



INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS

# RULES & REGULATIONS FOR INTERNATIONAL COMPETITION

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IFMA

ສາມານະໂລກ



# IFMA RULES & REGULATIONS

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## REVISION HISTORY

Version	Purpose/Change	Changed By	Action Date (DD/MM/YYYY)	Approved By	Action Date (DD/MM/YYYY)
0.01	Improvements for language and clarity.	Technical Review Committee	17/08/2017	IFMA Exco	30/08/2020
0.02	Improvements to layout and language,  <b>inclusion of rules</b> 4: Nationality, 7.1.1: Official Weigh-in, 9.3.1: Video Instant Replay, 13.1.1: Nationality, 17.1: Technical Delegate, 17.2: Medical Commission Member, 17.3: Chairman of the Jury, 18: TD, 19: MCM, 20: COJ, and 27.1.1: Down.  <b>Removed rule</b> 7.3.5: Substitution.  <b>Update to rule</b> 2: U23, Appendix IX.	Technical Review Committee	06/03/2021	IFMA Exco	17/03/2022
0.03	Improvements to layout and language,  <b>Inclusion of rule</b> 1: Muaythai Competitions, 18.15.1: TO Statutory Retirement, 29: Wai Kru & Mai Muay Competitions.  <b>Removed rule</b> 7.3.4: Changing Weight Divisions  <b>Update to rules</b> 2: Senior Male, 4: Rounds, 6.1: Mandatory Probation Period, 12.5: Gumshields, 12.9.3: Mongkon & Prajiad, 12.9.5: Head & Body Cover, 13.1: The Draw, 15.2: Announcer, 18.14.1: Qualifications, 26.2.2: Injury (RSCI), 26.2.5: Compulsory Count Limit (CCL), 26.3: Win by Knock-Out, 27.2.16: Striking the groin, Appendix.	Technical Review Committee	26/06/2022	IFMA Exco	08/10/2022
0.04	<b>Inclusion of rule</b> 30.1: Limitation of Competition, 43.6: Join (Connection) Postures  <b>Update to rules</b> 31: Minimum & Maximum Age Limit for Athletes, 38.1.1: Contesting System, 43: Awarding of Points	Technical Review Committee	01/01/2023	IFMA Exco	10/04/2023



# IFMA RULES & REGULATIONS

## RULE 1: MUAYTHAI COMPETITIONS

The Muaythai competitions are contests between two opposing individuals representing their national team. Each national team can only enter one (1) Athlete per division. The IFMA Executive Committee reserves the right to allow the host country to submit more than one (1) Athlete for pre-agreed divisions as per the hosting contract agreement.

## RULE 2: WEIGHT CLASSIFICATIONS

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

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

Age	YOUTH 16 - 17			
	MALE		FEMALE	
Weight (KG)				

Age	YOUTH 14 - 15			
	MALE		FEMALE	
Weight (KG)				

Age	YOUTH 12 - 13			
	MALE		FEMALE	
Weight (KG)				

Age	YOUTH 10 - 11			
	MALE		FEMALE	
Weight (KG)				



# IFMA RULES & REGULATIONS

		18	71		18	67	
		19	(+) 71		19	(+) 67	

- \*for inclusion into selected multi-sport events only, subject to approval by the IFMA Executive Committee.
- An athlete must compete according to their biological genderism.

## RULE 3: 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	17	23
Youth 16-17	16	17
Youth 14-15	14	15
Youth 12-13	12	13
Youth 10-11	10	11

## RULE 4: ROUNDS FOR MUAYTHAI COMPETITION

Stopping of the contest by the Referee 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.

Division	Round Time	# Rounds	Rest Time		
Senior	3 minutes	3	1 minute		
U23					
Youth 16-17	2 minutes				
Youth 14-15					
Youth 12-13	1.5 minutes				
Youth 10-11	1 minute				

## RULE 5: NATIONALITY

**5.1: ATHLETE NATIONALITY** An Athlete must be a member of a National Association, which is a member of IFMA, and the Athlete must also be a national of the country of the National Association.

**5.1.1: Identification** The Athlete must represent the same nationality as presented in their passport at accreditation.

**5.1.2: Dual Nationality** If an Athlete has more than one nationality, such Athlete can only represent one country and thereafter may not represent any other country, until after a period of three (3) years has elapsed. If the two National Associations concerned desire, they can ask IFMA to reduce or even to suppress this delay.

**5.1.3: Permanent Resident** The IFMA Executive Committee reserves the right to allow an Athlete to represent the country of which they are a permanent resident instead of their passport nationality, given that the Athlete has never represented the country of origin on their passport.



# IFMA RULES & REGULATIONS

**5.1.4: Athletes Book** The Athletes book should reflect the Athletes nationality presented at accreditation. The compulsory Athletes book must be presented at all medical and weigh-in checks. It must be collected at the end of every contest.

## RULE 6: PROCEDURES FOR HEAD INJURIES (KOH/RSCH)

**6.1: MANDATORY PROBATION PERIOD** An Athlete shall receive a mandatory period of rest in the event of a Knock-Out or RSCH caused by strikes to the head.

- One (1) KOH or RSCH: An Athlete who has been knocked out or for whom the Referee has stopped the contest due to receiving hard hits to the head rendering the Athlete defenceless or incapable of continuing, shall not be permitted to take part in competition of Muaythai or sparring for a period of at least thirty (30) days;
- Two (2) KOH or RSCH: 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 ninety (90) days, shall not be allowed to take part in Muaythai competition or sparring for a period of ninety (90) days from the second KOH or RSCH;
- Three (3) KOH or RSCH: 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 three (3) times in a period of twelve (12) months, shall not be allowed to take part in Muaythai competition or sparring for a period of twelve (12) months from the third KOH or RSCH;

Each Knock-Out suffered as a result of head hits and each RSCH must be recorded in the Athlete's medical record, IFMA event management system (Rsportz) and the Athletes National Federation must be informed.

**6.2: PROTECTIVE MEASURES** Any Athlete having lost a hard contest 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 Muaythai competition or training for a period of at least 4 weeks after the last contest on the advice of the Medical Officer should they decide that it would be necessary.

**6.3: MEDICAL CERTIFICATION FOLLOWING PROBATION** Before resuming Muaythai after any periods of medical probation, an Athlete must be certified by a neurologist as fit to take part in Muaythai competition. The Athlete should undergo, if possible, a special examination, electroencephalogram (EEG) and, if necessary, a contrast-enhanced computed tomography (CCT) test. The results of examinations as well as the permission to resume competing shall be entered in the medical record.

All protective measures apply equally if a head injury occurs during training.

## RULE 7: MEDICAL APTITUDE

**7.1: MEDICAL DECLARATION** No Athlete shall be allowed to compete without having a completed [IFMA Medical Declaration Form](#), which must be signed by an authorised Doctor of Medicine. The medical declaration must be completed in the English language stating that prior to leaving their 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 compete.

**7.1.1: Declaration of Non-pregnancy** Athletes age 18 and above must sign the Declaration of Non-pregnancy. Athletes under this age will also require an additional signature from one of the Athlete's parents and/or legal guardians.



# IFMA RULES & REGULATIONS

**7.2: BLOOD TESTS** In addition to the Medical Declaration, Athletes age 16 and above must present completed HIV antibody & HBV (Hepatitis B Surface Antigen) & HCV (Hepatitis C Antibody) screening blood tests. The results must be printed on the letterhead of the laboratory that administered the tests and must have been completed within the 6 months prior to competition.

**7.3: COMPETITION MEDICAL CERTIFICATION** Additionally, on each day of competition 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 World Championships, World Cup, Continental Championships, Continental Cup by the medical commission of IFMA or Continental Federation.

**7.4: PROHIBITED CONDITIONS** The prohibited conditions are referred to in the medical handbook.

**7.5: 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 compete if an abrasion is covered with steri-strip. The decision should be made by the doctor examining the Athlete on the day of competition.

## RULE 8: MEDICAL EXAMINATION & WEIGH-INS

**8.1: TIMING** Medical and weigh-in checks will be conducted at the following times

- **Official Weigh-In:** 1 day prior to the start of competition;
- **Competition Weigh-In:** Each morning of competition; and
- **Pre-Contest Weigh-In:** Any time prior to the Athletes contest.

Competition shall start no earlier than three (3) hours after the close of the Competition Weigh-in. A shorter time may be permitted by the Organising Committee or other IFMA authorized delegates after consulting the Medical Commission, should it be determined as suitable and not to be detrimental to an Athlete taking part in the early contests of the forthcoming session.

**8.1.1: Official Weigh-In** Will be conducted only at the discretion of the Technical Delegate.

**8.1.2: Pre-Contest Weigh-In** Will be conducted at any time prior to the Athletes contest by an appointed Jury member (*Administration or Protocol*) of the contest, as designated by the Technical Delegate or the Chairman of the Jury. If the Athletes pre-contest weight is found 5% above their qualified weight classification, or equal to the next weight classification they will be disqualified.

**8.2: MEDICAL EXAMINATION** Each day of competition the Athlete must be passed as fit to compete by the doctor appointed by the Organizing Committee immediately before being weighed in.

## 8.3: WEIGH-IN

**8.3.1: Attendance** Athletes in all weight divisions when required by the Technical Delegate, must complete a medical and weight check at the Official Weigh-In, which shall determine their weight for the entirety of competition. An Athlete may only compete in the weight classification for which he has qualified at the weigh-in.



# IFMA RULES & REGULATIONS

When not required by the Technical Delegate, an Athlete shall present themselves only at the Competition Weigh-In each morning that they are scheduled to compete, to ensure that his actual weight on that day does not exceed the maximum of his weight class, and must pass the compulsory medical check.

**8.3.2: Clothing & Dress** Athletes must complete their weigh-in in suitable lightweight undergarments, and in a fully prepared state for competition (e.g. no socks, shaved, trimmed toe nails, etc)

**8.3.3: Making Weight** 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.

**8.3.4: Supervision** The Jury member designated the Head of Weigh-in will delegate two weigh-in teams (A & B, Male & Female) of Technical Officials to supervise the weigh-in. A delegate of the National Association of each Athlete may be present within the designated waiting area at the weigh-in but may not in any way interfere.

**8.3.5: Staffing** A recommendation on the number of Technical Officials to attend the weigh-ins based on the number of contests scheduled:

- 15 Male Contests = 3 Technical Officials + 1 Jury (1 scale, 1 Ring)
- 30 Male Contests = 6 Technical Officials + 1 Jury (2 scales, 1-2 Rings)
- 60 Male Contests = 12 Technical Officials + 1 Jury (4 scales, 2-3 Rings)
- 120 Male Contests = 24 Technical Officials + 1 Jury (8 scales, 3-4 Rings)

For any Female contests, follow the above recommendation for a separate female Weigh-in Team.

**8.3.6: Scale** Electronic scales are recommended and shall present the weight in metric.

## RULE 9: ADMINISTRATION OF DRUGS & DOPING

**9.1: 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 World Anti-Doping Agency (WADA) and the [IFMA Anti-Doping Code](#) shall be applied.

**9.1.1: Anti-Doping Consent** Athletes age 18 and above must sign the [IFMA Anti-Doping Consent Form](#). Athletes under this age will also require an additional signature from one of the Athlete's parents and/or legal guardians.

**9.2: PENALTIES** Any Athlete or official violating this prohibition shall be liable to disqualification or suspension by IFMA.

**9.3: LOCAL ANESTHETICS** The use of local anaesthetics is permitted according to the discretion of a doctor of the Medical Commission.

**9.4: PROHIBITED DRUGS** The current World Anti-Doping Agency ([WADA](#)) [list of prohibited substances](#) shall constitute IFMA's list of prohibited substances. Any Athlete taking such substances or any official administering such substances shall be subject to the penalties. IFMA may ban additional substances upon the recommendation of the IFMA Medical Commissions.



# IFMA RULES & REGULATIONS

## RULE 10: FIELD OF PLAY (FOP)

**10.1: COMPETITION AREA SETUP** The competition area shall be set up as per Fig. 1 or Fig. 2 as determined by the Technical Delegate.

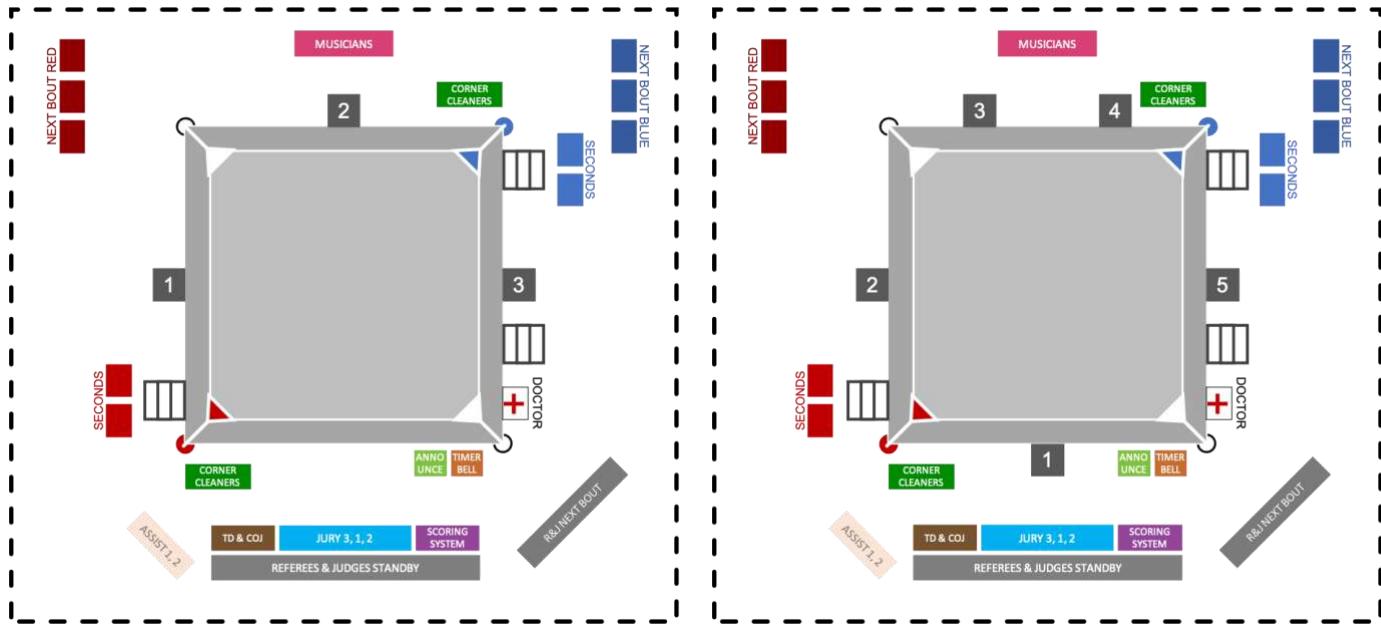


Figure 1 (3 Judges) & Figure 2 (5 Judges) Competition Area Setup

**10.2: ADDITIONAL RINGS** Two or more rings may be used in championships. If more than one ring is used at an event, all rings shall utilize the same number of Judges seated around the ring.

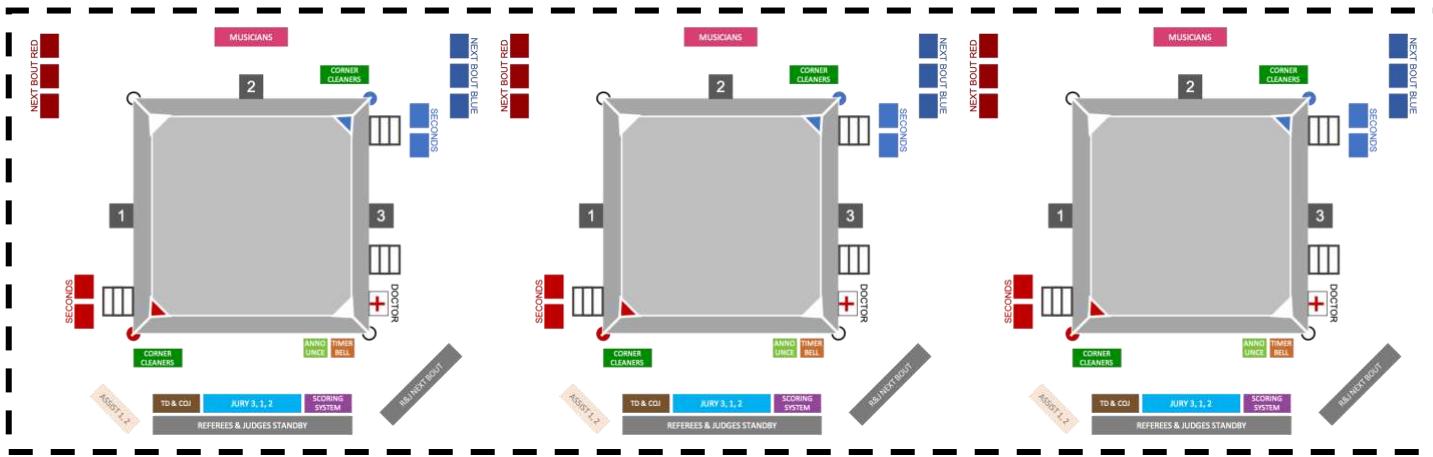


Figure 3 Competition Area Setup – Three Rings for 3 or 5 Judges

**10.3: MEDIA** Photographers, videographers, and other media may stand on the floor at either of the neutral corners without impeding the Doctor's access to the ring stairs. The Technical Director may provide permission to specific media personnel to stand on the ring apron. The media should never stand behind the Judges or in front of the Jury at any time during competition, including round breaks.

