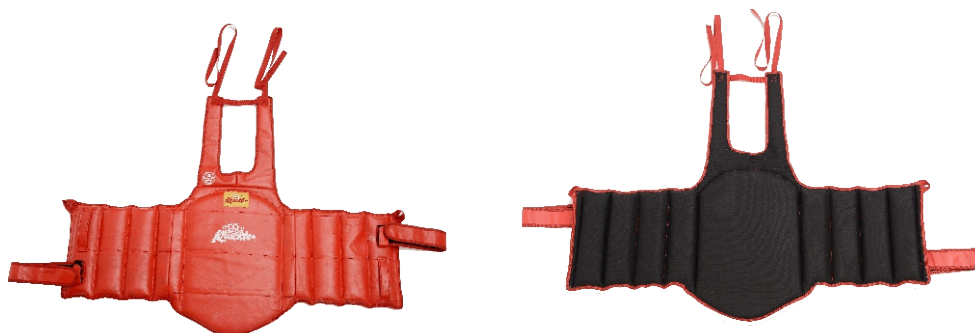
Shin Guard



Elbow Guard



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.



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



5.5. Single elastic bandages are allowed to be worn on the arm or legs to prevent sprains, however insertion of a shin guard, etc, is not allowed.

5.6. No metallated material, decoration or jewellery are allowed to be worn.

5.7. The use of vaseline, lubricants or any similar substance by the boxer to gain unfair advantage is not allowed.

5.8. Use of Anklets are allowed only in the Professional Muay Thai Championship.



B. Any infringement to the dress code may result in the fighter's disqualification. In the case of any problem with boxing gloves themselves, he referee may temporarily halt the match until they are corrected.

Item 6: Weigh-In

1. The boxer shall be weighed without clothes, no later than 3 hours prior to the match.
2. If the fighter is over weight at the time of the weigh-in, he/she must lose the weight and re-weigh again.
3. Prior to the weigh-in, all fighters must be examined and certified fit to fight by a licensed doctor.
4. If the fighter cannot make weight, they must forfeit the fight or have a fraction of his/her fight purse cut.

WEIGHT CLASSIFICATION

Age	SENIOR				U23				YOUTH 16 - 17			
Gender	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			
Gender	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		

Item 7: Wai Kru (Thai style Boxing) and Round Definition

7.1. Prior to the start of the first round, both fighters shall perform the Wai Kru (paying respect to the teacher), accompanied by the appropriate Thai traditional music, incorporating the Ching (cymbal), Klong khaek (tom-tom) and Pee Java (Thai reed pipe).

7.2. A Male match shall consist of five (5) rounds, Three (3) minutes per round with a Two (2) minutes break between each round, but the timing of rounds and break can be changed depending upon the level of tournament/championship/experience of boxers with the mutual decision of the technical team.

Female match shall consist of five (5) rounds, Two (2) minutes per round with a Two (2) minutes break between each round. Any stoppage during the match for any reason, will not be counted as part of the 3 minutes round time.

7.3. Where a boxer shall fight Two or more bouts in any one day i.e. mini series or marathon tournament, the rounds for Male shall be Three (3) rounds, of Three (3) minutes per round with a Two (2) minutes break between each round, for female shall be Three (3) rounds, (2) minutes per round with a Two (2) minutes break between each round.

Item 8: Boxers

Boxer's eligibility

8.1. No physical disability and at least 15 years old (With consideration and compliance with each Country law).

2. Minimum weight: 100 pounds (45 kgs).

3. Not classified as a prohibited person, as described in the medical manual of the MTFI.

Item 9: Seconds/Cornermen

Two/Three seconds are allowed to attend the boxer as per the following stipulations :

9.1. During the match, the seconds are not allowed to advise, help or instruct their boxer. Any violation of the rules by the seconds or the boxer may result in the boxer's disqualification.

