



### **Novice Amateur Tournament Thai Boxing rules in brief:**

#### **Equipment:**

Shorts (above the knee),  
10oz Gloves,  
Shin/instep protectors,  
Headguard (open face),  
Mouthguard,  
Groinguard (male),  
Body protector (under 16),  
Knee pads (16 plus)

#### **Techniques:**

##### **NO HEAD STRIKES PERMITTED FOR UNDER 16S.**

Boxing (no spinning back fist)

Kicks - low kick thigh and calf only (no attacks to joints)

Knee – knee to body and legs only! No knee to head is permitted!

Trips and flat take downs in clinch (no judo style throws like hip throw etc)

Clinch must be active, no use of the ropes allowed in clinch.

No grabbing of shorts in the clinch.

Only two steps max allowed once leg is taken (Ploughing).

All rounds are scored by the judges. Scoring is on a 10-9 must system. Extra round in event of a draw.

Warnings 1. Verbal 2. Verbal 3. Yellow card 4. Red card. Referee has the right to jump to any level he/she deems necessary according to the severity of the foul committed.