**10.3.1: Video Instant Replay** The terms of use and application of Video Instant Replay, will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## RULE 11: THE RING

**11.1: SPECIFICATIONS** In all competitions, the ring shall conform to the following requirements (see Fig. 4 & Fig. 5):

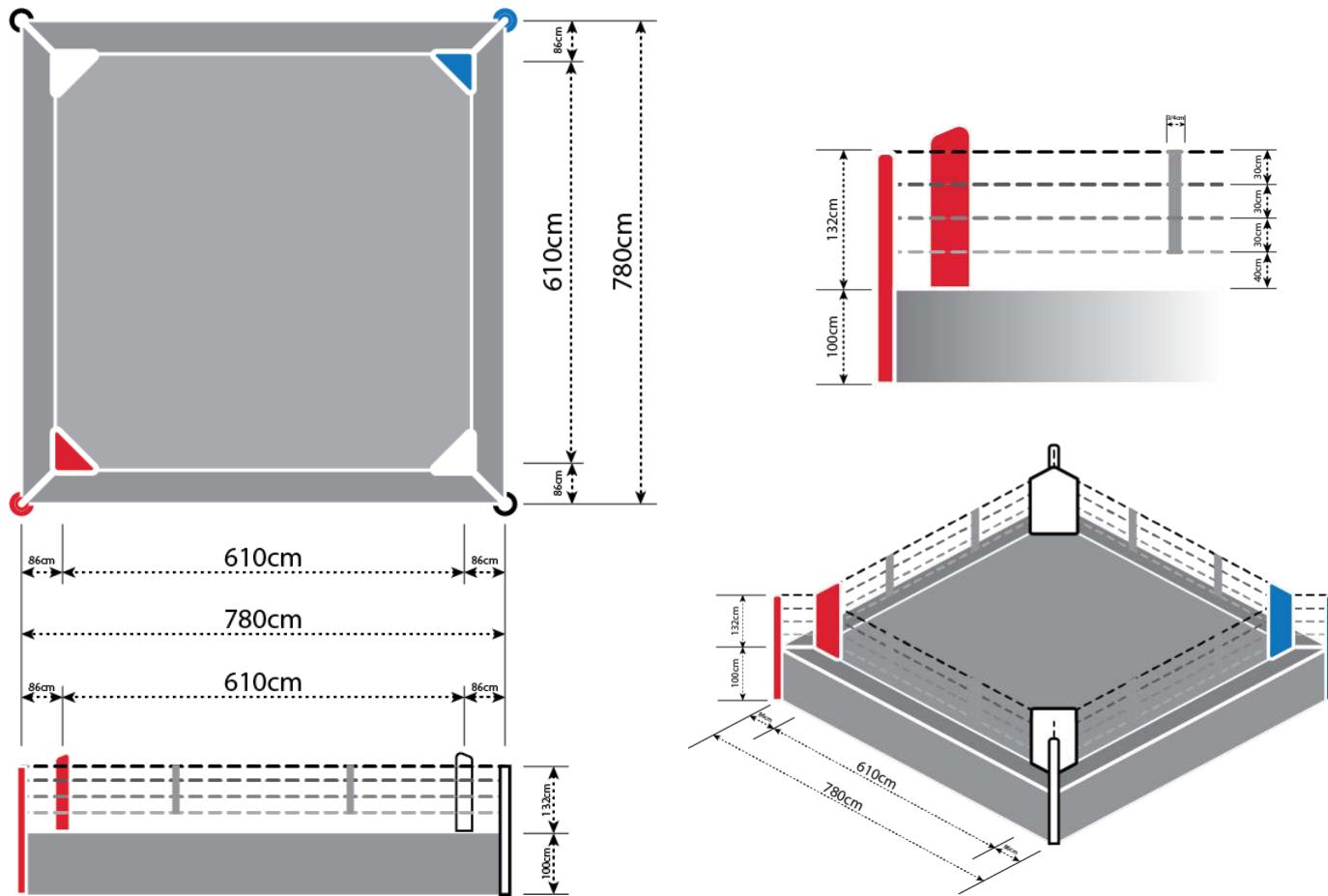


Figure 4 & Figure 5 Ring Setup

**11.1.1: Size** The minimum size shall be 4.9m and the maximum size 6.1m inside the line of the ropes. The ring shall not be less than 0.90m or greater than 1.20m above the ground.

**11.1.2: 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's table
- Blue – in the far right-side of the Jury's table
- White – in the near right corner of the Jury's table



# IFMA RULES & REGULATIONS

**11.1.3: Floor Covering** The floor shall be covered with padding (felt, rubber or other suitable approved material having the same quality of elasticity) not less than 1.5 cm and not more than 2 cm thick. Canvas shall be stretched and secured in place over the padding, and both the padding and canvas shall cover the entire platform.

**11.1.4: Rope** There shall be 4 ropes with a thickness of minimum of 3 cm and maximum of 5 cm tightly drawn from the corner posts at 40 cm, 70 cm, 100 cm and 130 cm (15.7", 27.5", 39.25", 51.25") 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.

**11.1.5: Turnbuckles** The turnbuckles shall be covered by foam no less than 2cm thick and securely fastened with a Velcro cover or tape.

## 11.2: RING EQUIPMENT

The following ring equipment shall be available:

- Three (3) sets of steps – one (1) set at each coloured corner for use by the contestants, and one (1) set in the neutral corner for use by the Referees and doctors;
- Six (6) seats – Four (4) seats for Seconds, with two (2) in each coloured corner. Two (2) stools for Athletes, one (1) in each coloured corner;
- Two (2) shallow trays – one (1) per coloured corner;
- Two (2) mops – one (1) per coloured corner;
- Table and chairs for Officials and competition staff;
  - For five (5) Judges: Five (5) tables with one (1) chair at each;
  - For three (3) Judges: Three (3) tables with one (1) chair each;
  - One (1) table for the panel of the Jury with three (3) chairs;
  - One (1) table for the scorekeepers with two (2) chairs;
  - One (1) table for the Timekeeper and Announcer with two (2) chairs;
  - One (1) table for the Doctor and medical staff with two (2) chairs; and
  - Four (4) chairs for the corner cleaners.
- Plastic Bags – in the 2 neutral corners outside the ring, a small plastic bag shall be fixed in which the Referee and Doctor shall drop the cotton or tissue pads used to stop bleeding;
- White, powderless, non-latex gloves for Referees and medical staff;
- Gong (with striker) or bell;
- One (preferably two) stop watches;
- IFMA electronic scoring system or score cards;
- One microphone connected to the loudspeaker system and another for back up;
- One stretcher or access to a cot/gurney;
- A barrier at least a 1.5 m from the Officials tables around the ring to the spectators; and
- **Only IFMA approved rings are permitted.**

**11.3: CORNER ACTIVITY** The corner area inside the ropes shall be kept clean of water and debris. Bottles under compression are not permitted ringside.

## RULE 12: ATHLETE EQUIPMENT & DRESS

**12.1: GLOVES** Athletes shall wear the gloves which the organizer of the competition has designated for use and have been approved by IFMA. **Athletes are only permitted to use IFMA approved gloves.**



# IFMA RULES & REGULATIONS

**12.1.1: Certification** IFMA will continue to establish the specification for the manufacture of competitive gloves for IFMA competition. Local Organizing Committees must seek approval from the appropriate IFMA Federation overseeing their competition; IFMA approves for the IFMA World Championships, the Continental Federation approves for Continental Championships, and National Associations approve for all competitions under their control. The organiser may normally use whatever IFMA approved gloves are most readily available unless the responsible IFMA organisation designates a specific manufacturer.

**12.1.2: 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. All Athletes in any one contest must wear exactly the same gloves from the same manufacturer, and only clean and serviceable gloves of red and blue colour may be used.

**12.1.3: Glove Supervision** All gloves, wraps and bandages shall be fitted under the supervision of 1 or 2 knowledgeable individuals appointed for the purpose who will see that all the rules have been carefully observed. The Glove Supervisors should tape and sign the wrist of each pair of gloves fitted on an Athlete and will delegate security duties to ensure that all rules are observed until the Athletes enter the ring.

**12.1.4: When to Remove Gloves** The gloves shall be taken off outside of the ring after the contest decision is announced.

**12.2: BANDAGES & HAND WRAPS** A soft surgical bandaging (see Fig. 6) not longer than 5 m and whose width does not exceed 5 cm or a "Velcro" hand wraps (see Fig. 7) not longer than 5 m on each hand should be used - no other kind of bandage may be used. Bandages for use at Continental and World tournaments will be provided by the organising committee.



Figure 6



Figure 7

**12.2.1: Tape** The use of any kind of tapes - rubber or adhesive plaster - as bandages is strictly forbidden. A single strap of adhesive 7.5 cm long and 2.5 cm wide may be used at the upper wrists to secure the bandages.

**12.2.2: Inspection** The bandages / hand wraps of the athlete shall be inspected before being provided their competition equipment. The hand wraps may be inspected at any later time by the Referee or Jury, including after a decision has been rendered.

**12.3: HEAD GUARD, SHIN GUARD, & ELBOW GUARD** The use of the head guard, shin guard, and elbow guards are mandatory, and shall be provided to Athletes by the Organizing Committee. **Only IFMA approved equipment is permitted.**

**12.3.1: Head Guard** The head guard (see Fig. 8 and Fig. 9) shall conform to IFMA specifications and have no cheek protectors, chin guard or face shield. Athletes must come into the ring without their head guard - only after having been presented to the audience, sealing the ring, performing the Wai Kru, and shaking of hands has been completed



# IFMA RULES & REGULATIONS

shall it be put in. The head guard shall be taken off immediately after the contest is over and before the decision is announced.

The head guard is not permitted to be removed or undone during a contest unless under the supervision of the Jury or Referee.



Figure 8



Figure 9

**12.3.2: Shin Guard & Elbow Guard** The shin guard (see Fig. 10) and elbow guards (see Fig. 11) for competition shall be made of cloth. If taping is required it shall be supplied by the Local Organizing Committee.



Figure 10



Figure 11

**12.4: BODY PROTECTOR** The use of a corner colour coordinated body protector (see Fig. 12 and Fig. 13) is mandatory for all Athletes competing in the U23 and Youth divisions. It is not to be worn in Senior divisions.

Division	Body Protector
Senior	No
U23	
Youth 16-17	
Youth 14-15	
Youth 12-13	
Youth 10-11	



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Figure 12



Figure 13

**12.5: GUM SHIELD** A gum shield (see Fig. 14) shall be worn by all Athletes before the commencement of a round. The gum shield should be form-fitted and not of the colour red or pink. 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 cautioned, warned or disqualified. Should an athlete's gum shield be removed from their mouth, it should be rinsed by the Athlete's Second before being returned to the Athlete's mouth.



Figure 14

**12.6: ANKLE PROTECTION** No ankle protection (cloth anklet, tape, etc) may be worn.

**12.7: GROIN GUARD** The use of a groin guard is mandatory. To observe hygiene, all Athletes male and female must have their own groin protectors. Each groin guard must pass inspection prior to competition.

**12.7.1: Male Groin Guards** Male Athletes shall wear a metal (see Fig. 15) or polycarbonate (see Fig. 16) groin guard, and a jock strap may be worn in addition.



Figure 15



Figure 16



# IFMA RULES & REGULATIONS

**12.7.2: Female Groin Guards** For Female Athletes, a polycarbonate (see Fig. 17) or foam (see Fig. 18) groin guard shall be worn.



Figure 17



Figure 18

**12.8: FEMALE CHEST PROTECTION** The use of chest protection is mandatory (see Fig. 19 to Fig. 22) for all Female Athletes competing in an Senior division to guard against hematoma formation within soft tissue areas of the breast proper. Each chest protector must pass inspection prior to competition.

Division	Chest Protection
Senior	Yes
U23	
Youth 16-17	
Youth 14-15	Optional
Youth 12-13	
Youth 10-11	



Figure 19 to Figure 21



Figure 22

**12.9: CLOTHING & DRESS** Athletes shall wear the competition clothing and dress when provided by the Organizing Committee, in accordance with the following:



# IFMA RULES & REGULATIONS

**12.9.1: Shorts** Muaythai shorts (see Fig. 23) must be worn for competition and the wording “Muaythai” clearly displayed on the front.



Figure 23

**12.9.2: Shirts** Male and female Athletes must wear a singlet (see Fig. 24) in red or blue according to their corner colour. Shirts shall be tucked into the belt line of the shorts.



Figure 24

**12.9.3: Mongkon & Prajiad** Athletes must wear the sacred headband (Mongkon) for paying homage during the Wai Kru. A Krueng-Wrang (Prajiad/arm band) with a leather or fabric amulet or charm may be put on around the upper arm, biceps or waist but must be neatly covered. The Referee or Jury may request that a Prajiad is removed if the strings are longer than 7-10 cm or delay competition by becoming undone/falling.

**12.9.4: Hair** Should be tied (ponytail, braided, etc) and must be secured in a hairnet to be contained within the head guard so as not to obscure the face of the Athlete and prevent risk to either Athlete from its movement. Hair clips are not permitted.

**12.9.5: Head & Body Cover** Head and body covers may be worn by Athletes to comply with cultural requirements and shall consist of the following:

- For Female Athletes, a head covering such as a full sport hijab similar to the ResportOn design or an individual skull cap of white or light coloured fabric.
- The head covering may also be worn with an optional body suit (two piece, tights and upper body) of white or light coloured fabric covering of the legs to the ankles and covering the arms to the wrists.
- For Male Athletes, tights of white or light coloured fabric covering of the legs to below the knee.
- Only IFMA approved attire can be used to participate in the competitions (see Fig. 25).



# IFMA RULES & REGULATIONS

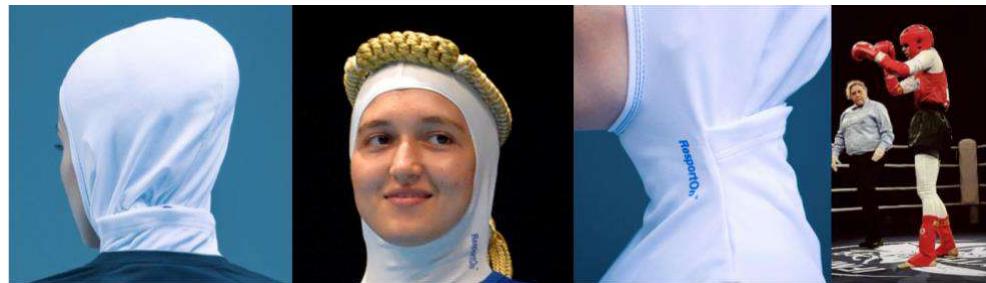


Figure 25 – Female Athletes Head and Body Cover

**12.9.6: Facial Hair** Beards and moustaches are not permitted; Athletes must be clean shaven.

**12.9.7: Prohibited Dress** No other object may be worn during the competition.

**12.10: LINIMENT & VASELINE** A reasonable amount of Vaseline is permitted on the face only for the purpose of reducing the risk of cuts. On any other part of the body, the use of grease, Vaseline, rubbing lineament, or products likely to be harmful or objectionable to an opponent is forbidden.

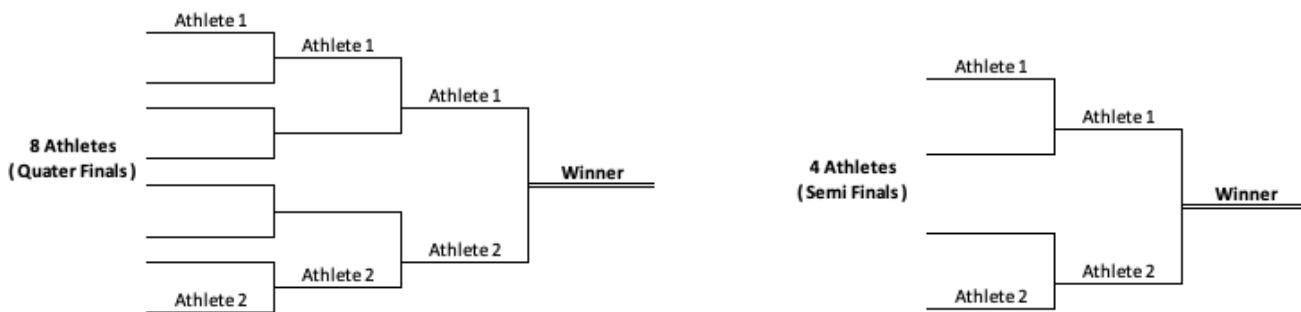
**12.11: NATIONAL FLAG** A country's flag are not permitted to be displayed within the field of play.

**12.11.1: Alpha-3 Country Abbreviation** Only IFMA approved 3-letter country abbreviation press-on labels to be used on competition uniforms.

**12.12: EQUIPMENT & DRESS INFRACTIONS** The Referee shall exclude from the contest any Athlete whose equipment or dress does not conform to the standards set above. In the event of the Athlete's glove or dress becoming undone during the contest, the Referee shall stop the contest to have it attended to.

## RULE 13: THE DRAW AND BYES

**13.1: THE DRAW** The draw must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall compete twice in the competition before all other competitors have boxed at least once. In special situations, the IFMA Executive Committee has the right to depart from this rule. The draw shall proceed first for the byes, and then for the Athletes to compete in the first series.