9.2. The seconds are not allowed to signal to interested parties, the condition of his boxer.

3. During the match, the seconds must stay in the designated area. Prior to the start of each round, they will remove all towers, water bottles, etc, out the ring area
4. During the interval, the seconds will ensure that their boxer is properly attired. In case of any problem, they shall inform the referee immediately.
5. The seconds shall ensure that the ring floor is kept dry to prevent any slipping.
6. The seconds must wear a proper shirt that bears his camp's/gym's logo or emblem.
7. The seconds are forbidden to direct bad or insulting language at the boxer or injure him either during or after the match.
8. In a championship match, 3 seconds are allowed but only 2 are allowed in the ring at any one time during the round break.
9. Prior to a championship match, a meeting will be held between the referee, judges, boxer's managers and the seconds to confirm the rules and procedures of the match and to confirm the penalties for any improper conduct or violations by an involved person.

Item 10: 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.

Item 11: The referee

A. Duty

- The prime duty of the referee is to ensure the safety of the boxers.
- The referee's uniform will consist of trousers and shirt, bearing the logo of MTFI. No glasses or jewellery are allowed

B. The Referees Responsibilities

The referee shall ensure the following:

1. Fairness in the application of the rules and regulations to all parties.
2. No impoliteness in manner or speech either to the boxers or the audience.
3. Close supervision of the match.
4. Protection of a weaker fighter against serious injury.
5. Inspection of the boxing gloves and anklets.
6. Ensure both boxers shake hands prior to the first and final rounds.
7. For a championship or title defence fight, the referee must inform the boxers and their seconds of the rules and regulations governing the fight and this is to be done in the dressing room, prior to the fight itself.
8. Three verbal orders are recognised:
 - Yud (STOP) when ordering the boxers to stop fighting.
 - Yok (BREAK) when ordering the boxers to separate.
 - Chok (FIGHT) when ordering the boxers continue the match.
9. The referee shall use the correct signal to ensure a boxer's understanding of any rule infringement.
10. At the match end, he will collect the score sheets from each of the three judges and indicate the winner to the audience, by raising that boxer's hand. The scoresheets will then be handed to the chairman verification.
11. For a championship match, the referee will collect the scoresheets from the judges at the end of each round, inspect and submit them to the chairman in addition to raising the winner's hand after the result announcement.

12. Should it be necessary to stop the match or penalise a boxer, he will immediately advise the reason to the committee chairman after making the announcement.

13. In case of an accident to the referee which prevents him from continuing, the senior judge will act on his behalf.

14. The referee is forbidden to give a verbal count or warning that gives either an unfair advantage or disadvantage to any fighter.

15. He is forbidden to comment or speculate on any match unless receiving prior approval from the committee chairman.

16. All referees are subjected to a yearly medical inspection and certification by the doctor and be physically fit at the start of any match.

C. Referees Duties

1. To stop the match immediately if he considers that one boxer is significantly more skilled or stronger than the other.

2. To stop the match immediately when a boxer is in difficulties or is injured.

3. To stop the match immediately if he considers that one or both fighters are faking or not trying their best.

4. To stop the match or warn the boxer for committing a foul or breaking the rules.

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

6. To disqualify both the boxer and the his seconds if his seconds deliberately break the rules or do not follow his direction.

7. To disqualify any boxer who intentionally or accidentally causes a foul.

8. To stop the match if he considers that a boxer having received a count, is unable to effectively continue the match.

9. To disallow any advantage to a boxer who intentionally fouls in any way.

D. Rule Infringement Warnings

Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the boxer's understanding and then indicate the offending boxer to the judges. Any boxer, who is so indicated or warned 3 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

E. The Purpose of a Warning

The purpose of warning is to advise or warn any boxer not to break the rules during the fight.

F. Count Procedure for a boxer falling out of the ring

1. If a boxer falls through the ring ropes, the referee shall order his opponent to stand in the other corner and if the boxer remain outside the ropes, the referee shall start to count (10 seconds).

2. If a boxer falls out the ring, the referee shall count (20 seconds)

– When a fall-out takes place, the referee will start counting, however if the boxer returns to the ring before the count ends, he will not penalised.

– If anyone prevents the fallen boxer from returning to the ring, the referee shall warn such person or stop the fight if he continues his action.

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

– If both boxers fall out the ring, the referee shall start counting, the one that returns to the ring before the count ends, will be considered the winner. If neither boxer can, the result will be considered a draw.