# IFMA RULES & REGULATIONS

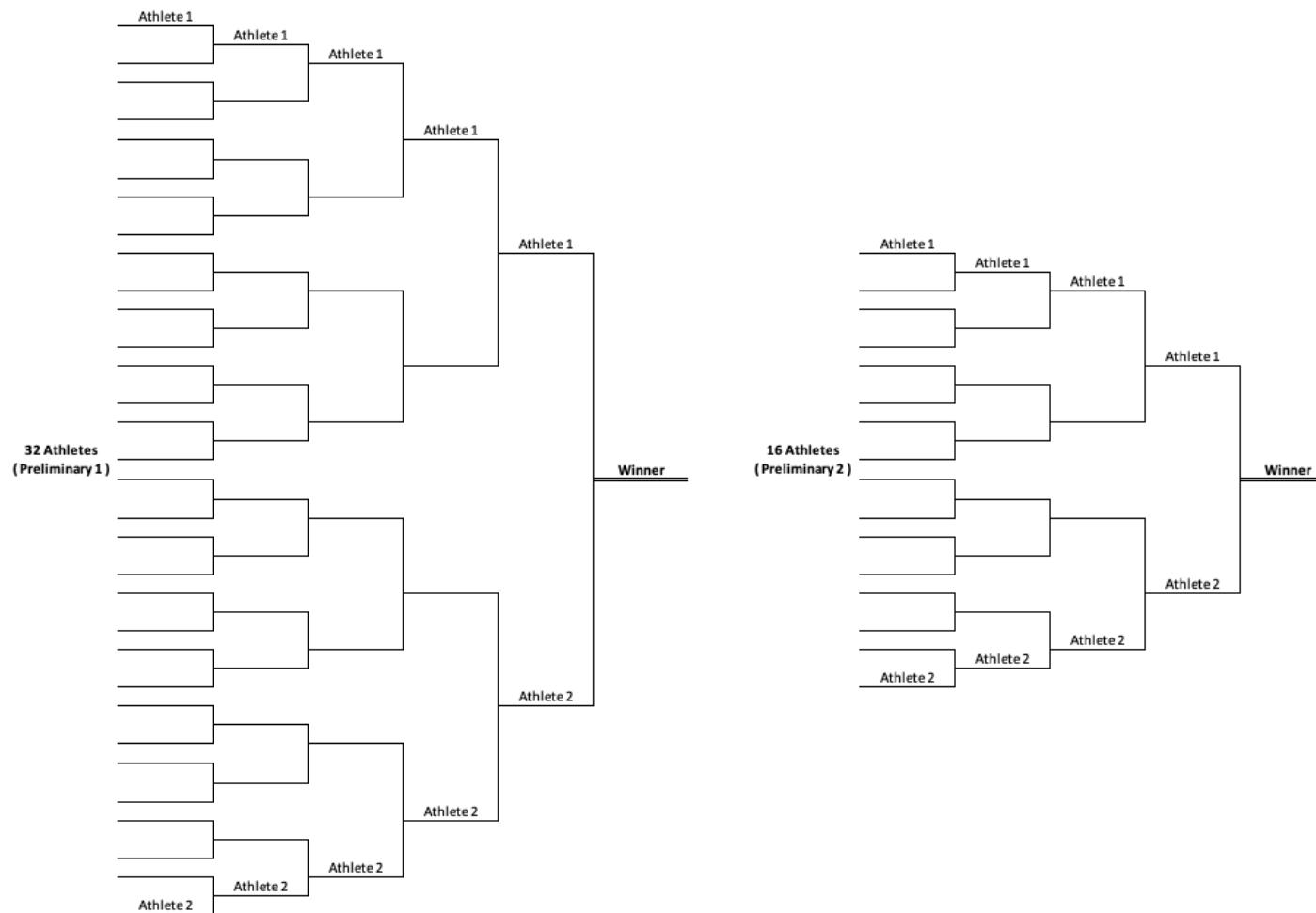
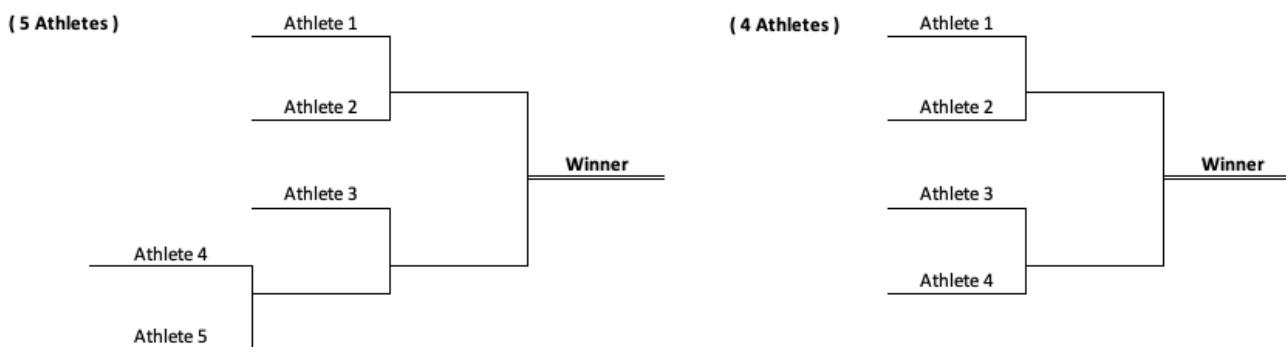


Figure 26 Drawing 'Knockout' System – Preliminary, Quarter, Semi and Finals

**13.2: BYES** In competitions where there are more than four (4) 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 compete 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 contest in the first series. Where the number of byes is even, the Athlete drawing byes shall compete in the first contests of the second series in the order in which they are drawn.





# IFMA RULES & REGULATIONS

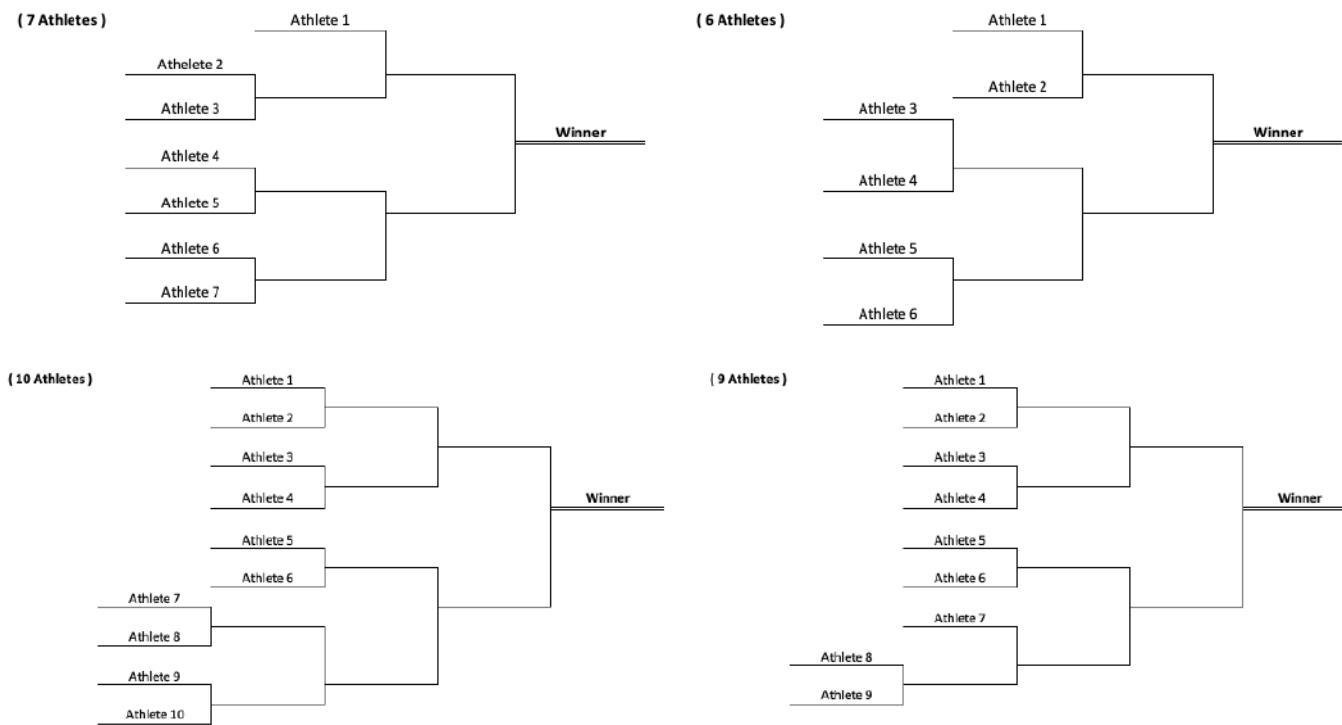


Figure 27 Drawing 'Knockout' System – Byes 5, 6, 7, 8, 9 and 10 Athletes

**13.3: ORDER OF THE PROGRAM** Where possible in the World Championships and Continental Championships, the order of the program should be arranged that the contests in a session are from lightest to heaviest. The wishes of the hosts may be accommodated as long as this does not call into question the results of the draw.

**13.4: CONTESTS PER COMPETITION DAY** An Athlete is only permitted to compete in a maximum of one (1) contests per day. In special circumstances, the IFMA or the Continental Federation has the authority to allow an Athlete to compete in more than one (1) contests per day.

**13.4.1: Additional Contest Rest Allowance** The Athlete must be allowed a minimum of two (2) hours rest between contests.

**13.4.2: Maximum Additional Contest** The Athlete must not exceed three (3) contests per day.

## RULE 14: THE SECOND (COACH)

**14.1: NUMBER OF SECONDS** Each competitor is entitled to a maximum of two (2) Seconds but may not compete with less than one (1).

**14.1.1: Nationality** The Second should be of the same nationality as their passport, or resident within the country of the national team presented at accreditation. At the discretion of the Technical Delegate, a Second may assist another nation during a contest.

**14.2: CONDUCT** The Seconds shall abide by the following rules:

**14.2.1: During an Active Round**



# IFMA RULES & REGULATIONS

- The Seconds shall remain seated away from the platform of the ring. Before a round begins, they shall remove all objects from the ring platform (e.g. seats, towels, buckets, water bottles, etc); and
- During a Count, Warning, or Time Out the Second shall not provide advice to their athlete.

## 14.2.2: During the Rest Between Rounds

- Only the two Seconds shall mount the apron of the ring and only one may enter the ring;
- A Second, who is outside the ropes, may not insert their body between the ropes and must reach over the top if tending to the Athlete;
- A Second will ensure that the Athlete faces toward the centre of the ring, with their back to their corner; and
- Seconds are permitted to spray a reasonable amount of water on the Athlete using a water bottle or spray bottle. Using excessive amounts of water or spraying the Athlete by any other means (i.e. orally, with a wet towel) is prohibited.

## 14.2.3: At Any Time

- A Second can retire an Athlete and may, when they consider their Athlete to be in difficulty, throw the towel into the ring to signal the end of the contest - except when the Referee is in the course of counting;
- No bad advice, bad assistance or bad encouragement, or aggressive physical contact shall be given to an Athlete by a Second;
- Any Second 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 during the contest where the offense is committed.
- If a Second violates the rules they may be Warned or Disqualified. An Athlete may also be Cautioned, Warned, or Disqualified by the Referee for offences committed by their Seconds. If a Second is removed by the Referee from the corner, they may not be replaced by an alternate Second and shall not assist for the remainder of competition.

**14.3: ATTIRE** Seconds must wear the uniform of the National Association and should wear flat heeled athletic shoes. Jeans, shorts, hats/caps, leather jackets, vests, open toe footwear, and other inappropriate attire are not permitted.

**14.4: REQUIRED SUPPLIES** Each corner is required to have their own towel, squeeze bottle and water with the corner bucket. These items are not to be lent for use by any other Athlete to prevent the spread of bacterial-viral illnesses and contamination with regards to the IFMA anti-doping code.

**14.5: COMPULSORY MEETING** At each competition the Technical Delegate or the Chairman of the Jury shall arrange a Technical Meeting of the Officials and the Seconds who are going to work in each tournament and emphasize that IFMA rules will be followed.

## RULE 15: TIMEKEEPER & ANNOUNCER

**15.1: DUTIES OF THE TIMEKEEPER** Each contest shall have one (1) timekeeper who shall be seated ringside. The Timekeeper shall:

- Regulate the duration of the Wai Kru, and signal its end to the Referee and Athletes by hand signal or bell;
- Regulate the number and duration of the contest rounds;
- Regulate the intervals between rounds;
- Commence and end each round by striking the gong or bell;



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- Indicate or give a signal of 10 seconds to clear the ring before the commencement of each round;
- Take off time when instructed to do so by the Referee;
- Regulate all periods of time and counts by a watch or clock; and
- 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 “CHOCK” indicating the continuation of the match.

## 15.2: DUTIES OF THE ANNOUNCER

Each contest shall have one (1) announcer and where necessary one (1) translator who shall be seated ringside.

- Prior to the first contest of each day, announce the position, name and country of the Jury officiating the competition to the public.
- Announce the position, name and country of the Referee and Judges officiating the contest to the public, prior to the beginning of each contest, and only when the Referee appears in the ring;
- Announce the name, country or delegation, division, weight and corner colour of both Athletes to the public whenever they appear in the ring;
- Order “Seconds out” 10 seconds before the commencement of each round;
- Announce the beginning and end of each round; and
- Announce the result of the competition and name of the winner.

## RULE 16: STARTING A CONTEST

### 16.1: PRESENTING FOR COMPETITION

The Athlete will approach the ring wearing the following equipment in a state ready to be used for competition:

- Gloves;
- Elbow guards;
- Shin guards;
- Groin guard;
- Chest protection (if used); and
- Body protector (if used).

The Mongkon, head guard, and gum shield shall be held by the Athlete’s Seconds in preparation for the contest.

The Athlete shall enter the ring between the 2<sup>nd</sup> & 3<sup>rd</sup> rope, or 3<sup>rd</sup> & 4<sup>th</sup> rope for Athletes in heavier weight divisions, and after having entered the ring will have the Mongkon placed on their head by their Second before presenting themselves to the Jury and Judges. The Athlete, in their corner, will then present themselves to the Referee for their equipment inspection.

### 16.2: PERFORMING THE WAI KRU

After the equipment inspection is completed the Referee will signal the start of the Wai Kru.

### 16.3: SHAKING OF HANDS

Before beginning and after a contest, Athletes shall shake hands or “Wai” in a proper manner, as a sign of a purely sporting and friendly rivalry in accordance with the rules.

**16.3.1: Authorized Times** The shaking of hands takes place before beginning the first round and after the announcing of the contest results. Any further shaking of hands between the rounds is prohibited.



# IFMA RULES & REGULATIONS

## RULE 17: WAI KRU

**17.1: REQUIREMENT** Before the first round, every Athlete must perform the traditional Muaythai ritual of homage "Wai Kru" according to the customs of Muaythai.

**17.2: FUNDAMENTAL ELEMENTS** The Athlete must, at a minimum, prostrate to the canvas three (3) times while wearing a sacred Mongkon. Athletes are encouraged to perform a proper Wai Kru consisting of Starting Postures, Sitting Postures and Standing Postures. It is not permitted to perform any other form of martial art ritual that is not a conventional part of the art of Muaythai.

**17.2.1: Youth Wai Kru Elements** In Youth Muaythai competition an Athlete may opt to limit their Wai Kru to only prostration on the canvas.

**17.3: MUSIC** 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 recording.

**17.4: DURATION** The duration of the Wai Kru on preliminary contests is at maximum 2 minutes the end of which shall be signalled by the Referee, however this may be further limited by the Organizing Committee.

**17.4.1: Youth Wai Kru Duration** In Youth Muaythai competition the duration of the Wai Kru is limited to 1 minute.

## RULE 18: TECHNICAL OFFICIALS

**18.1: TECHNICAL DELEGATE (TD)** Each competition or championship shall be overseen by a Technical Delegate who shall be seated separately from the public, officials and in close proximity to the ring(s).

**18.2: MEDICAL COMMISSION MEMBER (MCM)** In the case of Continental or World Championships, a Medical Doctor or Physician from the IFMA Medical Commission must be present to oversee the medical team on the ring(s).

**18.3: CHAIRMAN OF THE JURY (COJ)** All officials at each competition or championship shall be overseen by the Chairman of the Jury who shall be seated separately from the public and in close proximity to the ring(s).

**18.4: JURY** Each contest shall be presided over by a minimum three (3) Jury members who shall be seated separately from the public and in close proximity to the ring.

**18.5: REFEREE** Each contest shall be controlled by an IFMA or Continental Federation approved Referee who shall officiate in the ring but shall not mark a scoring paper for the same contest.

**18.6: JUDGES** Each contest shall be marked by five (5) or three (3) IFMA Judges who shall be seated separately from the public and immediately adjacent to the ring. If five (5) Judges are used, two (2) of the Judges shall be seated on the same side of the ring at a sufficient distance from the other, facing the Jury.

**18.7: TIMEKEEPER** The Timekeepers shall be selected from the National Technical Officials provided by LOC.

**18.8: NEUTRALITY** The names of the Referee and the Judges for each contest shall be selected by the Jury in accordance with the following directives:

- Each Official shall be an approved Referee/Judge;



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- That each such official shall be of different country and Association from each other and from each of the Athletes taking part in the contest;
- That each such official shall not be a national of or resident in any country which is a Dominion, Colony or Dependency of the country of any of the Athletes taking part in the contest;
- That in the event of a change of country of any Official, such official shall not officiate in any contest in which an Athlete of his original country is taking part or a Referee or Judge of that country is acting;
- In no case shall more than two (2) Officials in one contest come from the same continent;
- The Referees and Judges for the finals shall be approved by the Panel of Jury as a whole as being IFMA authorised persons; and

In the event of it being found impossible by the 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 Jury, or someone acting on his/her behalf, for the contest in question.

**18.9: CONFLICT OF INTEREST** A person acting as an Official shall not act as Team Manager, Trainer, or Second to any Athlete or team of Athletes in the same competition. Members of the Jury officiating at the World Championships, World Cup Competitions and Continental Championships shall not officiate as Referees and Judges at those Games or Championships.

**18.10: IMPAIRMENT** No IFMA Official shall operate under the influence of alcohol or illicit substances.

**18.11: DISCIPLINARY ACTION** The IFMA Executive Committee, Continental Federation, or its duly authorized representative may, upon the recommendation of the Jury, may dispense (temporarily or permanently), with the services of any Referee who, in its opinion, does not efficiently enforce the rules of the IFMA, or any Judge whose marking or scoring of contests it considers not to be satisfactory.

**18.12: DRESS** Technical Officials are to wear dark blue or black trousers, black shoes, IFMA Official's shirt, and dark blue or black bowtie. The IFMA Official's shirt and bowtie may be replaced approved by the Chairman of the Jury and Technical Delegate. Appropriate jackets may be used when authorized.

**18.12.1: Appearance** Officials are to be professional in appearance at all times, including but not limited to well-maintained personal hygiene, trimmed facial hair, and a lack of visible piercings or tattoos.

**18.13: NATIONAL TECHNICAL OFFICIALS (NTO)** are nominated by their National Association to officiate at international competition under the supervision of the Head of Referees. A country hosting an international championship is required to provide a set number of NTOs per the hosting agreement.

**18.14: INTERNATIONAL TECHNICAL OFFICIALS (ITO)** The title of "International Technical Official" shall be the highest title for a Referee or Judge of Muaythai. A person admitted to the International List shall be given a diploma of "International Technical Official". They shall also be given a badge of IFMA corresponding to their title and an identity card.

**18.14.1: Qualifications** Rules and regulations for qualifying as an International Technical Official are stipulated by the IFMA Executive Committee.

- **ITO Qualified []:** Referee, Judge, Timekeeper (World Championships, Youth World Championships)
- **ITO Level 1 [/]:** Judge (Wai Kru & Mai Muay Competitions)



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- **ITO Level 2 [//]:** Jury, Head of Weigh-Ins, Head of Referees (FISU, World Masters Martial Arts Masterships, Continental Championships)
- **ITO Level 3 [///]:** Jury, Head of Weigh-Ins, Head of Referees (Wai Kru & Mai Muay Championships)
- **ITO Level 4 [///]:** Head of Jury (Asian Beach Games, Asian Indoor Martial Arts Games, Arafura Games, SEA Games)
- **ITO Level 5 [///]:** Head of Jury (Wai Kru & Mai Muay at SportAccord/GAISF, World Games)
- **ITO Level 6 [///]:** Chairman of the Jury (Olympic Recognised)

Senior level ITOs will assist to the minor levels at all times.

**18.14.2: Obligation of Attendance** Should an International Technical Official be selected by the Executive Committee to participate in the World or Continental Championships and Cups, the National Association to which they have membership shall be obligated to send them unless they personally refuse for adequate reasons.

In nations where the responsibility of financing their teams or similar tournaments are handled by another organization, that organization will be responsible for the transport and maintenance of Officials selected to the tournament.

**18.15: HONORARY TECHNICAL OFFICIAL** The Executive Committee may award for life, the title of "Honorary Referee and/or Judge of Muaythai" to International Officials who have retired, and have displayed the requisite qualifications in a highly satisfactory manner.

**18.15.1: Technical Officials Statutory Retirement** Age is sixty (60) years, or sixty five (65) years with proof of a medical certificate per additional year. Unless currently active as an IFMA Commission member or advisory role for an IFMA Commission, at the earliest convenience laid out by the IFMA Executive Committee, the Technical Official must formerly retire.

**18.16: REPORTS TO THE MEDIA** Executive members, members of the Medical Jury, IFMA 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 competition or officiating at those events. Only the President or any person authorised by the President shall be entitled to speak to the media.

## RULE 19: TECHNICAL DELEGATE (TD)

**19.1: RESPONSIBILITIES** The Technical Delegate is responsible for all aspects of the Competition or Championship, and reports directly to the Executive Committee.

**19.2: DUTIES** To observe and liaise with all parties of interest to the Competition or Championship.

## RULE 20: MEDICAL COMMISSION MEMBER (MCM)

**20.1: RESPONSIBILITIES** The Medical Commission Member is responsible for overseeing the medical team(s) of the Continental or World championships, and reports directly to the Technical Delegate.

**20.2: DUTIES** To observe and liaise with all parties of interest to the Championship, including a daily briefing with the ring Doctor(s) where necessary, and to give advice to the Doctor during a competition should an incident occur.



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## RULE 21: CHAIRMAN OF THE JURY (COJ)

**21.1: RESPONSIBILITIES** The Chairman of the Jury is responsible for all aspects of the officials and field of play within a Competition or Championship, and reports directly to the Technical Delegate.

**21.2: DUTIES** To observe and liaise with all parties of interest within the field of play for the Competition or Championship.

## RULE 22: JURY

**22.1: APPOINTMENT** During the International Competitions, the Chairman of the Jury for IFMA shall appoint a Jury. During the Continental Championship, the Jury shall be appointed by the Executive Committee of the Continental Federation, or in case there is not a Continental Federation, by the National Association concerned.

At each competitive session the Jury shall consist of not less than (three) 3 persons per ring, including the Head Jury. Three of the Jury shall either be members of the Technical Official Commission or used to be on the list of nominated International Technical Officials. No additional Technical Officials shall sit at the Jury table during that session.

**22.2: ROLES AND SPECIFIC DUTIES** The panel of the Jury will consist of the following three (3) roles:

**22.2.1: Head Jury** reports to the Chairman of the Jury and / or the Technical Delegate, and is responsible for all aspects of the competition relating to their ring, in and out of the field of play. The Head Jury must attend the official draw, managers meeting, technical officials meeting.

**22.2.2: Administration Jury** reports directly to the Head Jury, is considered the 'Head of Weigh-in' and is responsible for all administrative tasks relating to their ring, in and out of the field of play. This includes but is not limited to; verifying contests against the competition schedule, recording in the athlete's book, organising the weigh-in teams and result reporting.

**22.2.3: Protocol Jury** reports directly to the Head Jury, is considered the 'Head of Referees', and is responsible for all protocols relating to their ring, in and out of the field of play. This includes but is not limited to; ring setup according to the technical standards, the correct members/staff are identifiable within the field of play, ensuring athletes and seconds are properly dressed before and during the contest, overseeing any situations within the ring such as a Doctor's inspection of an athlete, equipment checking, assigning the referee roster, referee assistance with training, impartiality and medical condition.

## 22.3: GENERAL DUTIES

### 22.3.1: Managing a Contest

- Wherever the electronic judging system is not used, the Administration Jury shall record his score of each contest witnessed by him and these scores shall be available for comparison with those of the Judges functioning in those contests;
- The Head Jury shall check the scoring papers of the Judges to ensure that:
  - The points are correctly totalled;
  - The names of the Athletes are correctly entered;
  - A winner is nominated;
  - The scoring papers are signed before the decision is announced; and
  - The Head Jury shall then inform the announcer the result of the contest.



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- The Jury, may also take any immediate action they consider necessary to deal with circumstances which would prevent proper conduct of competition at any session; and
- 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 Continental Federation may deprive him/her of a medal or prize already won in that competition

## 22.3.2: Overruling the Referee and/or Judges

- Decisions of a Referee and/or Judge may be overruled by the Jury in the following ways:
  - When the Referee has given a decision which is clear it is against the Rules of IFMA; or
  - When it is obvious that the Judges have made a mistake in their scoring which results in a wrong decision.
- 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 competition to cease until it may be satisfactorily resumed.

## 22.3.3: Managing a Technical Official Performance

- 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;
- The Jury shall inform the IFMA Executive Committee in writing about any Referee or Judge whom in their opinion does not effectively enforce the Rules and Regulations of IFMA and Judge whose scoring of contest they consider unsatisfactory;
- The Jury members shall submit to the Executive Committee of IFMA, the Continental Federation, or in case there is no Continental Federation, the National Association concerned, any amendment to the panel of Referees and Judges that they consider necessary;
- The Jury members shall bring to the notice of the Executive Committee any Referee or Judge of the International Panel who, having been nominated to act as such by his Association and who, being present at, World Championships or Continental Championships, fails to be available for such duties without previously notifying the IFMA General Secretary of his absence and giving adequate reasons;
- 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 Continental Federation as soon as it may be possible; and
- The acting Jury will consult the Commission of Refereeing and Judging with regards to any decisions or recommendations they may be required to take.

## 22.3.4: Performing Non-Jury Duties

- A member of the Jury may act as a Judge for an individual contest where failing to do so would result in the Neutrality of the Judges to be compromised; and
- If needed, the Administration and Protocol members of the Jury may be replaced with another qualified Official in order to retain Neutrality of the Officials. Should a Jury member be replaced in this manner, they will not return as Jury for the remainder of the competition.

## 22.3.5: Reporting to the Chairman of the Jury



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- Each competition day, the Head(s) of the Jury will provide a report to the Chairman of the Jury, including Referee Roster(s), Weigh-in(s) confirmation and any additional technical information regarding their ring.

**22.4: NEUTRALITY** The members of the Jury at international contests, competitions and championships shall come from different countries.

**22.5: ADDITIONAL DRESS** Members of the panel of Jury should wear a jacket/blazer and dress tie.

## RULE 23: REFEREE

**23.1: ADDITIONAL DRESS REQUIREMENTS** The Referee is to wear black flat soled shoes without a raised heel, and is recommended to wear surgical gloves while officiating. Any accessories such as eyeglasses, jewellery, belt, and headwear are prohibited.

**23.2: PRIMARY CONCERN** The care of the Athlete is the primary concern of the Referee.

**23.3: DUTIES** The Referee shall:

- Use 3 words of command in Thai:
  - “YOOT” (Stop) when ordering the Athletes to stop action;
  - “YAEK” (Break) when breaking a clinch, upon which command each Athlete shall step back to await the Referee’s command to continuing the competition; and
  - “CHOCK” (Box) when ordering the Athletes to continue.
- See that the rules and fair play are strictly observed;
- Check the gloves and dress of the Athletes;
- Maintain control of the contest in all its stages;
- Prevent a weak Athlete from receiving undue and unnecessary punishment;
- Referee shall visually demonstrate any infringement of the rules to an Athlete;
- Stop each round at the strike of the bell by commanding “YOOT” and obstructing the Athletes, directing them to their corner;
- At the end of a contest collect and check the papers of the Judges; after checking the Referee shall present these papers to the Jury, or on occasions when there is no Jury, to the announcer.
- When the Referee has stopped the contest, they shall first inform the Jury as to the reason such that the announcer can make the decision known to the public; and
- 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 contest is announced, the Referee shall raise the hand of the winning Athlete.

**23.4: POWERS OF THE REFEREE** The Referee is empowered to

- Terminate a contest at any stage if they consider it too one-sided (RSC: Safety);
- Terminate a contest at any stage if one of the Athletes has received an injury on account of which the Referee decides they should not continue (RSC: Injury);
- Terminate a contest at any stage if they consider the contestants are not competing in earnest. In such case they may disqualify one or both contestants;



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- Caution an Athlete or to stop the contest to 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;
- Disqualify an Athlete who fails to comply immediately with the Referee's orders, or behaves towards them in an offensive or aggressive manner at any time;
- Disqualify a Second who has infringed the rules and/or the Athlete themselves if the Second does not comply with the Referee's orders;
- With or without a previous Warning, disqualify a contestant for committing a serious foul;
- In the event of a knock-down, suspend a count, if an Athlete's opponent deliberately fails to retire to a neutral corner or delays to do so; and
- 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.

**23.5: REPLACING THE REFEREE DURING THE CONTEST** If a Referee is incapacitated in the course of a contest, the timekeeper shall strike the gong to stop the contest and the next available neutral Referee on the IFMA list shall be instructed to control and order the contest to be resumed.

**23.6: MEDICAL CONSIDERATIONS** The Referee shall be free any conditions or ailments that may compromise their ability to perform their duties. The use of contact lenses for corrective vision is permitted.

## RULE 24: JUDGES

### 24.1: DUTIES

- Each Judge shall independently evaluate the merits of the 2 contestants and decide the winner according to the rules;
- A Judge shall not speak to an Athlete 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 they may appear not to have noticed, such as the misconduct of a Second, loose ropes, etc;
- The number of points awarded to each competitor shall be entered by a Judge on their scoring system or paper immediately after the end of each round;
- At the end of the contest a Judge shall total the points, nominate a winner, sign their scoring paper and submit their scorecard to the Referee; and
- A Judge shall not leave their seat until the decision has been announced to the public.

## RULE 25: AWARDING OF POINTS

**25.1: SCORING MUAYTHAI SKILL** A Muaythai skill is a punch, kick, knee or elbow applied with force and intent to cause effect. One score will be awarded for each Muaythai skill that strikes against a scoring target without being blocked, guarded against, or infringing the rules.

**25.1.1: Target** The Target for Muaythai means, any part of the body except the groin.

**25.1.2: Non-scoring Targets** The gloves, forearms, foot, and shin are not scoring targets, unless a strike is applied with enough force to affect a non-scoring target (e.g. a high kick against the gloves of a blocking opponent off-balances the target.)

**25.1.3: Illegal Targets** The groin is not a scoring target and intentional strikes against the groin may be considered fouls.



# IFMA RULES & REGULATIONS

**25.2: TEN-POINT MUST SYSTEM** Each round shall be scored individually, in which at least one Athlete shall be awarded 10 points. No fraction of points may be given.

## 25.2.1: Steps for Awarding Points

- First, an Athlete wins the round when utilizing more **scoring Muaythai skills** than the opponent;
  - A difference of 7 or less scoring Muaythai skills between the athletes is a **small margin**;
  - A difference of 8 to 14 scoring Muaythai skills between the athletes is a **large margin**; and
  - A difference of 15 to 21 scoring Muaythai skills between the athletes is a **total domination**.

If the Athletes are equal in scoring Muaythai skill, then

- Second, an Athlete wins the round when using **more forceful Muaythai skills** than the opponent;

## 25.2.2: Non-Awarding of Points

- Striking with **lack of Muaythai skills**;
- Strikes which are **effectively blocked by the opponent's forearms/gloves or shins/feet**;
- Striking with **lack of force** even when those strikes have landed on target;
- Throwing the opponent without striking; and
- Striking while infringing any of the rules.

**25.2.3: Assignment of a Round's Score** At the end of each round, 10 points shall be awarded to the better (more skilful in Muaythai) Athlete, and the opponent proportionately less (9-8-7 respectively).

- 10 points will be awarded to each Athlete if they are even in the round;
- 10 points will be awarded to the Athlete who wins the round by a **small margin**, the opponent will receive 9 points;
- 10 points will be awarded to the Athlete who wins the round by a **large margin**, the opponent will receive 8 points;
- 10 points will be awarded to the Athlete who wins the round by a **total domination**, the opponent will receive 7 points;
- The Athlete will have their **number of total points reduced by one (1) for each Warning** received if the Judges are in agreement with the Warning.

**25.2.4: Deduction of Points** If the Referee provides a Warning to 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 in agreement with a Referee Warning they shall place a "W" in the appropriate column against the points of the warned competitor to show that they have done so. If the Judge decided not to award a point, they shall place the letter "X" against the points allotted for that round to the warned Athlete indicating the reason they have done so.

During each round, a Judge shall assess the seriousness of and shall impose an appropriate scoring penalty for any foul witnessed 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, they shall indicate that they have done so by placing in the appropriate column the letter "J" against the points of the offending Athlete and indicate the reason.

**25.2.5: Method for Applying a Deduction of Points** If a Judge is in agreement with a Referee's Warning or observes a foul and imposes a Judge's Warning, the Athlete receiving the Warning will be deducted **one (1) point** from their total points.



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**25.3: END OF CONTEST** A winner must be nominated in all tournaments. If at the end of a contest a Judge finds that the Athletes are equal in total score, the Judge shall determine a winner by applying the Steps for Awarding Points across the entirety of the contest.

- If the Athletes are equal in both scoring Muaythai skill and the forcefulness of their Muaythai skill then an Athlete wins then round by any of
  - Showing **less exhaustion or less bruising** than the opponent;
  - Showing **more willingness to lead off or aggressive intention to compete** than the opponent;
  - Having **better defence** by which the opponent's Muaythai skills effectively blocked or made to miss;
  - Having **better Muaythai style** than the opponent; and
  - Having **less infringement of the rules** than the opponent.

In Exhibition Matches, a draw decision may be awarded.

## RULE 26: DECISIONS

**26.1: WIN ON POINTS (WP)** 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, knocked-out simultaneously or 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.

### 26.2: WIN BY REFEREE STOPS CONTEST (RSC)

**26.2.1: Safety (RSCS)** If an Athlete, in the opinion of the Referee, is in danger or is receiving excessive punishment or hard strikes, the contest shall be stopped and his/her opponent declared the winner;

**26.2.2: Injury (RSCI)** If an Athlete, in the opinion of the Referee, is unfit to continue due to injury sustained from legal strikes or other action or is incapacitated for any other physical reasons (e.g. joint dislocations, vomiting, profuse nasal bleeding), the contest shall be stopped and the opponent declared the winner.

- The right to make this decision rests with the Referee, who may consult the Doctor at the neutral corner. If the Doctor advises to stop the contest, the Referee must follow their advice. It is recommended that the Referee checks the other Athlete for injury also before making this decision;
- When a Referee calls a Doctor to examine an Athlete inside the ring only these 2 individuals should be present. No Seconds should be allowed into the ring or on the apron; and
- If an accidental injury should happen in the final round of a gold medal contest, the winner will be decided on majority points scored from all preceding rounds only.

The Doctor shall only examine an Athlete during the rest under direct instruction from the Referee. In such cases that the Doctor advises the contest to be stopped, the Referee shall instruct the Timekeeper to begin the round time. The referee will then immediately stop the contest and declare the opponent the winner by RSC Injury.

**26.2.3: Head Strike (RSCH)** When an Athlete has received hard head blows or strikes 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 themselves scoring. Special consideration is paid to Athletes who receive a RSCH;

**26.2.4: Body Strike (RSCB)** When an Athlete has received a hard strike to any part of the body except the head rendering the Athlete defenceless and incapable of continuing the contest;



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**26.2.5: Compulsory Count Limit (CCL)** The Referee stops the contest when a prescribed limit of counts has been reached, depending on the division of competition.

- Senior and U23: 3 counts in the same round or 4 counts in the whole contest;
- Youth 16-17: 2 counts in the same round or 3 counts in the whole contest; and
- Youth 10-11, 12-13, and 14-15: 2 counts in the whole contest.
  - In all divisions for a count to be considered part of the CCL, it must be initiated by a Muaythai Skill.

**26.3: WIN BY KNOCK-OUT (KO)** If an Athlete is “down” and fails to resume competing within the count of “SIB” (10), the Athlete’s opponent shall be declared the winner by a knock-out.

**26.3.1: Head Strike (KOH)** When an Athlete has received hard head blows or strikes to the head rendering the Athlete defenceless and incapable of continuing the contest;

**26.3.2: Body Strike (KOB)** When an Athlete has received a hard strike to any part of the body except the head rendering the Athlete defenceless and incapable of continuing the contest.

**26.4: WIN BY RETIREMENT (RET)** An Athlete’s opponent shall be declared the winner when

- The Athlete does not leave their corner after the rest between rounds;
- The Athlete does not wish to continue after receiving a count; or
- The Athlete’s Second surrenders on their behalf.