MUAYTHAI REFEREE HAND SIGNAL

			
MOVE	OPEN JAW	CLOSE	SHAKE HAND
			
YAAK (AWAY)	CHOK (FIGHT)	YOUTH (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	

Item 12 : The Judges

A. Responsibilities

1. The judges are independent and free to score as per the rules and normal practice.
2. Each judge shall sit on a different side and should be separate from the audience.
3. The judge shall remain neutral during the match, except when a rule violation is noticed, when he should notify the referee exclusively. This should be done during the round interval.
4. At the end of each round, the judges shall complete the score sheet for that round.
5. The judges are not allowed to leave their seat until the match ends and result has been announced.

B. Uniform

The judges shall wear the uniform as specified by the MTFI

Item 13 : Final Authority Decisions

The chairman of the match committee may authorise a correction to the final result as follows:

- 13.1. If the referee makes a decision significantly contrary to the normal rules and practice.
- 13.2. If it is discovered that the judges have made conspicuous score sheet error.

Item 14: Chairmans Duties

- 14.1. To appoint the referee and judges for each match and promotion.
- 14.2. To monitor and improve the standards of the referee and judges and ensuring conformity to the rules and standard practice.
- 14.3. To verify that the referee and judges perform their duties and responsibilities.
- 14.4. To solve any prior problem regarding the promotion, reporting the result to the committee.
- 14.5. Make the decision to the referee and the judges.
- 14.6. 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.
- 14.7. To make any decision in case that the referee or judges could not continue.
- 14.8. To report to the MTFI the name of any boxer who violate s the rules or shows poor performance.

Item 15: Timekeeper and Announcer

A. Timekeeper Duties (The timekeeper shall be seated ringside)

1. A five seconds warning is to be given prior to the start of each round, to enable the seconds to clear the ring.
2. A bell is used to signal the start and end of each round .
3. To deduct the break time as per the referee's instructions.
4. Ensure all timing are correct by using both a watch and stop clock.
5. In the case of a boxer receiving the count during rounds and the round time ends (3 minutes), the bell should be rung immediately after the referee finishes the count and orders the boxers to continue.
6. In the final round, the bell should be immediately when the round timing passes 3 minutes, even if it is still counting.

B. Announcer's Duties

1. To announce the fighter's names, corner and weight prior to the fight and again as the boxers arrive in the ring.
2. To order the seconds to leave the ring when the bell rings.
3. To announce the round number at the start finish of each round.
4. To announce the winner's name and corner, when the referee raises the boxer's hand.

Item 16: The decision

This should conform to the following rules and regulations:

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

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

- When a boxer is seriously hurt or weakened
- When a boxer can't continue the match after the break
- On the doctor's recommendation, when the referee is unsure
- Whether a boxer have a injury or being seriously weakened

16.3. Both boxers are seriously injured and can't continue the fight

- If less than three round: a no-contest is declared
- If three rounds have been reached, individual score decides.

16.4. Winning due to the opponent's retirement because of injury.

16.5. Winning due to the opponent's violation of the rules.

16.6. Winning on points.

16.7. No contest as a result of the match not being able to continue.

16.8. Equal score

- When both boxers scores are equal
- when both boxers receive a count of 10.

Item 17: Scoring Practice

The standard scoring practice is a follows:

A. Scoring for a strike by punch, kick, knee and elbow

1. Points will be awarded for a correct Thai/Kick Boxing style, combined with hard and accurate strike
2. Points will be awarded for aggressive and dominating Thai/Kick Boxing skill.
3. Points will be awarded for a fighter actively dominating his opponent.
4. Points will be awarded for the use of a traditional Thai/Kick style of defence and counter-attack.
5. Points will be deducted from a boxer who fouls or breaks the rules.

B. Fouls

1. The judges will deduct points for any foul as directly by the referee.
2. Any foul observed by the judges but not by the referee, will be penalised accordingly.

C. Method of scoring

1. The maximum score for each round is 10 points, the loser scoring 7, 8 or 9.
2. A draw round will be scored as 10 points for both boxers.
3. The winner and loser in an indecisive round, will score 10 – 9 respectively

4. The winner and loser in an decisive round, will score 10 – 8 respectively
5. The winner and loser in an indecisive round with a single count, will score 10 – 8 respectively.
6. The winner and loser in an decisive round with a single count, will score 10 – 7 respectively.
7. The boxer scoring 2 counts against his opponent will score 10 – 7.
8. Any boxer who commits a foul will have points deducted from his score.