**26.5: WIN BY DISQUALIFICATION (DQ)** If an Athlete is disqualified, the 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, honourable award or grading, relating to any stage of the competition in which the Athlete has been disqualified; in exceptional cases it shall be open to the Executive Committee (or in their absence, the Jury or the person responsible for the conduct of the event) to rule otherwise. All such decisions, where not made by the Executive Committee, shall be subject to review and confirmation by it on receiving such report of the incident as it may require.

**26.6: WIN BY WALK-OVER (WO)** Where an Athlete presents them self in the ring fully attired for boxing and the opponent fails to appear after their name has been called out by the announcement system, the bell has 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”. Referee shall first inform the Jury accordingly and summon the Athlete to the centre of the ring for the presentation of the decision.

**26.7: NO CONTEST (NC)** A contest may be terminated by the Referee inside the scheduled duration owing to a material happening outside the responsibility of the Athletes or the control of the Referee such as the ring becoming damaged, the lighting has failed, exceptional weather conditions, etc. In such circumstances, the contest shall be declared “No Contest” after a maximum period of 10 minutes has elapsed and in the case of Championships, the Jury shall decide the necessary further action.

**26.8: DRAW** A draw may only occur in Exhibition Matches, where two Clubs or two Nations may agree to permit a draw as a contest decision. A draw occurs when the majority of the Judges have scored the competition equally.

**26.9: INCIDENTS IN THE RING OUTSIDE THE CONTROL OF THE REFEREE** If something should occur that does not allow the contest to continue within 1 full minute after the bell has rung for the beginning of the first (1<sup>st</sup>) round (e.g. power failure), the contest shall be stopped and the Athletes will compete again in the last contest of the same competitive session, or first contest on the program of the next day's session.



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If the incident occurs 1 full minute after the bell has rung for the beginning of the first (1<sup>st</sup>) round, the Judges are asked to give a decision as to the winner of the contest, or the Jury can decide on necessary further action.

**26.10: POST CONTEST ETIQUETE** Before and after the decision is announced, Athletes must have a show of respect to one another, the opponents Seconds and the Referee by either shaking hands or "Wai".

**26.10.1: Opponents Water Bottle** Drinking from the opponent's water bottle is prohibited to limit the risk of spreading bacteria, illness and contamination with regards to the IFMA anti-doping code.

**26.11: PROTESTS** A protest must be lodged by the Manager of a team within thirty (30) minutes after the decision has been announced, or within five (5) minutes if the contest is a gold medal match.

After the decision is announced, the protest shall be made in writing and handed to the Technical Delegate or Chairman of the Jury, along with a protest fee of \$500 USD. 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 \$100 USD for administration. If the decision is upheld, the protest fee will not be refunded and will remain with IFMA or the Continental Federation.

## RULE 27: FOULS

**27.1: TREATMENT OF FOULS** The Athlete who commits fouls can, at the discretion of the Referee, be Cautioned, Warned, or Disqualified without a Warning.

**27.1.1: Cautions** A Caution is an admonishment given by the Referee to an Athlete to check or prevent undesirable practices of the less serious infringements of the rules. To do so Referee will not necessarily stop the contest but may find a suitable safe opportunity during a round to admonish an Athlete for an infringement of the rules. A Caution shall be accompanied by the appropriate physical signal for the offense committed. **If an Athlete is given three (3) of the same Caution in a contest, they shall receive a Warning.** Should an Athlete receive many cautions for different types of fouls the Referee may apply a warning for unsportsmanlike conduct.

**27.1.2: Warnings** If an Athlete commits repeated or serious infraction of the rules, the Referee shall stop the contest and clearly demonstrate the infringement. The Referee will inform the Jury of the Warning, then point to the Athlete and to each of the Judges to signal that a Warning has been given. After giving the Warning, the Referee shall order the Athletes to resume competition.

A Referee having once administered a Warning for an infringement on the rules cannot issue a Caution for the same type of offense. **If an Athlete is given three (3) Warnings in a contest they will be disqualified.**

**27.1.3: Disqualifications** For major/dangerous infractions of the rules the Referee may opt to immediately disqualify an Athlete.

**27.2: TYPES OF FOULS** If the Athlete intentionally commits the following fouls:

27.2.1: Biting, head-butting, spitting at an opponent;

27.2.2: Pressing on opponent's eyes with the thumb;

27.2.3: Intentionally smothering or suffocating an opponent by covering the mouth and nose;

27.2.4: Intentionally removing, unfastening, or displacing equipment;

27.2.5: Intentionally expelling or removing the gum shield;

27.2.6: Intending to impact the opponent with the canvas using a non-Muaythai technique, such as but not limited to

- Tripping (sweep) an opponent without using a Muaythai skill when making 3 points of contact with the body;
- Throwing an opponent using the hip; or



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- Tackling the opponent's body or legs.

27.2.7: Hooking or immobilizing the opponent's legs using the calf, ankle, or heel of the foot;

27.2.8: Lifting an opponent by the body;

27.2.9: Locking/hyperextending the opponent's joints in the arms, legs, head/neck, or back;

27.2.10: Striking while holding the ropes or making any unfair use of the ropes;

27.2.11: Falling on to an opponent who is lying on the floor;

27.2.12: Striking an opponent who is down on the floor or who is in the act of rising;

27.2.13: Striking while having any part of the body other than the feet touching the floor;

27.2.14: Obstructing an opponent from rising or re-entering the ring;

27.2.15: Completely passive defence by means of double cover or intentionally falling to avoid a hit;

27.2.16: Striking the groin of the opponent;

- If the Athlete is unintentionally struck by a Muaythai skill and unable to continue the contest, the Referee has the power to count the Athlete or pause the contest for up to 3 minutes to allow the hit Athlete to take a rest. If Athlete refuses to resume the contest after 3 minutes rest the opponent will be declared the "winner";

27.2.17: Holding the opponent's leg and pushing forward more than two (2) steps in any direction without striking with any one of the Muaythai skills;

27.2.18: Striking an opponent after the round has ended;

27.2.19: Not following the Referee's command to "YOOT" ("Stop") or "YAEK" ("Break") and take a step back;

27.2.20: Attempting to strike the opponent before the Referee has ordered "CHOCK" following the command to "YOOT" or "YAEK";

27.2.21: Useless, aggressive, or offensive utterance during the contest;

27.2.22: Assaulting or behaving in aggressive manner towards the Referee at any time;

27.2.23: Applying water to an athlete by means other than a water bottle or spray bottle;

27.2.24: Use of excessive water during the rest between rounds causing a delay starting the next round;

27.2.25: Using any forbidden substance acknowledged by World Anti-Doping Agency (WADA) or IFMA Anti-Doping Code.

**27.3: RESTRICTED STRIKES BY DIVISION** Use of a restricted Muaythai skill in a given division is considered a foul

Division	Restricted Muaythai Skills
Senior	
U23	
Youth 16-17	No restrictions
Youth 14-15	
Youth 12-13	No elbow or knee strikes to the head
Youth 10-11	No strikes to the head

**27.4: SECONDS** Each Athlete can be held responsible for their Seconds' actions.

**27.5: REFEREE CONSULTS JUDGES** If a Referee has any reason to believe that a foul has been committed which Referee has not seen, they may consult the Judges.

## RULE 28: KNOCKDOWN

**28.1: DEFINITION** An Athlete is considered "Knocked Down"



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- If Athlete touches the floor with any part of his body other than their feet as the result of a strike or series of strikes and shows difficulty rising;
- If Athlete hangs helplessly on the ropes as the result of a strike or series of strikes;
- If Athlete is outside or partly outside the ropes as the result of a strike or series of strikes; or
- Following a hard strike the Athlete has not fallen and is not lying on the ropes, but is in a semi-conscious state and in the opinion of the Referee cannot continue the round.

**28.1.1: Down** A downed athlete is one that has touched the canvas with any other part of the body which is not their feet, and has not received a strike from their opponent.

**28.2: THE COUNT** In the case of a Knockdown the Referee shall immediately command "YOOT" and begin to count the seconds elapsing. The Referee shall count aloud from one (1) to ten (10) in the Thai language:

#	THAI	ENGLISH
1	NUENG	ONE
2	SONG	TWO
3	SAAM	THREE
4	SII	FOUR
5	HAH	FIVE
6	HOK	SIX
7	JED	SEVEN
8	BAED	EIGHT
9	KOUW	NINE
10	SIB	TEN

**28.2.1: Starting the Count** Before the number "NUENG" (1) is counted, an interval of one second must have elapsed from the time when the Athlete has been struck, and the time of announcing "NUENG" (1).

**28.2.2: Timing and Signal** The Referee shall have intervals of one second between the numbers counted and, starting with the index finger, shall indicate each second with their hand in a manner that the Athlete who has been Knocked Down may be aware of the count.

**28.2.3: Judge Treatment** The Judge shall note a "KD" (Knockdown) on their scoring sheet when the Referee had given a count to an Athlete, no points shall be awarded or deducted from an Athlete. When an Athlete is considered Knocked Down due to a strike to the head, the Judge shall then enter "KD+H" (Knockdown to the head) on their scoring sheet.

**28.3: OPPONENT'S RESPONSIBILITIES** If an Athlete is knocked down the opponent must at once go to the neutral corner as designated by the Referee, facing toward the centre of the ring and waiting with their arms at their side. 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.



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The opponent may only continue against the Athlete who is Knocked Down after the latter has gotten up and the Referee resumes the contest on the command "CHOCK".

**28.4: MANDATORY 8-COUNT** When a Referee administers a count to an Athlete the contest shall not be continued until the Referee has reached the count of "BAED" (8), even if the Athlete is ready to continue before then.

**28.5: THE KNOCKOUT** If the Athlete is unable to continue by the count of "BAED" (8) the Referee shall continue to count to "SIB" (10). At "SIB" (10) the contest ends and shall be decided as a "Knockout".

**28.6: COUNTING AT THE END OF A ROUND** In the event of an Athlete being Knocked Down at the end of a round, the Referee shall continue to count. Should the Referee count to "SIB" (10) the Athlete shall be deemed to have lost the contest by Knockout (KO). Should the Athlete recover by the count of "BAED" (8) the Referee shall immediately use the command "CHOCK".

**28.7: THE SECOND TIME AN ATHLETE GOES DOWN WITHOUT A FRESH STRIKE** If an Athlete is Knocked Down as the result of a strike and the contest is continued after the count of "BAED" (8) has been reached, but the Athlete falls again without having received a fresh strike, the Referee shall continue the counting from "BAED" (8).

**28.8: BOTH ATHLETES KNOCKED DOWN** If both Athletes are Knocked Down at the same time, counting will be continued as long as one is still Knocked Down. If both Athletes remain Knocked Down until "BAED" (8) the contest will be stopped and the decision given in accordance with the points awarded up to the time of the Knockdown.

**28.9: ATHLETE FAILS TO RESUME** An Athlete who fails to resume competing immediately after the termination of the rest interval, or who when Knocked Down by a strike, fails to resume within 10 seconds, shall lose the contest.

**28.10: ATHLETE OUTSIDE THE RING** Should one or both athletes fall Outside the Ring the Referee shall immediately command "YOOT" and begin to count the seconds elapsing. The athlete(s) should make their way back into the ring unassisted and unhindered within a count of "Yee-Sib" (20).

The referee should ensure that the athlete(s) are not assisted or hindered in any manner. Should this occur, the referee should stop the count immediately and the offending party should be warned, continuing the count after the necessary action has been taken.

Should one athlete be unable to return into the ring before the count of "Yee-Sib" (20), the athlete within the ring will be declared the winner by "Referee Stops Contest (RSC-)".

If both Athletes remain Outside the Ring with a full count of "Yee-Sib" (20) the contest will be stopped and the decision given in accordance with the points awarded up to the time of the occurrence.

## RULE 29: MEDICAL DOCTOR & PROCEDURES

**29.1: DUTIES OF THE DOCTOR** A Doctor of Medicine for Muaythai should be a well-trained doctor in the sport.

**29.1.1: Physical Examination** During the medical examination period the Doctor shall check the health of Athlete and certify that the Athlete is fit to compete before the weigh-in.

**29.1.2: Competition Attendance** The Doctor shall sit close to the ring with unimpeded access to the neutral corner steps nearest the Jury. The Doctor shall be in attendance throughout competition and should not leave this place until having examined the two (2) Athletes who participated in the last contest of the session.



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**29.1.3: Advise the Referee** The doctor shall give instruction to the Referee upon their request. The Doctor shall not examine an Athlete during the rest between rounds unless instructed to do so by the Referee.

**29.1.4: Attend an Unconscious Athlete** If an Athlete is rendered unconscious, only the Referee and the Doctor summoned should remain in the ring unless the doctor requires extra help.

**29.1.5: Provide Medical Attention** An Athlete who has been rendered unconscious 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 defenceless or incapable of continuing, shall be examined by a Doctor immediately afterwards and recommend aftercare or follow up examinations to the Athlete and their Seconds. The Athlete will be accompanied to their accommodation by one of the officials on duty at the event.

**29.1.6: Post-Contest Examination** The Doctor should examine each Athlete following a contest if there are any concerns of injury.

## RULE 30: WAI KRU & MAI MUAY COMPETITIONS

The Wai Kru & Mai Muay competitions are contests of individual (Wai Kru) or duo (Mai Muay) formats. Each national team can only enter one (1) Athlete per division of the individual contest, and one (1) Team, containing two (2) athletes per division of the duo contest. An athlete may only take part in one of the two competition formats.

**30.1: LIMITATION OF COMPETITIONS** An Athlete may take part in either the Wai Kru or Mai Muay competition, if they are intending to or have already competed in the events Muaythai competition.

## RULE 31: 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.

Age Category	Minimum Age	Maximum Age
Senior	33	40
Senior	25	32
Senior	18	24
Youth	16	17
Youth	14	15
Youth	12	13
Youth	10	11
Youth	8	9

## RULE 32: MEDICAL EXAMINATION

On the first day of competition the Athlete must be passed as fit to compete by the doctor appointed by the Organizing Committee.

## RULE 33: NATIONAL TEAM DIVISIONS

**33.1: TEAM DIVISIONS** For duo format competitions:

**33.1.1: Male** Both Athletes from the Team must be Male; and

**33.1.2: Female** Both Athletes from the Team must be Female.



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## RULE 34: TIME FOR COMPETITION

### 34.1: TIME FOR WAI KRU COMPETITION

Division	Round Time	Rest Time
Senior	3 to 4 minutes	as per division schedule
Youth		

### 34.2: TIME FOR MAI MUAY COMPETITION

Division	Round Time	Rest Time
Senior	4 to 5 minutes	as per division schedule
Youth		

**34.2.1: Competition Total Time** In an individual format Wai Kru competition the minimum allowed time is three (3) minutes, and the total allowed time is four (4) minutes. For a duo format Mai Muay competition the minimum allowed time is four (4) minutes, and the total allowed time is five (5) minutes.

**34.2.2: Compulsory Completion Time** In an individual format Wai Kru competition the Athlete must have completed their performance by no more than five (5) minutes. For a duo format Mai Muay competition the maximum time allowed is six (6) minutes. The Jury will instruct the Athlete(s) or Team to stop their performance once the compulsory completion time is reached.

## RULE 35: FIELD OF PLAY (FOP)

The competition area shall be set up as per Fig. 28 or Fig. 29 as determined by the Technical Delegate.

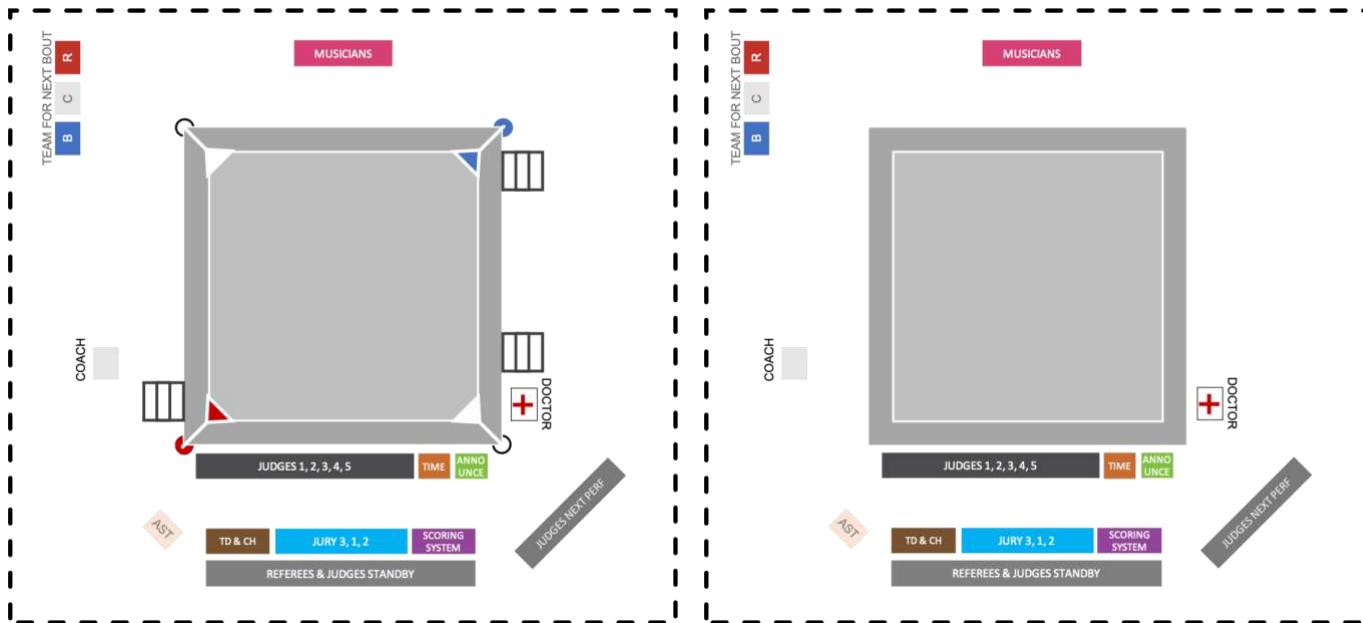


Figure 28 (Ring) & Figure 29 (Contest Area) Competition Area Setup

**35.1: ADDITIONAL RINGS** Two or more rings may be used in championships. If more than one ring is used at an event, all rings shall utilize the same number of Judges seated at the ring.



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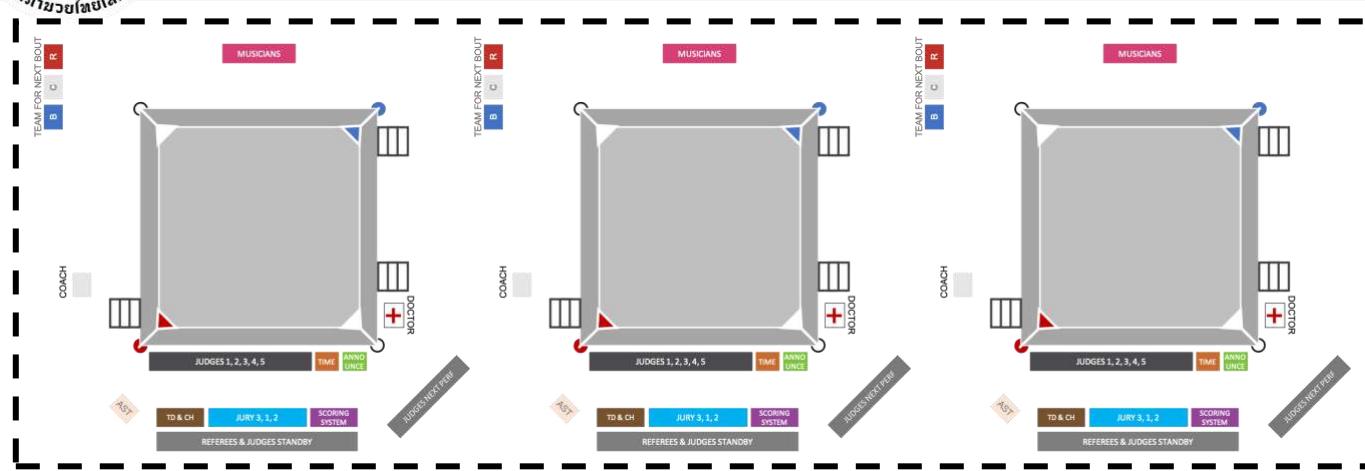


Figure 30 Competition Area Setup – Three Rings

**35.2: ADDITIONAL CONTEST AREA** Two or more contest areas may be used in championships. If more than one contest area is used at an event, all contest areas shall utilize the same number of Judges.

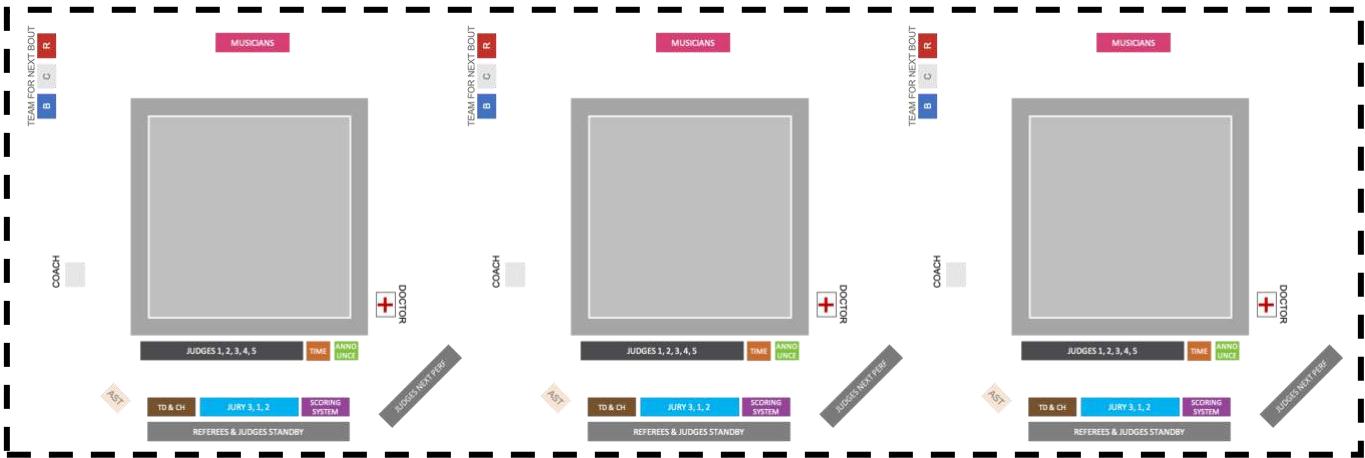


Figure 31 Competition Area Setup – Three Contest Areas

**35.3: MEDIA** Photographers, videographers, and other media may stand on the floor from the middle of the red / white corners, all the way round to the blue / white corners without impeding the Doctor's access to the ring stairs. The Technical Director may provide permission to specific media personnel to stand on the ring apron or contest area. The media should never stand behind the Judges or in front of the Jury at any time during competition.

## RULE 36: ATHLETE EQUIPMENT & DRESS

Athletes should wear the traditional Muay Boran uniform in any colour except for black, and be **approved by IFMA**.

**36.1: UNIFORM** There are two elements the athlete should consider:

- Costume must consist of a traditional top and short appropriate for athlete gender; and
- Accessories including traditional hand bindings (hand wraps) and sash belt.

**36.1.1: Traditional Attire** Athletes must not wear provocative uniforms.



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**36.1.2: Mongkon & Prajiad Colour** Athletes should wear their respective IFMA Khan level colour, or any mix of colours other than Silver, Silver & Gold, and Gold which shall be worn by the Technical Officials only, unless the athlete has qualified for these IFMA Khan levels.



Figure 32 – Athlete Muay Boran Uniform

## RULE 37: MUSIC

The traditional Muay Boran 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 Muay Boran music (known as 'Sarama' Wai Kru and 'Keck Jao Sen' Mai Muay) played from a recording.

**37.1: WAI KRU TO MAI MUAY** For duo format Mai Muay contests, the transition from Wai Kru music to Mai Muay music will happen only when the Athletes have completed their Wai Kru performance. The Mai Muay music will not stop until the Teams have completed their full performance.

**37.1.1: Wai Kru Contest** For individual format Wai Kru contests, the music will not stop until the Teams have completed their full performance.

## RULE 38: THE DRAW AND BYES

**38.1: THE DRAW** The draw must take place in the presence of official representatives of the teams concerned and must ensure where practicable that no competitor shall compete twice in the competition before all other competitors have performed at least once. In special situations, the IFMA Executive Committee has the right to depart from this rule.

**38.1.1: Contesting System** The ranking system format for all competitions and championships will be used:



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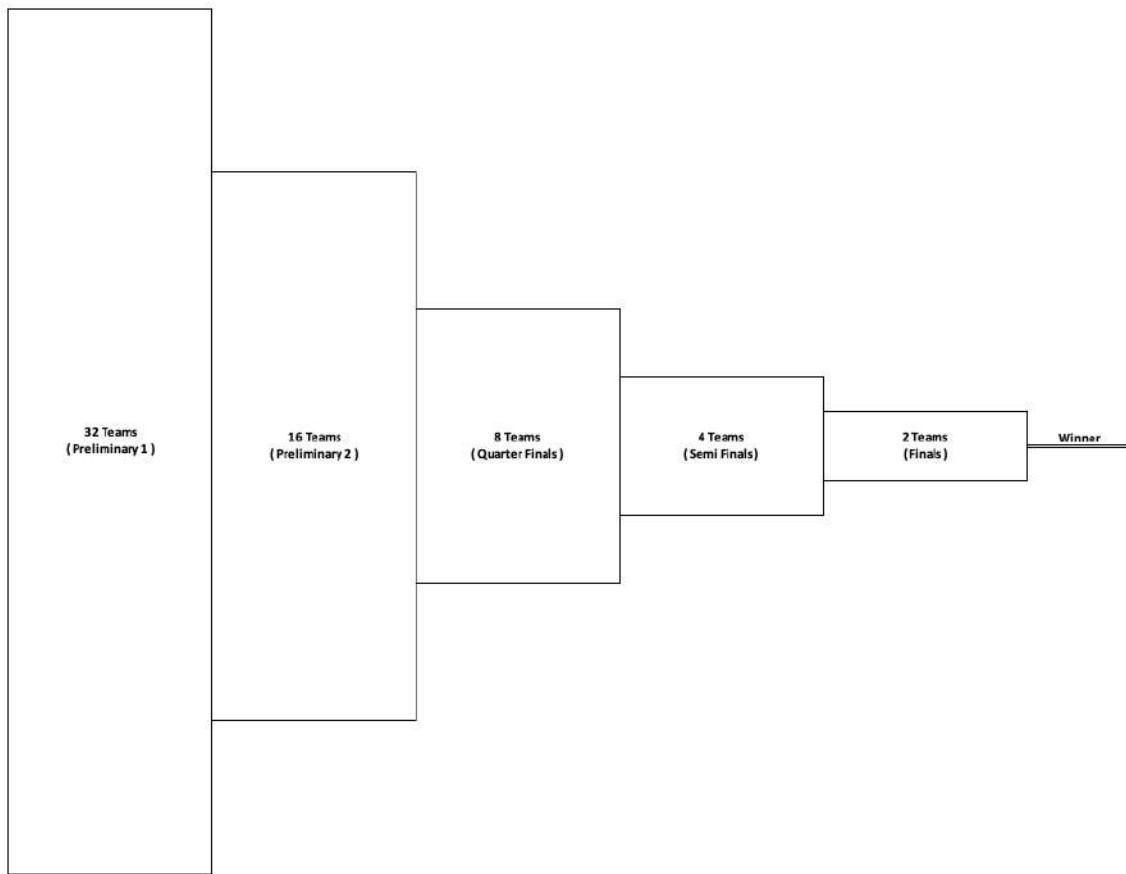


Figure 33 Drawing 'Ranking' System – Preliminary, Quarter, Semi and Finals

Teams	Rounds	Days
1 – 2	1	1
3 – 4	2	2
5 – 8	3	3
9 – 16	4	4
17 – 32	5	5
33 – 64	6	6
65 – 128	7	7
129 – 256	8	8

- for further team grouping is possible under the system power of two;
- when limitation of competition or championship days, the first round grouping is unlimited;
- the IFMA Executive Committee has the right to amend as necessary; and
- there must be no more than 2 teams in the finals.



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## RULE 39: THE SECOND (COACH)

**39.1: NUMBER OF SECONDS** Each competitor is entitled to a maximum of one (1) Second but may not compete with less than one (1).

**39.1.1: Nationality** The Second should be of the same nationality as their passport, or resident within the country of the national team presented at accreditation. At the discretion of the Technical Delegate, a Second may assist another nation during a contest.

**39.2: CONDUCT** The Seconds shall abide by the following rules:

### 39.2.1: During an Active Round

- The Seconds shall remain seated away from the platform of the ring or contest area. Before a round begins, they shall remove all objects from the ring platform or contest area (e.g. seats, towels, buckets, water bottles, etc).

**39.3: ATTIRE** Seconds must wear the uniform of the National Association and should wear flat heeled athletic shoes. Jeans, shorts, hats/caps, leather jackets, vests, open toe footwear, and other inappropriate attire are not permitted.

**39.4: COMPULSORY MEETING** At each competition the Technical Delegate or the Chairman of the Jury shall arrange a Technical Meeting of the Officials and the Seconds who are going to work in each tournament and emphasize that IFMA rules will be followed.

## RULE 40: TIMEKEEPER & ANNOUNCER

**40.1: DUTIES OF THE TIMEKEEPER** Each contest shall have one (1) timekeeper who shall be seated within the competition area. The Timekeeper shall:

- Regulate the duration of the Wai Kru;
- Regulate the duration of the Mai Muay; and
- Take note of the Teams Wai Kru time, and Mai Muay time.

**40.2: DUTIES OF THE ANNOUNCER** Each contest shall have one (1) announcer and where necessary one (1) translator who shall be seated within the competition area, next to the Timekeeper.

- Prior to the first contest of each day, announce the position, name and country of the Jury officiating the competition to the public;
- Announce the position, name and country of the Judges officiating the contest to the public, prior to the beginning of each group of contests;
- Announce the group class, division, Athlete(s) name, Team country or delegation to the public whenever the Team appears at the ring for contest;
- Announce the beginning and end of each round; and
- Announce the result of the competition and name of the winner.

## RULE 41: STARTING A CONTEST

**41.1: PRESENTING FOR COMPETITION** The Athletes will approach the competition area wearing the following equipment in a state ready to be used:



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- Traditional Muay Boran Uniform; and
- Krueng-Wrang (if used).

The Mongkon shall be held by the Athlete's Coach in preparation for the contest.

**41.1.1: Entering the Ring** Athletes shall enter the ring between the 2<sup>nd</sup> & 3<sup>rd</sup> rope, and after having entered the ring will have the Mongkon placed on their head by the Coach before presenting themselves to the Jury and Judges.

**41.1.2: Entering the Contest Area** Athletes shall enter the contest area from the left side, and after having entered the contest area will have the Mongkon placed on their head by the Coach before presenting themselves to the Jury and Judges.

**41.2: SIGNAL OF STARTING** An Athlete will signal the Jury that the Team is ready to start the Wai Kru. The Head of Jury will confirm the Athlete signal, and the performance, music and time will begin.

**41.2.1: Wai Kru Finishes** for individual contests when the Athlete is standing facing towards the Jury in the centre of the ring or contest area, for duo event it is when the Athletes are standing in their own corners.

**41.2.2: Mai Muay Begins** when the Athletes pull their Mongkon down from their head and place it around their neck.

**41.2.3: Mai Muay Finishes** when the Athletes are standing in their own corners.

**41.2.4: Present to Jury** Athletes must present themselves to the Jury and Judges before leaving the ring or contest area.

## RULE 42: TECHNICAL OFFICIALS

**42.1: JURY** Each contest shall be presided over by a minimum three (3) Jury members who shall be seated on a platform stage separately from the public and within the competition area.

**42.1.1: Head Jury** reports to the Chairman of the Jury and / or the Technical Delegate, and is responsible for all aspects of the competition relating to their ring or contest area, in and out of the field of play. The Head Jury must attend the official draw, managers meeting, technical officials meeting.

**42.1.2: Administration Jury** reports directly to the Head Jury, is considered the 'Head of Results' and is responsible for all administrative tasks relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; inspecting the teams Mai Muay postures list for their performance, verifying the judges scoresheets, contests against the competition schedule, recording in the athlete's book and result reporting.

**42.1.3: Protocol Jury** reports directly to the Head Jury, is considered the 'Head of Judges', and is responsible for all protocols relating to their ring or contest area, in and out of the field of play. This includes but is not limited to; observing time allowance, ring and contest area setup according to the technical standards, the correct members/staff are identifiable within the field of play, ensuring seconds are properly dressed before and during the contest, overseeing any situations within the ring such as a Doctor's inspection of an athlete, assigning the judges roster, judges assistance with training, impartiality and medical condition.

**42.2: JUDGES** Each contest shall be marked by five (5) IFMA Judges who shall be seated separately from the public and immediately adjacent to the ring or contest area. When five (5) Judges are used, all Judges shall be seated on the same side of the ring or contest are at a sufficient distance from the other, facing away from the Jury.



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**42.2.1: Qualification** The ITO Judges must have passed the IFMA Wai Kru & Mai Muay Khan exam. All NTO Judges should have knowledge and understanding of the Art and Science of Muaythai.

**42.2.2: Obligation of Attendance** Should a National Association submit a Team of Athletes to a contest, competition or championship, they should provide at least one (1) Technical Official per five (5) divisions.

**42.3: DRESS** Technical Officials are to wear the traditional IFMA Muay Boran uniform ( without Mongkon and Prajiad ) in black similar to the Bovytapolsawat design, with covered toe sandals or shoes in black.



Figure 34 – Technical Officials Muay Boran Uniform

**42.3.1: Appearance** The IFMA Muay Boran uniform with Gold trim will be worn by all approved Jury members, the ITO Judges trim will be Gold and Silver, and the NTO Judges trim will be Silver only.

**42.3.2: Uniform** The ITO and NTO Judges uniform will be made available at international championships, and the Jury uniforms will be bestowed upon them during an official ceremony by the IFMA Cultural & Heritage commission.

**42.3.3: Additions** A white or skin tone colour t-shirt can be worn underneath the top of the uniform, and a black or skin tone colour leggings can be worn underneath the bottom of the uniform for comfort.

## RULE 43: AWARDING OF POINTS

**43.1: SCORING WAI KRU & MAI MUAY** The duo format Mai Muay contest has a maximum combined total score of 100 points. The Wai Kru has a maximum total score of 100 points during an individual format Wai Kru contest and a maximum total score of 35 points during a duo format Mai Muay contest.

The following categories will be used to deduct points for minor infringements during Wai Kru contests:

- 43.1.1: Authentic** Correct postures used;
- 43.1.2: Completed Postures** Full identity performed;
- 43.1.3: Rhythmic** Performed in good rhythm;
- 43.1.4: Fluidity** Postures flow uninterrupted and smoothly;
- 43.1.5: Gracefully** Artistically correct; and



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**43.1.6: Costume** Remains in place throughout.

**43.2: STARTING POSTURES** All Athletes must perform all five (5) of the Wai Kru Starting Postures. The Starting Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**43.2.1: Starting Postures:** 1. Thep Pa Nom, 2. Kom Krab, 3. Kob Pra Mae Toranee, 4. Tha Wai Bangkom and 5. Pathom and Prom.

**43.3: PROM NANG (SITTING) POSTURES** Athletes must perform four (4) of the seven (7) Wai Kru Prom Nang Postures. The Prom Nang (sitting) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**43.3.1: Prom Nang (sitting) Postures:** 1. Lab Hok Mokkasak (Kumpakan Lab Hok), 2. Mekkala Loah Kaew, 3. Song Mek (Tai Mek), 4. Mae Pra Thoranee Beeb Muay Phom, 5. Sue Lak Hang, 6. Praya Krut Yut Naka and 7. Sao Noi Pa Paeng.