Item 18: Fouls and strikes violating the rules

1. Biting, eye gouging, spiting, or head butting.
2. Wrestling, back or arm locks or any similar judo or wrestling hold.
3. Deliberately falling on his opponent.
4. Holding the ropes for any reason.
5. Swearing or the use of abusive language during the match.
6. Knocking out or injuring his opponent after the referee has orderer the match to stop for any reason
7. Deliberately striking the groin area.

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

A boxer who has been hit in the groin, may request a 5 minute break before continuing the match.

Item19: Knock Down

19.1 Definition

1. Any part of the body touching the floor except the feet
2. Leaning against the ropes in a state of unconsciousness
3. Knocked out of the ring
4. Inability to defend himself

19.2. During a count, the referee will direct the opposing boxer to stand in the opposite corner. If he does not, the referee shall stop the count until he does so and then continue. The match will not continue until directed by the referee.

19.3 The count interval will be at 1 second intervals, from 1 to 10. During the count, the referee will signal, with his hand, to ensure that the boxer receiving the count understands.

19.4 A boxer receiving a count, can't continue the match prior to count of 8 and loses immediately on receiving a count of 10.

19.5 If both boxers fall down, the referee will direct the count to the last one that fell. If both boxers receive a 10 count, a draw will be declared.

19.6 If one of the boxers subsequently falls down again, the referee will continue the count.

19.7 A boxer not ready to fight again after a break when the bell rings, will receive a count, unless caused by a problem with his attire.

Item 20: Duties and responsibilities of the Doctor

20.1. Perform a physical check of the boxers prior to the weigh-in.

20.2. Be in attendance during the programme until the last fight.

20.3. Perform a physical check of the boxers after each match and specify the rest period.

Item 21: Medical Inspection

21.1. All boxers will be certified by the doctor prior to the start of any fight and must not be suffering from any sickness or exhibit any prohibited symptom or disease, as specified in the medical manual of the MTFI

21.2. Any boxer due the fight in a foreign country, will physically examined by a doctor appointed by the committee. He must also conform to the medical regulations of that country.

Item 22: Procedure after a knock out.

22.1. If a boxer is knocked unconscious or injured, only the doctor and the referee are allowed in the ring. Any others may only enter at the doctor's discretion.

22.2. A boxer losing by K.O or T.K.O will be immediately treated and undergo a physical examination by the doctor.

22.3. Recovery period. After a match, a boxer is required to rest for a minimum of 21 days prior to fighting again, with the following exceptions:

1. A winner in the first round is required to rest a minimum of 7 days prior to his next fight.

2. The winner in the third round is required to rest a minimum of 14 days prior to his next fight.

3. A boxer losing by T.K.O or K.O must rest for a minimum of 30 days to his next fight.
4. A boxer losing by T.K.O or K.O must be examined by the doctor before his next fight.

Item 23: Drug usage

23.1 The use of drugs or stimulants, either before or after the fight is strictly forbidden. Any user will be disqualified.

2. The sole drug allowed for the prevention of bleeding is local anaesthetic only with the consent of the medical doctor.

Item 24: Interpretation

The chairman or referee will have the final decision on the interpretation or on any item not covered under these rules and regulations.

Item 25 :YOUTH WAI KRU COMPETITION

25.1 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.

25.2 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.



25.3 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.



25.4 Draw: Opponents will be randomly drawn.

25.5 Competition Format:

- 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.
- Five judges shall score and award points to the competitors.
- Points must be awarded: from 9.1 to 10.0

25.6 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.

25.7 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.

Item 26: YOUTH MUAY BORAN COMPETITION.

26.1 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.

26.2 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.

26.3 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.

26.4 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

26.5 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.

26.6 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.....

Date	Bout No.	Weight Cat.
	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		
☐	More aggressive	☐ Better Style ☐ Better Defensive

RED				STATE/ CLUB				BLUE				STATE/ CLUB			
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