**43.4: PROM YUEN (STANDING) POSTURES** Athletes must perform four (4) of the seven (7) Wai Kru Prom Yuen Postures. The Prom Yuen (standing) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**43.4.1: Prom Yuen (standing) Postures:** 1. Yoong Ram Paen, 2. Na Rai Kwang Jak, 3. Chang Choo Nguang, 4. Pra Ram Plaeong Sorn, 5. Kum Pa Kan Poung Hok, 6. Kun Paen Fun Mahn and 7. Hong Hoen.

**43.5: FINISHING** Athletes must perform all five (5) Finishing movements. The Finishing has a maximum total score of 20 points (individual), or 5 points (duo).

**43.5.1: Finishing:** 1. Yang Sam Khum, 2. Payak Dom Kwang, 3. Kwang Liaw Lang, 4. Tad Mai Kom Nam and 5. Yang Suk Ka Sem.

**43.6: JOIN (CONNECTION) POSTURES** Athletes can perform the Joining Postures. The Join (connection) Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**43.6.1: Join (connection) Postures:** 1. Sod Soi Mala, 2. Khuang Mad, 3. Muan Muay, 4. Chang Yaek Plok, 5. Klub Hua Sanam, 6. Klum Choeng Kru, 7. Doo Dussakorn, 8. Fon Long Choeng and 9. Kinaree Liab Thom.

**43.7: MAI MUAY AWARDING POINTS** The Mai Muay has a maximum total score of 65 points. The Teams must forward their performances on the [Jury Posture List](#) form, to the Administration Jury no less than sixty (60) minutes before the start of the competition for inspection.

The following are guidelines for awarding points:

**43.7.1: Performance Realism** A maximum total score of 30 points;

**43.7.2: Athlete Fitness** A maximum total score of 25 points; and

**43.7.3: Other** A maximum total score of 10 points.

The following categories will be used to deduct points for minor infringements during Mai Muay contests:

**43.7.4: Timing** Not too fast, not too slow;

**43.7.5: Target** Correct target used for technique;

**43.7.6: Realistic Techniques** used realistically;

**43.7.7: Balance** Correct balance through-out;

**43.7.8: Continuity** Fluid and does not pause;



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- 43.7.9: **Conditioning** Athlete looks strong at the end;
- 43.7.10: **Costume** Does not come loose, and is IFMA approved;
- 43.7.11: **Spatial Awareness** Full use of competition area; and
- 43.7.12: **Posture List** All postures on submitted Jury list completed.

**43.8: ONE HUNDRED SCORING SYSTEM** Each round shall be scored individually, in which at least one Athlete or Team can be awarded a maximum of 100 points. No fraction of points may be given by the Judges.

- 43.8.1: **Final Team Score** For the final team score;

- the Judges individual total scores will be divided by ten (10),
- the highest and lowest scores will be removed,
- all three (3) remaining Judges scores will be added together to give a total team score,
- the total team score will then be divided by three (3) to give the round / final team score.

The round / final team score will be shown to two (2) decimal places e.g. 9.064 and 9.063 etc becomes 9.06, whilst 9.065 and 9.066 etc becomes 9.07.

- 43.8.2: **Jury** It is the duty of the Jury to confirm the final scores and scoring papers of all the Judges, before confirming the official final results.

**43.8.3: Draws** Should the final team scores be equal, the scores of all five (5) Judges will be used from Round 1, and Round 2 if less than 8 teams, and if the final team scores are still equal the Judges will be asked to pick a winner.

**43.8.4: Time** Should the Athlete(s) or Teams Overrun or Underrun the allowed Time, 1 point deduction for every ten (10) full seconds. Maximum deduction 5 points.

**43.8.5: Walk Over** Athlete(s) or Teams failing to appear at the competition area, after their name or country has been called out by the announcement system, and a maximum period of 2 minutes has elapsed, the Jury shall declare the Athlete or Team lose by "Walk Over" (WO).

**43.9: DURING THE ROUND** Athletes and Teams must abide by the following principals;

**43.9.1: Red and Blue Corner** The Athlete in the Red Corner will perform the Prom Nang (sitting) postures first. The Athlete in the Blue Corner will perform the Prom Yuen (standing) postures first.

**43.9.3: Prom Nang/Yuen Four Directions** The Athlete must perform the sequences facing all four (4) sides of the competition area.

**43.9.4: Mai Muay** The Athletes must perform the Mai Muay immediately after the end of the Wai Kru.

**43.9.5: Out of Ring** The Athletes will be given a maximum of two (2) minutes to continue their performance should they fall out of the ring.

**43.9.6: Injury** In case of an injury requiring a doctor to be called into the competition area, the Judges shall record the points gained by the Athlete(s) or Team up to its termination.

## RULE 44: DECISIONS

**44.1: WIN BY RANKING (BR)** At the end of the competition or championship, the Team who has been awarded the most points in their final performance shall be declared the winner.



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**44.1.1: Standings** The Team with the highest score will be awarded first place, and the Team with the lowest score will be awarded last place. All other Teams will be ranked between first and last place dependent on their final score.

## RULE 45: FOULS

**45.1: TREATMENT OF FOULS** The Athlete or Team who commits fouls can, at the discretion of the Judges and Jury, have points deducted, or be Disqualified without a Warning.

**45.1.1: Disqualifications** For major/blatant infractions of the rules the Jury may opt to immediately disqualify an Athlete or Team.

**45.2: TYPES OF FOULS** If the Athlete intentionally commits the following fouls:

- 45.2.1: **Impolite Posture** towards an opponent;
- 45.2.2: **Impolite Motion** towards an opponent;
- 45.2.3: **Impolite Attitude** towards an opponent; and
- 45.2.4: **Improper use of Ring** ropes and corner padding use is forbidden.

## RULE 46: TOURNAMENT AWARDS

**46.1: PRIZES** In international competition, cups or prizes of honour may be presented. **No medal shall be awarded to an Athlete who has not competed at least once.**

**46.2: TEAM STANDINGS** The team standings shall be determined in the following manner

- 1 mark - The winner of each contest in the preliminary rounds or quarter finals contest;
- 2 marks - The winner of each contest in the semi-finals contest; and
- 3 marks - The winner of the final contest.

The marks shall be awarded for contests that are won by Walk-Over as an Athlete MUST progress through the tournament bracket to proceed to the next contest.

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
- The number of third places.

## RULE 47: COMPLIANCE WITH THE RULES

**47.1: UNIFORMITY** These IFMA Rules & Regulations apply to all IFMA's competitions, and all IFMA Continental and National Associations must follow and respect these competition rules. No National Association may develop its own Competition Rules & Regulations that are contradictory to these rules. However National Associations may, for National competitions, alter these rules to reflect National laws or regulations as long as the alteration does not diminish the rules, especially with regards to medical and safety requirements.

**THESE RULES SHALL RESCIND ALL PREVIOUS RULES OF IFMA**



# IFMA RULES & REGULATIONS

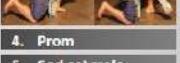
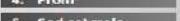
## APPENDIX I: WAI KRU ADDITIONAL REFERENCE

### Postures & Identification;

**Starting Postures** All Athletes must perform all five (5) of the Wai Kru Starting Postures.

Starting Postures					
POSTURE	THEP PA NOM	KOM KRAB	THAI WAI BANGKOM	PATHOM	PROM
IDENTITY	<p>1. Siting on the heel 2. Triangle arms 3. Body upright</p>  	<p>1. Siting on the heel 2. Triangle arms 3. Body upright 4. Repeat two times (Total 3 time)</p>    	<p>1. Arms crossed 2. Bend Down 3. Lean up 4. Thumb to Forehead</p>    	<p>1. Sit Back on right heel, left foot front flat, left knee bent 2. Hands on guard 3. Body upright</p>  	<p>1. Shift body weight to the front leg 2. Bend Down 3. Perform flying motion</p>  

**Prom Nang (sitting) Postures** Athletes must perform four (4) of the seven (7) Wai Kru Prom Nang Postures.

Prom Nang (Sitting) Postures						
POSTURE	LAB HOK MOKKASAK (KUMPAKAN LAB HOK)	MEKKALA LOAH KAEW	SONG MEK (TAI MEK)	MAE PRA THORANEE BEEB MUAY PHOM	SUE LAK HANG	PRAYA KRUT YUT NAKA
IDENTITY	<p>1. Pick up Spear 2. Pray 3. Secret Spear 4. Prom 5. Sod sol mala</p>     	<p>1. Prom 2. Gather the marble 3. Moving the marble 4. Sod sol mala 5. Berg fah</p>     	<p>1. Prom 2. Muan muay return 3. Song mek 3 time 4. Stand up 5. Kuang mad 6. Taimek 3 times</p>     	<p>1. Prom 2. Lo na muan pom 3. Lo na muan pom 4. Sod sol mala 5. Kinnaree lieb tam</p>     	<p>1. Prom 2. Tiger stance 3. Low Squat 4. Tiger move 5. Tepnimbud</p>     	<p>1. Pyakrut 2. Yud na ka 3. Tear naka nody 4. Sodsol mala 5. Sodsol mala 6. kln naree</p>     



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**Prom Yuen (standing) Postures** Athletes must perform four (4) of the seven (7) Wai Kru Prom Nang Postures.

Prom Yuen (Standing) Postures						
POSTURE	NOK YOONG RAM PAEN	NA RAI KWANG JAK	CHANG SABAD NGUANG	PRA RAM PAENG SORN	KUM PA KAN POUNG HOK	KUN PAEN FUN MAHN
IDENTITY	<p>1. Peacock spreads tail</p> <p>2. Sod soi mala</p>	<p>1. Yang samkhum</p> <p>2. Narai carry Jak</p> <p>2. Kuang jak</p> <p>3. Sod soi mala</p> <p>4. Kinnaree lieb tam</p>	<p>1. Pya hong</p> <p>2. Elephant trunk up and move</p> <p>3. Chang sawadee 3 times</p> <p>4. Elephant dance</p>	<p>1. Pranob sorn</p> <p>2. Vib kan sorn</p> <p>3. Tawat som</p> <p>4. Chang sawadee 3 times</p> <p>5. Form long cheng</p> <p>6. Kum cheung kru</p>	<p>1. Tab sorn</p> <p>2. Leng sorn</p> <p>3. Nao sorn</p> <p>4. Paeng som</p> <p>5. Du Dusakorn</p> <p>6. Form long cheng</p> <p>6. Kum cheung kru</p>	<p>1. Rab hork from pra prom</p> <p>2. Choo hork</p> <p>3. Gnue hork</p> <p>4. Poong hork</p> <p>5. Du dusakorn</p> <p>1. Carry dab</p> <p>2. Chak dab</p> <p>3. Fun dab</p> <p>4. Tad mal komnam</p> <p>5. Ma yong</p>

**Finishing** Athletes must perform all five (5) Finishing movements.

Prom Yuen (Standing) Postures						
POSTURE	NOK YOONG RAM PAEN	NA RAI KWANG JAK	CHANG SABAD NGUANG	PRA RAM PAENG SORN	KUM PA KAN POUNG HOK	KUN PAEN FUN MAHN
IDENTITY	<p>1. Peacock spreads tail</p> <p>2. Sod soi mala</p>	<p>1. Yang samkhum</p> <p>2. Narai carry Jak</p> <p>2. Kuang jak</p> <p>3. Sod soi mala</p> <p>4. Kinnaree lieb tam</p>	<p>1. Pya hong</p> <p>2. Elephant trunk up and move</p> <p>3. Chang sawadee 3 times</p> <p>4. Elephant dance</p>	<p>1. Pranob sorn</p> <p>2. Vib kan sorn</p> <p>3. Tawat som</p> <p>4. Chang sawadee 3 times</p> <p>5. Form long cheng</p> <p>6. Kum cheung kru</p>	<p>1. Tab sorn</p> <p>2. Leng sorn</p> <p>3. Nao sorn</p> <p>4. Paeng som</p> <p>5. Du Dusakorn</p> <p>6. Form long cheng</p> <p>6. Kum cheung kru</p>	<p>1. Rab hork from pra prom</p> <p>2. Choo hork</p> <p>3. Gnue hork</p> <p>4. Poong hork</p> <p>5. Du dusakorn</p> <p>1. Carry dab</p> <p>2. Chak dab</p> <p>3. Fun dab</p> <p>4. Tad mal komnam</p> <p>5. Ma yong</p>

**Join (connection) Postures** Athletes can perform the Joining Postures.



# IFMA RULES & REGULATIONS

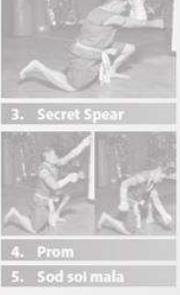
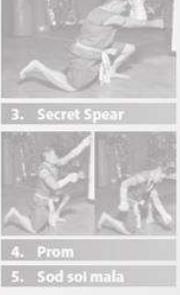
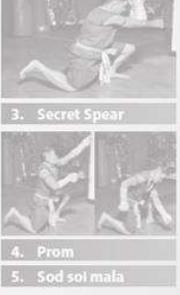
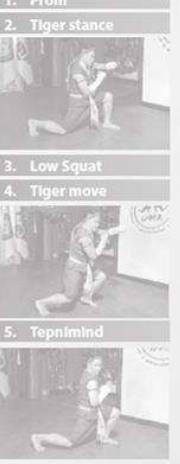
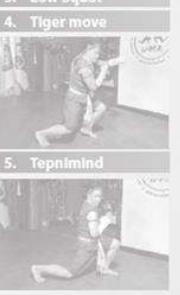
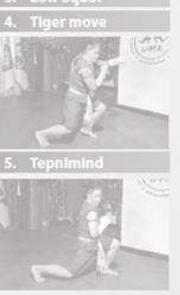
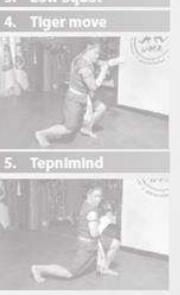
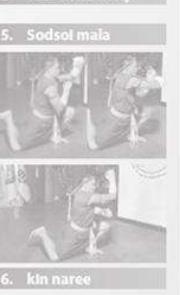
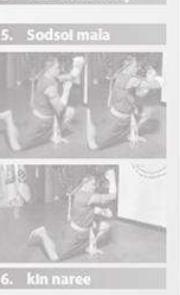
## APPENDIX II: MAI MUAY ADDITIONAL REFERENCE

### Postures & Identification;

**Cherng Muay Postures** Athletes must perform five (5) of the fifteen (15) Cherng Muay Postures.

Starting Postures					
POSTURE	THEP PA NOM	KOM KRAB	THAI WAI BANGKOM	PATHOM	PROM
IDENTITY	<ol style="list-style-type: none"> <li>1. Siting on the heel</li> <li>2. Triangle arms</li> <li>3. Body upright</li> </ol>  	<ol style="list-style-type: none"> <li>1. Siting on the heel</li> <li>2. Triangle arms</li> <li>3. Body upright</li> <li>4. Repeat two times (Total 3 time)</li> </ol>      	<ol style="list-style-type: none"> <li>1. Arms crossed</li> <li>2. Bend Down</li> <li>3. Lean up</li> <li>4. Thumb to Forehead</li> </ol>      	<ol style="list-style-type: none"> <li>1. Sit Back on right heel, left foot front flat, left knee bent</li> <li>2. Hands on guard</li> <li>3. Body upright</li> </ol>  	<ol style="list-style-type: none"> <li>1. Shift body weight to the front leg</li> <li>2. Bend Down</li> <li>3. Perform flying motion</li> </ol>  

**High Difficulty Postures** Athletes must perform five (5) of the fifteen (15) High Difficulty Postures.

Prom Nang (Sitting) Postures						IDENTITY
POSTURE	LAB HOK MOKKASAK (KUMPAKAN LAB HOK)	MEKKALA LOAH KAEW	SONG MEK (TAI MEK)	MAE PRA THORANEE BEEB MUAY PHOM	SUE LAK HANG	
	<ol style="list-style-type: none"> <li>1. Pick up Spear</li> <li>2. Pray</li> <li>3. Secret Spear</li> <li>4. Prom</li> <li>5. Sod sol mala</li> </ol>      	<ol style="list-style-type: none"> <li>1. Prom</li> <li>2. Gather the marble</li> <li>3. Moving the marble</li> <li>4. Sod sol mala</li> <li>5. Berg fah</li> </ol>      	<ol style="list-style-type: none"> <li>1. Prom</li> <li>2. Muan muay return</li> <li>3. Song mek 3 time</li> <li>4. Stand up</li> <li>5. Kuang mad</li> <li>6. Talmek 3 times</li> </ol>      	<ol style="list-style-type: none"> <li>1. Prom</li> <li>2. Lo na muan pom</li> <li>3. Lo na muan pom</li> <li>4. Sod sol mala</li> <li>5. Kinnaree lieb tam</li> </ol>      	<ol style="list-style-type: none"> <li>1. Prom</li> <li>2. Tiger stance</li> <li>3. Low Squat</li> <li>4. Tiger move</li> <li>5. Tepnimind</li> </ol>      	<ol style="list-style-type: none"> <li>1. Pyakrut</li> <li>2. Yud na ka</li> <li>3. Tear naka nody</li> <li>4. Sodsol mala</li> <li>5. Kinnaree lieb tam</li> <li>6. Kln naree</li> </ol>      



# IFMA RULES & REGULATIONS

## APPENDIX III: YUTTASIN COMPETITION

The rules of Yuttasin competition will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX IIIV: YUTTALEELA COMPETITION

The rules of Yuttaleela competition will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX V: KEETA MUAYTHAI COMPETITION

The rules of Keeta Muaythai competition will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX VI: MUAY BORAN COMPETITION

The rules of Muay Boran competition will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX VII: YOUTH MUAY TALAY COMPETITION

[The rules of Youth Muay Talay competition](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.

## APPENDIX VIII: VIRTUAL COMPETITIONS

[The rules of Virtual competitions](#) will be provided as supplementary document at each Championship as approved by the Technical Delegate.



# IFMA RULES & REGULATIONS

## APPENDIX IX: ETHICS OF R&Js

### APPENDIX IX: Guidance for R&Js

- Along with Athletes safety, Referees and Judges top priority is to hold integrity and fairness.
- R&Js must **avoid all conflicts** of interest.
- R&Js must show tolerance and consideration to each other in any circumstances and must remember that everyone is working as a team. This also includes showing respect and appreciation to the Local Organising Committee / Host Federation or Association.
- R&Js must not retaliate against fellow Judges over any contest decisions.
- R&Js should not engage in any conversation with anyone regarding any contest decisions.
- R&Js should understand that growth and improvement comes from continuous learning.
  - R&Js should learn from critiques and take them in the spirit as they are given and do not become defensive as critiques are there to help improvement.
  - R&Js should learn by watching the contests they are not assigned to work as there is always room for improvement and to learn from the others.
- R&Js must be punctual to all arrangement including meetings and seminars.
- R&Js must maintain a professional decorum around the Field of Play as spectators and media are constantly watching.
- R&Js must ensure their uniform is clean and tidy.
- The R&J Lounge is the main location for R&Js. This area should not be left, except for going to the bathroom or if requested by IFMA Staff. When it becomes necessary to leave the Lounge for whatever reason, R&Js must inform one of their colleagues.
- R&Js must not receive any cash and must not accept any gift that could be considered as bribery
  - Any dining or social event with the R&Js' own National Association, or other National Association, which has not been approved by IFMA
  - Any gift from any National Association which has not been approved by IFMA.
- R&Js should not consume any alcohol/drugs that would affect their decision making before and during the competition.
- R&Js should also be careful with over indulgence with alcohol after the competition.
- Outside of the Competition Venue, R&Js should make themselves available to the Supervisor and/or any IFMA Staff for meetings, discussions, etc.
- R&Js should not engage with any form of media/press without prior approval from IFMA.
- R&Js should remain neutral all the time and should refrain from talking to Athletes and/or Seconds around of the Field of Play and in the Competition Venue.
- R&Js should not have mobile phones, computers and/or any communication devices in the Competition Venue. These items should be left in the hotel room.



# IFMA RULES & REGULATIONS

## APPENDIX X: IFMA COMPETITION OATHS

### APPENDIX X: IFMA Competition Oaths

**IFMA Athletes Oath** During IFMA competition, an Athlete will be selected to read the IFMA athletes oath during the opening ceremony;

“In the name of all the competitors, I promise that we shall take part in the < Name of Event > respecting and abiding by the rules of the International Federation of Muaythai Associations, committing ourselves to the five principles of our IFMA, being HONOUR, TRADITION, RESPECT, EXCELLENCE and FAIRPLAY and in the true spirit of sportsmanship and the honour of our teams and nations.”

**IFMA Coaches Oath** During IFMA competition, a Coach will be selected to read the IFMA coaches oath during the opening ceremony;

“In the name of all the coaches, I promise that we will strictly follow the code of ethics, good governance, respecting and abiding by the rules of the International Federation of Muaythai Associations, in the true spirit of sportsmanship and fair play. We lead by example to our athletes and uphold the fundamental principles of IFMA being HONOUR, TRADITION, EXCELLENCE AND FAIR PLAY.”

**IFMA Officials Oath** During IFMA competition, an R&J will be selected to read the IFMA officials oath during the opening ceremony;

“In the name of all the judges, referees and officials, I promise that we shall officiate in the < Name of Event >, for Muaythai here in < Location of Event > with complete impartiality, respecting and abiding by the rules of the International Federation of Muaythai Associations, in the true spirit of sportsmanship, ensuring that sportsmanship and fair play is fully adhered to by all competitors, and upheld in accordance with the fundamental principles and pillars of IFMA, being HONOUR, TRADITION, RESPECT, EXCELLENCE and FAIRPLAY.”



# IFMA RULES & REGULATIONS

## APPENDIX XI: CODE OF CONDUCT FOR R&Js

### APPENDIX XI: Code of Conduct for R&Js

#### DIGNITY

- CODE 1) I shall not be under the influence of alcohol while officiating or participating in any IFMA Competition, including all related meetings and weigh-ins.
- CODE 2) I shall not smoke in the Competition Venue.
- CODE 3) I shall not conduct myself in any manner that may bring the sport of Muaythai and/or IFMA into disrepute.

#### INTEGRITY

- CODE 4) I shall not collude or collaborate with any party by violating any Rule (as applicable).
- CODE 5) I shall not socialize with or become intimate with Athletes and/or Seconds and/or other team delegation members, or enter into any relationship or take any action that casts doubt on my impartiality as an ITO.
- CODE 6) In the event that I believe any relationship may cause a perception of bias I shall declare the relationship in advance to IFMA Headquarters for consideration in appointments.
- CODE 7) I shall at all times conduct myself in a professional and ethical manner, giving due regard to the Supervisor.
- CODE 8) I shall not, directly or indirectly, solicit, accept or offer any form of remuneration or commission, nor any concealed benefit, service or gift of any nature that could be considered as a bribe or undue influence, connected with anyone related to any Competition in which I participate. I confirm that any approaches or offers made in this regard shall be reported immediately to a relevant person.
- CODE 9) Only official souvenirs as approved by IFMA Headquarters may be given or accepted, as a mark of respect or appreciation for my contribution.

#### CONFIDENTIALITY

- CODE 10) When performing my duties as an ITO, I shall not communicate with anybody about any competition related issue within the Competition Venue and/or any other location for the entire period of the competition and after, especially to persons from my own country such as National Association members, Executive Committee members, media and the public. I shall not comment about any competition related issues on social media.
- CODE 11) I shall treat any information I may receive from IFMA or learn in the course of my duties as an ITO as confidential and will not inform others including but not limited to those involved in National Association team delegations.

#### RESPONSIBILITY

- CODE 12) I shall be on time for all Competitions assigned to me.
- CODE 13) I shall be available to attend any ITO's meetings on or before the Competition day.
- CODE 14) I shall fulfil all duties assigned to me by the Supervisor.
- CODE 15) I shall not use or carry any electronic communication device, including but not limited to a mobile phone, a laptop and a tablet computer inside the Competition Venue.



# IFMA RULES & REGULATIONS

- CODE 16) I shall maintain a good physical condition, personal hygiene and a professional appearance at all times when performing my duties as an ITO.
- CODE 17) I shall not criticize or attempt to explain calls or decisions made by other ITO, unless where requested by the Supervisor to do so.
- CODE 18) I shall respect all IFMA Rules.

I agree to be bound by this Code of Conduct and acknowledge that any infringement of this Code of Conduct may be referred to the IFMA Disciplinary Commission / IFMA Executive Committee and disciplinary investigation and sanction against me.

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_



# IFMA RULES & REGULATIONS

## APPENDIX XII: COMPETITION GUIDANCE (PAPERWORK)

Reference Point	Requirement & Hyperlink
<i>IFMA Muaythai Referee and Judge(s)</i>	
	IFMA Bout / Contest Schedule
	IFMA Referee & Judge Roster
	IFMA Judging Score Cards
<i>IFMA Muaythai Jury</i>	
	IFMA Bout / Contest Schedule
	IFMA Referee & Judge Roster
	IFMA Judging Score Cards (spare)
	IFMA Jury Score Cards
	IFMA Rules and Regulations
<i>IFMA Wai Kru &amp; Mai Muay Judge(s)</i>	
	IFMA Bout / Contest Schedule
	IFMA Judge Roster
	IFMA Judging Score Cards
<i>IFMA Wai Kru &amp; Mai Muay Jury</i>	
	IFMA Bout / Contest Schedule
	IFMA Judge Roster
	IFMA Judging Score Cards (spare)
	IFMA Posture List
	IFMA Jury Score Cards
	IFMA Competition Standings List
	IFMA Rules and Regulations



# IFMA RULES & REGULATIONS

## MUAYTHAI JUDGE SCORE CARD AND JURY DECISION SHEET

**SCORE CARD**

Referee No.	Weight Category	Kgs.									
Referee	Country										
Date	Judge Ref. #	Country	Number								
R [Red]		B [Blue]									
Athletes Name		Athletes Name									
Country		Country									
Cautions and Warnings	Points	Round	Points	Cautions and Warnings							
		1									
		2									
		3									
	Total		Total								
Remarks in Case of Tie											
<input type="checkbox"/> For most leading off or showing better style		<input type="checkbox"/> For Showing Better Defense		<input type="checkbox"/> Others							
<input type="checkbox"/> Red		<input type="checkbox"/> Blue									
Country		Country									
W.P.	K.O.	Disq.	Ret.	R.S.C.	W.O.	K.Q.	Round				
H	B			H	B	Injury	Safety	C.C.L.	1	2	3

Signature of Judge

IFMA - 14-07-2011 - 008

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JURY DECISION**

RING		BOUT NO.			
W.P.	RED	WINNER	BLUE		
W.O.	COUNTRY		COUNTRY		
Disq.	SCORE				
Ret.	JUDGES				
No Contest	Round 1 2 3				
K.O.	H	B			
R.S.C.	H	B	Injury	Safety	C.C.L.

Jury's Name Date Jury's Signature

## WAI KRU JUDGE SCORE CARD AND JURY DECISION SHEET

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JUDGE SCORE**

JUDGE No. ..... PERFORM No. .....

( Wai Kru - Individual Format ) RING / CONTEST .....

Division ..... M [ ] - F [ ] TEAM .....

--- WAI KRU SCORE ---

	CONTENT	FULL SCORE
1	<b>STARTING POSTURES ( all 5 )</b> Thep Pa Nom / Kom Krab / Tha Wai Bangkorn / Pathom / Prom	20
2	Identity (10) Artistic (10) Authentic – Completed Postures Rhythmic – Fluidity – Gracefully – Costume	
3	<b>PROM NANG – Sitting ( pick 4 )</b> 1. Lab Hok Mokkasai ( Kumpakan Lab Hok ) 2. Mekkala Loah Kaew 3. Song Mek ( Tai Mek ) 4. Mae Pra Toranee Beeb Muay Phom 5. Sue Lak Hang 6. Praya Krut Yut Naka 7. Sao Noi Pra Paeng	20
4	Identity (10) Artistic (10) Authentic – Completed Postures Rhythmic – Fluidity – Gracefully – Costume	
5	<b>PROM YUEN – Standing ( pick 4 )</b> 1. Yang Sam Khum 2. Nai Rai Kwang Jak 3. Chang Choo Nguang 4. Pra Rama Paeng Sorn 5. Kum Pa Kan Poung Hok 6. Kun Paen Fun Mahn 7. Hong Hoen	20
6	Identity (10) Artistic (10) Authentic – Completed Postures Rhythmic – Fluidity – Gracefully – Costume	
7	<b>FINISHING ( all 5 )</b> 1. Yang Sam Khum 2. Pa Yak Dom Kwang 3. Kwang Liaw Lang 4. Tad Mai Kom Nam 5. Yang Suk Ka Sem	20
8	Identity (10) Artistic (10) Authentic – Completed Postures Rhythmic – Fluidity – Gracefully – Costume	
9	<b>JOIN – Connection ( optional )</b> 1. Sod Soi Mala 2. Khuang Mad 3. Muan Muay 4. Chang Yaek Plok 5. Klub Hua Sanam 6. Klum Choeng Kru 7. Doo Dussakorn 8. Fon Long Chong 9. Kinaree Liab Thom	20
10	Identity (10) Artistic (10) Authentic – Completed Postures Rhythmic – Fluidity – Gracefully – Costume	

Judge Name ..... / ..... / ..... Date ..... / ..... / ..... Signature ..... TEAM TOTAL .....

**INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS**

**JURY DECISION**

PERFORM No. ..... ( Wai Kru - Individual Format ) RING / CONTEST .....

Division ..... M [ ] - F [ ] TEAM .....

WAI KRU SCORE

CON	J1	CON	J2	CON	J3	CON	J4	CON	J5
-----	----	-----	----	-----	----	-----	----	-----	----

TEAM TOTAL

TIME DEDUCTION Per Judge -5 / Initial = / 3 / 10

Jury's Name ..... / ..... / ..... Country ..... / ..... / ..... Date ..... / ..... / ..... Jury's Signature



# IFMA RULES & REGULATIONS

## MAI MUAY JUDGE SCORE CARD, JURY DECISION SHEET AND POSTURE LIST

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS			
JUDGE SCORE		JUDGE No. ....	PERFORM No. ....
( Mai Muay - Duo Format )			
RING / CONTEST .....			
Division	M [ ] - F [ ]	TEAM	
--- WAI KRU SCORE ---			
CONTENT	FULL SCORE	DEDUCTIONS	
1 STARTING POSTURES ( all 5 ) Thip Pe Nam / Kom Krab / Tha Wai Bangkorn / Pathom / Prom	5		
2 PROM NANG - Sitting ( pick 4 ) 1. Lab Hok Mokkasek / Kumpakan Lab Hok 2. Mekkala Loah Kaew 3. Song Mek ( Tai Mek ) 4. Mae Pra Toranee Beeb Muay Phom 5. Sue Lak Hang 6. Praya Krut Yut Naew 7. Sao Noi Pra Paeng	10		
3 PROM YUEN - Standing ( pick 4 ) 1. Yoeung Rum Paen 2. Nai Rai Kwang Jai 3. Chang Choo Nguang 4. Pra Ramu Plaeng Sorn 5. Kum Pa Kan Young Hok 6. Kun Paen Fun Mahin 7. Hong Heen	10		
4 FINISHING - ( all 5 ) 1. Yang Sam Khum 2. Pa Yak Dom Kwang 3. Kwang Liaw Lang 4. Tad Mai Kom Naem 5. Yang Suk Ka Sem	5		
5 JOIN - Connection ( optional ) 1. Sod Soi Mala 2. Khuang Mala 3. Muang Muay 4. Chang Yaek Pliek 5. Klub Hua Samarn 6. Klum Choenng Kru 7. Doo Dussakorn 8. Fon Long Choenng 9. Kinaree Liab Thom	5		
TOTAL SCORE	35		
--- MAI MUAY SCORE ---			
CONTENT	FULL SCORE	DEDUCTIONS	
1 PERFORMANCE REALISM <small>Timing - Target - Realistic (controlled power, not dramatic or over action)</small>	30		
2 ATHLETE FITNESS <small>Balance - Continuity - Conditioning</small>	25		
3 OTHER <small>Costume - Spatial Awareness - Posture List</small>	10		
TOTAL SCORE	65		
MAXIMUM TOTAL SCORE FOR COMBINED WAI KRU & MAI MUAY IS 100			
Judge Name	Country	..... / ..... / .....	TEAM TOTAL
..... / ..... / .....			
Signature			

INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS			
JURY POSTURE LIST		PERFORM No. ....	RING / CONTEST .....
( Mai Muay - Duo Format )			
Division M [ ] - F [ ] TEAM			
--- WAI KRU POSTURES ---			
POSTURES	RED CORNER ATHLETE	BLUE CORNER ATHLETE	
PROM NANG (sitting)	1. 2. 3. 4.	1. 2. 3. 4.	
PROM YUEN (standing)	1. 2. 3. 4.	1. 2. 3. 4.	
--- MAI MUAY POSTURES ---			
POSTURES	RED CORNER ATHLETE	BLUE CORNER ATHLETE	
Basic Technique	1. 2. 3. 4. 5. 6.	1. 2. 3. 4. 5. 6.	
CHERNG MUAY (Art of Muay)	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	
High Difficulty (jump, turning)	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.	
TEAM TOTAL			
TIME DEDUCTION Per Judge	.5	Initial	/ 10
= / 3			
Jury's Name	Country	..... / ..... / .....	Jury's Signature
..... / ..... / .....			
Jury Name	Country	Time Received	..... / ..... / .....
..... / ..... / .....			
Jury Signature			



# IFMA RULES & REGULATIONS

## APPENDIX XIII: HYPERLINK REFERENCE TABLE

Reference Point	Hyperlink
<i>IFMA Compulsory Forms</i>	
IFMA Athlete Consent – Event & Anti-Doping Form	<a href="#">IFMA Athlete Consent Form.pdf</a>
IFMA Athlete Medical Declaration Form	<a href="#">IFMA Athlete Medical Declaration Form.pdf</a>
<i>Additional Information</i>	
IFMA Doping Code	<a href="#">IFMA Doping Code.pdf</a>
WADA Prohibited List	<a href="#">WADA Prohibited List</a>
Procedures for Seconds on FOP	<a href="#">Procedures for Seconds on FOP</a>
<i>Additional Rules &amp; Regulations</i>	
IFMA Yuttasin Competition R&R's	<a href="#">IFMA_Yuttasin_Competition_R&amp;R</a>
IFMA YuttaLeela Competition R&R's	<a href="#">IFMA_YuttaLeela_Competition_R&amp;R</a>
IFMA Keeta Muaythai Competition R&R's	<a href="#">IFMA_Keeta-Muaythai_R&amp;R</a>
IFMA Muay Boram Competition R&R's	<a href="#">IFMA_Muay-Boram_R&amp;R</a>
IFMA Youth Muay Talay Competition R&R's	<a href="#">IFMA_Youth-Muay-Talay_R&amp;R.pdf</a>
IFMA Virtual Competition R&R's	<a href="#">IFMA_Virtual_R&amp;R</a>
<i>Equipment Suppliers and Sponsors</i>	
MTG Fight Gear	<a href="#">www.mtgfightgear.com</a>
FBT Sports	<a href="#">www.fbtsparts.com</a>
Wesing	<a href="#">www.wesingstore.com</a>
Dragondo	<a href="#">www.dragondo.com</a>
Top Ten	<a href="#">www.budoland.com</a>



# IFMA RULES & REGULATIONS



## THE ART AND SCIENCE OF MUAYTHAI

*'National Cultural Heritage of Thailand'*

### **MUAYTHAI**

( Combat – Sparring )

*Single Elimination  
Tournament Elimination*

*Muaythai – Muay  
Muay Kard Chuek*

### **MAI MUAYTHAI**

( Performance – Skill )

*Wai Kru  
Yuttasin  
Yuttaleela  
Keeta Muaythai  
Muay Boran*



**IFMA Culture & Heritage Commission**





[www.muaythai.sport](http://www.muaythai.sport)